

TRAINING OBJECTIVES:

In this brief manual and through our group trainings, you will learn:

- A. How to conceptualize a case from the perspective of Control Therapy. You will learn about the Four Modes of Control and how they relate to human behavior.
- B. You will learn how to initiate a therapeutic relationship using a control assessment instrument to help both you and the client focus the conversation on issue the client has identified as important to him or her.
- C. You will learn how to recognize culturally-relevant material in the course of helping a client explore life domains that he/she has identified as “out of control” to some degree. You will also learn how to utilize this material in moving the relationship deeper and the process forward.
- D. You will learn how to help the client clarify concerns, prioritize issues, and set realistic goals.

BEGINNER’S MIND

The initial stages of learning a new conceptual framework and some new methods can feel stilted and cumbersome. Each therapist must find a way to integrate new knowledge with established beliefs and practices as well as one’s own personality. Control Therapy is an integrative approach and draws upon various schools of psychotherapy, seeing value in all perspectives. Not only is it okay for therapists to bring their own orientations into the process, but it is essential for successful Control Therapy. A good foundation in listening skills, selecting salient therapeutic material, understanding interpersonal dynamics, and the use of self – these are all very important to the process of Control Therapy and to good therapy in general. It is also important to utilize skills for assessing the client’s developmental stage and where he or she may be stuck in his/her development, to use psychodynamic concepts related to early parental relationships and attachment style, and to be cognizant of client dynamics in the room and in your own reactions to them (use of self). All of these skills can be woven into a successful course of Control Therapy.

3.2. Teaching Methods for the Early Phase

3.2a. Use Your Initial Interview Skills

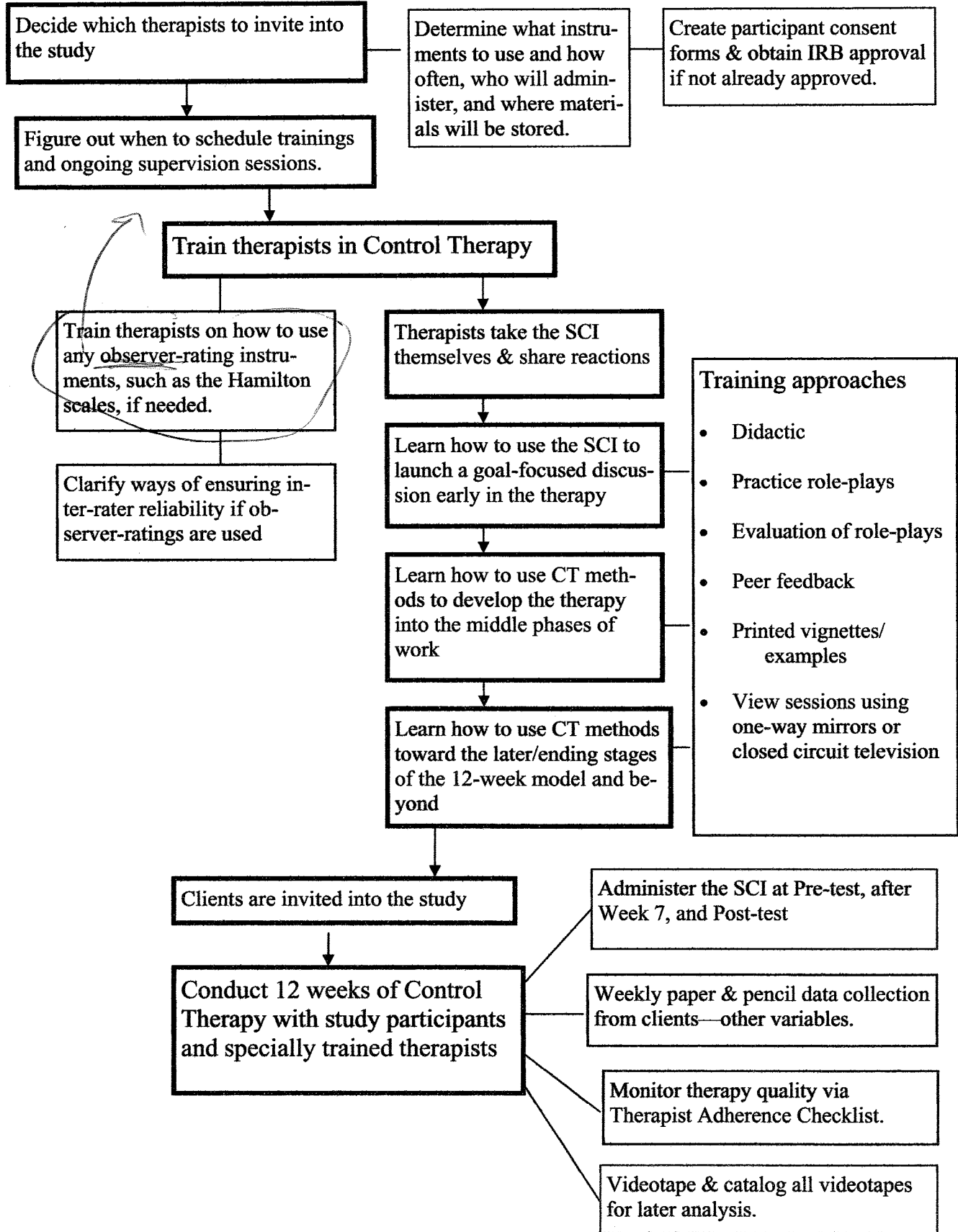
Trainees unfamiliar with Control Therapy may have some apprehension, wondering if the approach will have any links to skills and theories they've learned in the past. Most students are happy to learn that Control Therapy asks therapists to make full use of their existing conceptual frameworks and interpersonal influencing skills. The first session, in particular, requires all the usual rapport-building and listening skills integral to other approaches. By way of a preview, trainers might find it useful to show trainees Figure X, which outlines the different session groupings in Control Therapy and shows where Control Therapy is "in line" with various schools of psychotherapy that are familiar to most therapists.

Figure X. Therapeutic Processes

THERAPEUTIC PROCESSES	
<u>Sessions 1 & 2</u> Rapport building Problem selection Take SCI in session 1 Discuss answer sheet Page 3 Share SCI test results / control profile Psycho-education on control concepts	<u>Theoretical Process</u> Client-centered (contextual) Experiential (imagery) Psychodynamic (listen for control stories) Gestalt (mode dialogue)
<u>Sessions 3, 4, & 5</u> Select goals and options relative to what was found via SCI Preparation for change	Adlerian (social connectedness) Cognitive (irrational thinking) Constructivist (rewrite stories) Motivational Interviewing (5 steps)
<u>Sessions 6 & 7</u> Commitment to change Learning skills	Behavioral assessment Skills assessment & training
<u>Sessions 8 – 12</u> Practice skills Reinforce small success Change (Modulate goals) (Continue planning) (Continue/modify action) Evaluate Terminate	Behavioral/cognitive/affective

For Double Blind Study. A Basic Cycle

A CONTROL THERAPY RESEARCH PROJECT



Decide which therapists to invite into the study

Determine what instruments to use and how often, who will administer, and where materials will be stored.

Create participant consent forms & obtain IRB approval if not already approved.

Figure out when to schedule trainings and ongoing supervision sessions.

Train therapists in Control Therapy

Train therapists on how to use any observer-rating instruments, such as the Hamilton scales, if needed.

Therapists take the SCI themselves & share reactions

Clarify ways of ensuring inter-rater reliability if observer-ratings are used

Learn how to use the SCI to launch a goal-focused discussion early in the therapy

- Training approaches**
- Didactic
 - Practice role-plays
 - Evaluation of role-plays
 - Peer feedback
 - Printed vignettes/ examples
 - View sessions using one-way mirrors or closed circuit television

Learn how to use CT methods to develop the therapy into the middle phases of work

Learn how to use CT methods toward the later/ending stages of the 12-week model and beyond

Clients are invited into the study

Administer the SCI at Pre-test, after Week 7, and Post-test

Conduct 12 weeks of Control Therapy with study participants and specially trained therapists

Weekly paper & pencil data collection from clients—other variables.

Monitor therapy quality via Therapist Adherence Checklist.

Videotape & catalog all videotapes for later analysis.