

# Strategic Psychotherapeutics: Using the Building Blocks of Clinical Science to Enhance Practice

There are over four hundred approaches to psychotherapy, most of which branch from the primary streams of learning including clinical experience, empirical evidence, theoretical systems, and evidence from related disciplines such as developmental, relational, and cognitive psychology, as well as neuroscience. The basic building blocks of psychotherapeutics that are fundamental to most approaches are well-documented. Strategic Psychotherapeutics uses these building blocks to inform evidence-based practices, combining the best empirical evidence and clinical expertise with patient preferences and values. In this webinar, participants will be introduced to the StratPsych @system, which delineates the domains of knowledge that constitute the basic building blocks of psychotherapy. The therapeutic scope and impact of clinicians can be enhanced when therapists are grounded in the fundamental knowledge domains, the basic building blocks of strategic psychotherapeutics. As clinicians gain an understanding of how these basics relate to approaches and technical interventions, more complex therapeutic activities such as assessment, treatment planning, clinical decision making, and alliance maintenance can be appreciated. In this symposium, participants will learn the 11 basic building blocks of psychotherapeutics that can be used to select the approaches and technical interventions best suited to each patient. The goal of this webinar is to enhance clinical expertise by providing the basic, intermediate, and advanced knowledge domains universal to all psychotherapeutics.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the basic domains which are the building blocks of psychotherapy.
2. Identify basic principles, tasks, and goals that enhance psychotherapy.
3. Name new pattern recognition skills that inform treatment.
4. Adopt new ways of conceptualizing treatment.
5. Develop effective treatment plans and strategies that draw from the evidence and principles of psychotherapy.

## Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 10 AM ET

Introduction & Overview

The Building Blocks of Psychotherapy

The Fundamental Domains of Knowledge

Strategies and Processes

Techniques from psychotherapedia @

[11:30 to 11:45 Break--15 min]

Assessment, Case Formulation, & Treatment Planning

Psychotherapeutic Process

Ends 1:15

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Jeffrey J. Magnavita, Ph.D., ABPP is a clinical psychologist with over three decades of clinical experience working with personality dysfunction. He is an internationally recognized speaker who has published eleven professional volumes on personality disorders, personality theory, psychotherapy, clinical decision making, and technology in mental health practice. His psychotherapeutic work has been featured in two APA psychotherapy videos. He served on the APA Clinical Practice Guideline Committee and was invited to serve on the Advisory Work Group on the Implementation of Evidence-Based Practice. He served as the President in 2010 of the Society for the Advancement of Psychotherapy. He is the Founder and CEO of Strategic Psychotherapeutics, LLC the developer of StratPsych @ an online learning system for psychotherapists.

Elizabeth G. Magnavita, LCSW is a licensed psychiatric social worker who works at Human Resources Institute (HRI) in Brookline, MA. She works in an acute in-patient setting where she treats people with personality disorders, substance use disorders, and psychotic disorders. She is the co-director of psychincubator lab, which has been mining the techniques of psychotherapy and organizing them in a database called psychotherapedia @. She is one of the co-developers of StratPsych@, an online learning platform for psychotherapists. She treats adolescents and young adults in private practice.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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