

# The Therapist is the Therapy: Nourishing the Self of the Psychotherapist

The practice of psychotherapy places significant demands on the practitioner. Clinical work requires advanced education and rests on a foundation of knowledge of the fundamental and advanced domains of clinical science and psychotherapeutics. Knowledge acquisition is a continual journey to advance one's therapeutic effectiveness. Much attention is paid to traditional modes of knowledge acquisition for developing expertise and seeking mastery through structured and self-guided learning experiences, less guidance is available for other aspects of therapeutic development. While there is abundant research on the efficacy of various approaches to psychotherapy, there is some evidence to suggest that the therapist accounts for a significant degree of the variance that determines therapeutic results. The top therapists get better results and an estimated up to 40% do harm. Clinical expertise is greater than technical knowledge, as it requires advanced decision making and judgement. It is our belief that consistently positive results and the gratification that ensues is what can inoculate practitioners from burnout. In this seminar participants will explore their journey of self-development and ways of viewing the world based on a balance between the lenses of science and art. You will be guided by an early career and late career psychotherapist.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

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

1. Identify three ways to enhance your intuitive self through self-development
2. Describe how a unifying framework encompasses both right and left-brain processes
3. Describe new ways of perceiving the world by stimulating your senses
4. Explain the value of developing your non-therapeutic self and steps to self-development and mind mapping
5. Explain the benefit of knowledge acquisition and developing the therapeutic self

## 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

Introduction & Overview

A Unifying Framework and Therapist characteristics

What we can learn from "supershrinks"

Finding paths to develop your expertise

(11:30 to 11:45 Break)

Utilize the seven steps to develop yourself from Leonardo da Vinci

Perception, creativity, bias and clinical decision making

Steps to your learning journey and self-development based on the stage of life and your career

Ends 1:15

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## 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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