

Developmental Conceptualization and Intervention in Psychotherapy

Psychological functioning is shaped by experiences throughout the life span. The way each individual responds to life and internalizes these experiences represents their developmental trajectory. Incorporating a developmental perspective into treatment includes considering normal stages of development—as described by Erik Erikson—as well as disruptions such as adverse childhood events or traumatic experiences.

This seminar will teach both developmental conceptualization and intervention methods. Development can become the focus in psychotherapy in three different ways: (a) Life experiences impact current functioning; (b) Normal developmental challenges and transitions are the current focus; and (c) Developmental disruptions impact functioning.

In order to promote a unified approach to treatment, the seminar will highlight the way behaviors, cognitions, or emotions interact in the treatment of trauma and other developmental issues. Trauma and adverse childhood experiences can be described as disruptions to normal development. Trauma will be described on a continuum and a distinction will be made between shock trauma and stress trauma. Another distinction will be made between PTSD and complex trauma. Post-traumatic growth will be highlighted as a way of embracing adaptive thoughts, feeling, and actions after an adverse life event.

Psychotherapists cannot change the life experiences or developmental challenges that our clients have faced. However, psychotherapy can help clients respond to these events with more adaptive cognitions, emotions, and behaviors. Video demonstrations will show how a psychotherapist can explore the impact of a developmental disruption and foster more functional ways of thinking, feeling, and acting.

This seminar is part of Level One of Training in Unified Psychotherapy (TUP), focusing on working interactively with cognition, emotion, and behavior. An essential part of a unified approach to treatment is understanding the developmental origin of dysfunctional thoughts, feelings, and actions and fostering more adaptive responses.

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. Explain how psychotherapy can facilitate normal development by helping clients accomplish tasks and manage transitions.
2. Describe how psychotherapy can help clients cope with developmental disruptions like adverse childhood experiences or trauma.
3. Identify ways that developmental disruptions can result in dysfunctional cognitions, emotions, and behaviors.
4. Explain how a developmental focus in psychotherapy can help clients embrace more adaptive ways of thinking, feeling, and acting in the context of tasks, transitions, and disruptions.
5. Apply developmental conceptualization and intervention methods to working with clients in psychotherapy.

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

Begin 10 AM ET
Developmental Psychotherapy
Developmental Focus
Case Formulation
Focusing on the past, present, and future
Focusing on Development Across Life Experiences
Life Experiences impacts Current Functioning
Normal Development
Disruptions in Normal Development
Erickson's Stages of Development
Childhood Stages
Maladaptive thoughts, emotions, & actions
More adaptive thoughts, emotions, & actions

Break 11:30 (15min)

Stages of Adult Development
Maladaptive thoughts, emotions, & actions
More adaptive thoughts, emotions, & action
Video Demonstration
Identifying a maladaptive pattern
Describing a more adaptive pattern
Adverse Childhood Experiences and Trauma
Trauma and ACE's as Developmental Disruptions
Shock trauma versus stress trauma
PTSD versus Complex Trauma
Trauma as a continuum
Working interactively with cognition, emotion, & behavior
Post-traumatic growth
End 1:15 PM ET

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.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars, llc, Provider Number 1242, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 3/28/25 to 3/28/28. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY0003.

tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

The Presenter

Jeff E. Harris received his Ph.D. in Counseling Psychology from The Ohio State University in 1990. In 2004, he was awarded board certification as a Specialist in Counseling Psychology by the American Board of Professional Psychology. Dr. Harris has worked as a psychologist, training director, and director of counseling at student counseling centers at Southern Illinois University, the University of Hawaii at Manoa, and New Mexico State University. He also worked as an associate professor of Counseling Psychology at Texas Woman's University. Dr. Harris is a licensed psychology, currently providing telehealth psychotherapy for Amwell Medical Group and BetterHelp. Dr. Harris is the author or co-author of two books: *Workshops: Designing and Facilitating Experiential Learning* (Brooks-Harris & Stock-Ward, 1999) and *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008). In 2015, Dr. Harris started collaborating with other scholars to define Unified Psychotherapy as a distinct route to integration. Dr. Harris has developed Training in Unified Psychotherapy (TUP) as a webinar series and certification program to teach therapists to think about clients in a holistic manner and to utilize diverse interventions based on the individual needs of each client.

General Information

The tzkseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tzkseminars, LLC
168 West Lake Drive
Annapolis, Md. 21403