



ALLEN BERGER, PH.D. &
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→ POINTS of
INTERVENTION

Discovering & Developing
Your Natural Skills with Clients

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In large measure psychotherapy training focuses on developing technical protocols to treat particular diagnoses. The focus is on “what” the clinician is treating. This workshop focuses instead on the “how” of connecting with clients in ways that move them toward change and problem resolution. This process-oriented training is applicable to a multitude of clinical diagnoses and treatment settings. In order to move toward mastery of the set of process tools Berger and Rutledge share in this workshop, participants are challenged to identify their own personal strengths and liabilities as clinicians. The most powerful and effective applications of the methods taught in this workshop are by way of integrating personal strengths into each clinician’s therapeutic persona.

Beyond learning more about implementing natural strengths and skills into creating a therapeutic alliance with clients so that the work of increasing awareness and change becomes collaborative, participants will also learn how to identify specific opportunities for therapeutic interventions as they unfold organically during sessions. Learning to identify precise points of intervention by defining problems very specifically can make all the difference in our efforts to help clients.

In the midst of increasing (and welcome) emphasis on objective evidence-based treatment models comes this workshop that takes participants into the very subjective world where clinician meets client, where collaboration happens, where agreements are made and where healing begins. Join these two creative clinicians for a day of interaction & discovery.

To schedule an event, email thomrutledgeauthor@gmail.com or abphd@msn.com

Allen Berger, Ph.D. is a clinical psychologist and internationally recognized expert on the science of recovery. He is best known for his work as a Gestalt-Experiential psychotherapist on emotional sobriety and integrating psychotherapy with the 12 Steps of Alcoholics Anonymous. Dr. Berger is a popular recovery author for Hazelden. His most recent book is *12 More Things You Can Do to Mess Up Your Recovery*.

Thom Rutledge, LCSW is a psychotherapist and author of several books, including *Embracing Fear*, *The Self-Forgiveness Handbook*, *The Greater Possibilities* and *What Love Is*. Thom has been facilitating professional training seminars and workshops geared to broader audiences for over 30 years. He is best known for his work in addiction and eating disorder recovery and has been called “The Master of the Painless CEU.”