

Alliance - Focused Training



Dr Chris Muran

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Dr Catherine Eubanks

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Dr Lisa Wallner Samstag

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Dr James Macdonald

Headington Psychotherapy, UK

Dates:

29th June (Level 1) / 30th June (Level 2) / 1st July 2020 (Intro to Level 3)

Location:

Ewart House, Oxford, UK

Cost:

All 3 days £500 (earlybird by 8 May: £450)
Level 1 only £175 (earlybird by 8 May: £150)
Levels 1 & 2 £330 (earlybird by 8 May: £300)

Contact/further information:

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Grounded in a 30 year programme of empirical research, Alliance-Focused Training (AFT) teaches therapists skills for building and maintaining a strong therapeutic alliance. It has been shown to enhance the effectiveness of CBT (Muran et al., 2019), and enables therapists of all backgrounds to develop and refine their ability to engage ‘hard to reach’ clients and to work with inevitable therapeutic impasses or alliance ruptures when they occur. Alliance-Focused Training revitalises and deepens everyday therapeutic work by turning relational challenges into opportunities for refining attunement with clients and enabling client agency. Chris Muran, Catherine Eubanks, and Lisa Wallner Samstag have all played a central part (alongside the late Jeremy Safran) in the clinical research underlying AFT, and in the development, evaluation, and refinement of alliance-focused training approaches. Their work has been summarised in numerous academic papers as well as two books: Safran & Muran (2000) *Negotiating the Therapeutic Alliance* and Muran & Eubanks (2020) *Therapist Performance Under Pressure: Negotiating Emotion, Difference and Rupture*. These workshops offer a unique opportunity to train with all three of AFT’s leading clinician researchers.

Levels 1 and 2 (29th June & 30th June)

In-depth skill training through a combination of brief lectures, video demonstrations, live modelling, case discussion and supervised role-playing practice.

Day One (29th June) Level 1

The theoretical basis for alliance-based intervention; identifying in-session markers of different alliance ruptures; overarching intervention principles; specific intervention strategies; principles of interpersonal complementarity; introduction to emotion theory and its relevance to alliance-focused interventions; therapist emotion as a source of information; introduction to therapeutic metacommunication or ‘mindfulness-in-relationship’; stage models of rupture resolution; basic introduction to principles of relationally oriented mindfulness practice.

Day Two (30th June) Level 2

Second-level principles of alliance-focused intervention; further applications of relationally oriented mindfulness work; tracking moment by moment change; reflection-in-action skills; further applications of emotion theory and research for alliance-focused intervention; principles of therapist self and interactive affect regulation; application of mindfulness training as a tool for therapist affect-regulation; helping clients to develop affect regulation skills through implicit relational processes; Level 2 principles of cultivating therapists’ internal experience as an instrument of therapeutic change.

Day Three (1st July) Introduction to Level 3

Level 3 involves a programme of supervised practice. Day 3 will continue to develop themes introduced in Levels 1 and 2 but with an emphasis on the use of video-taped supervision, experientially based training techniques and the use of awareness-oriented role plays. Attendees will present their own clinical material and practise intervention and training principles. Attending all three workshops leads to eligibility for Level 3 supervised practice, and there will be an opportunity to register for an online supervision group for those who wish to complete Level 3 and receive AFT certification from the Center for Alliance-Focused Training.

Chris Muran

Chris is Associate Dean and Full Professor at the Gordon F. Derner School of Psychology, Adelphi University, where he has served as training director for its doctoral program in clinical psychology (2009-present). He completed postdoctoral training in cognitive therapy (University of Toronto) and psychoanalysis (New York University). He is a fellow of the American Psychological Association (APA) and on its Advisory Steering Committee for the Development of Clinical Practice Guidelines. He is past president of the Society for Psychotherapy Research and past editor of its journal *Psychotherapy Research*; he is also on the editorial boards for the *Journal of Consulting and Clinical Psychology* and *Clinical Psychology: Science & Practice*. Since 1990, Chris has directed the Psychotherapy Research Program at Mount Sinai Beth Israel (MSBI), which has been funded by grant awards from the NIMH. He was Chief Psychologist at MSBI for 15 years (1994-2009) and is on faculty at Icahn School of Medicine at Mount Sinai. He has received several awards for his research and teaching, and has published over 130 papers and 9 books on change processes and the therapeutic relationship, including *Therapist Performance under Pressure* (2020 with Catherine Eubanks), *Practice-Oriented Research* (2016; with Louis Castonguay), *Transforming Negative Reactions to Clients* (2013; with Abraham Wolfe & Marvin Goldfried), *The Therapeutic Alliance* (2010; with Jacques Barber), *Dialogues on Difference* (2007), *Self-Relations* (2001), and *Negotiating the Therapeutic Alliance* (2000; with Jeremy Safran). He also recorded Alliance Rupture and Repair for the APA Video Series (2020; with Catherine Eubanks).

Catherine Eubanks

Catherine is Associate Professor of Clinical Psychology at the Ferkauf Graduate School of Psychology of Yeshiva University. She also serves as Associate Director of the Mount Sinai-Beth Israel Brief Psychotherapy Research Program. Catherine received the Early Career Award from APA/Division 29 in 2018, the Outstanding Early Career Achievement Award from the Society for Psychotherapy Research in 2015, and the Dissertation Award from the Society for the Exploration of Psychotherapy Integration in 2007. She served as President of the Society for the Exploration of Psychotherapy Integration (SEPI) in 2019, and served as Executive Officer of the North American chapter of the Society for Psychotherapy Research from 2013-2018. Catherine has previously served as an Associate Editor for *Psychotherapy Research* and is currently an Associate Editor for the *Journal of Consulting and Clinical Psychology*. She also serves on the editorial boards of *Psychotherapy Research*, the *Journal of Psychotherapy Integration*, and the *Journal of Clinical Psychology: In Session*. She developed the Rupture Resolution Rating System (3RS; with Chris Muran & Jeremy Safran) and is co-author (with Chris Muran) of *Therapist Performance under Pressure: Negotiating Emotion, Difference & Rupture* (2020). She also recorded Alliance Rupture and Repair for the APA Video Series (2020; with Chris Muran).

Lisa Wallner Samstag

Lisa is Professor in the Clinical Psychology Doctoral Program at Long Island University (Brooklyn campus) where she also serves as Director of Psychotherapy Research and Clinical Supervisor, and has been a faculty member in the Department of Psychology since 1999. She completed training in interpersonal psychoanalysis at the William Alanson White Institute in 2009. Lisa is a Fellow of the American Psychological Association (Divisions 29 and 39) and is past Associate Editor and Book Review Editor of the journal *Psychotherapy* (2004-2016). In the late 1980's, Lisa was fortunate to join Jeremy Safran's clinical research team at the Clarke Institute of Psychiatry in Toronto (followed by Chris Muran who was a post-doctoral Fellow at the time), working collaboratively on the early development of the rupture resolution model and its evolution into Alliance-Focused Training at the Mount Sinai-Beth Israel Brief Psychotherapy Research Program (where she was Program Coordinator from 1990-2013). She has authored and co-authored numerous papers on psychotherapy process and outcome.

James Macdonald

James is a Clinical Psychologist Specialising in Psychotherapy, currently Lead Clinician at Headington Psychotherapy in Oxford. In the late 1980s and 90s he trained extensively in Gestalt Therapy before going on to do a PhD exploring the role of shame and other factors in the emotional isolation of people seeking psychotherapy. Following a doctoral training in Clinical Psychology at the Salomons Centre, Canterbury Christchurch University, he has trained in a number of experiential models of psychotherapy, including Alliance Focused Therapy with the late Jeremy Safran. He has published research on interpersonal and emotional processes and outcome in therapy, and supervised Oxford University clinical psychology doctoral research projects in this area. He is lucky to be supervised clinically by Chris Muran and has also been collaborating with Chris on the development of a mindfulness program for therapists which complements AFT. James recently completed a MSt at Oxford University in MBCT for which he was awarded a distinction. He has a particular interest in adapting mindfulness training for therapists, and the development of 'mindfulness-in-relationship' skills.