An Introduction to Clinical Practice through the Lens of Relational Psychotherapy and Mind-Body Principles

This four-week training opportunity is designed for students, beginning practitioners and those new to direct clinical practice. The course will introduce an integrative model of treatment focusing on relational psychotherapy, neuroscience, and mind-body work. A didactic and experiential format will be employed. Through the use of readings, discussion of clinical cases and demonstration, we will explore the following areas:

1. Approaching the clinical encounters;
2. Establishing goals of treatment;
3. Viewing the client/therapist interaction through the centrality of attachment and therapeutic relationship;
4. Discussing some of the central concepts that are related to positive outcome in treatment, such as empathic attunement, limbic resonance and revision, neural integration, and neural plasticity;
5. Incorporating evidence-based mind-body techniques to deepen the therapeutic process, focusing on the scientific bases and current empirical research for these practices;
6. Exploring the role of social and affective neuroscience in promoting healing and growth in the therapeutic relationship; and
7. Discuss the crucial role of therapist self-care and the use of these aforementioned mind-body practices in self-care.

This workshop will begin on Tuesday, May 19, 2015 through Tuesday, June 8, 2015 meeting at 7:00 p.m. The facilitators will be Dr. Stephen Stein, PhD and Jade Wood, MA, LMFT, MHSA. This group will be limited to eight participants. Interested individuals should contact Dr. Stein at 202-745-2556. This group will be free of charge and open to any interested participants. This training experience is offered as a service of DCPA to facilitate the professional development of the mental health community.