Person Centered Practices: Building a Therapeutic Alliance

MNCAMH Webinar
Second Friday Webinar
August 10, 2018
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Agenda for the day

- The Therapeutic Alliance
- BRIEF History of Person Centered Practices
- Assessment - Good Day/Bad Day Tool
- Bond – Language choice
- Goals – Valuing Important TO and Important FOR
- Task – the 4+1
- Questions??
Why is engagement important?
There isn’t only one effective model
Relationship factors are important

Norcross 2011, Psychotherapy relationships that work
Therapists value engagement

| Research on the therapeutic alliance and ruptures in the therapeutic alliance (24%) |
| Early alliance predicts outcome and retention |
| Recognizing and addressing alliance ruptures |
| Alliance repair methods can work and improve outcome |

Psychodynamically oriented research (15%)
- Addressing defenses and its relation to outcome
- The potential dangers of transference interpretations
- Research on accuracy of interpretations

Therapist or treatment intervention by patient type (7%)
- Family intervention and schizophrenia
- Client-therapist racial matching
- Treatment for impoverished, depressed women

Attachment and developmental research (4%)
- Attachment research
- Research on reflective functioning/mentality
- Mother-infant attunement research

Psychotherapy and medication (3%)
- CBT has lower relapse rates for depression than antidepressants
- Severe depression responds best to therapy plus medication
- CBT performs as well as medication in various studies

Research on the effectiveness of behavioral and cognitive behavioral interventions (17%)
- Cognitive therapy for relapse prevention in depression
- Efficacy of exposure-based treatments for anxiety
- Dialectical behavior therapy for borderlines

Research on psychotherapy process and/or mechanisms of change (12%)
- Impact of negative therapeutic process
- Various types of task analysis research
- Findings on client deference

Research demonstrating therapeutic equivalence (8%)
- The “Dodo bird” effect
- Lay therapists equally effective as trained therapists
- IPT and CBT equally effective for moderate depression

Emotion (3%)
- Emotion precedes cognition
- Affect regulation research
- Experiencing level in specific contexts

Neuroscience research (3%)
- Neurobiological impact of psychotherapy
- Brain research on amygdala and trauma
- Brain research on how memory functions

Safran et al. 2011, Clinical Psychology: Science and Practice
Freud

- Transference and Counter Transference = Therapeutic Alliance
Carl Rogers - 1951

Congruence!
Empathy!
Positive Regard!
Strong’s Interpersonal Influence

Focus is on client’s perception vs. counselor’s ability to offer conditions

- Trustworthy
- Expert
- Attractive

Likelihood of a successful outcome
Bordin’s Theory of the Working Alliance - 1979

Goals

Bond

Task
## Across treatments

<table>
<thead>
<tr>
<th>Personal Attributes</th>
<th>Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexible</td>
<td>Exploration</td>
</tr>
<tr>
<td>Experienced</td>
<td>Depth</td>
</tr>
<tr>
<td>Honest</td>
<td>Reflection</td>
</tr>
<tr>
<td>Respectful</td>
<td>Supportive</td>
</tr>
<tr>
<td>Trustworthy</td>
<td>Notes part therapy successes</td>
</tr>
<tr>
<td>Confident</td>
<td>Accurate interpretation</td>
</tr>
<tr>
<td>Interested</td>
<td>Facilitates expression of affect</td>
</tr>
<tr>
<td>Alert</td>
<td>Active</td>
</tr>
<tr>
<td>Friendly</td>
<td>Affirming</td>
</tr>
<tr>
<td>Warm</td>
<td>Understanding</td>
</tr>
<tr>
<td>Open</td>
<td>Attend to patients experience</td>
</tr>
</tbody>
</table>

Ackerman and Hilsenroth 2003, *Clinical Psychology Review*
Bordin was working on the Therapeutic Alliance...
Normalization and Social Role Valorization....

“the insight that the creation of valued social roles for people at risk of social devaluation was the epitome of Normalization”

(Wolfensberger, 1983, p. 237)

https://www.youtube.com/watch?v=ug_Q10Iiwws
• See people first rather than diagnostic labels
• use ordinary language and images
• actively search for a person's gifts and capacities in the context of community life
• strengthen the voice of the person and those who know them best
• evaluating present conditions in terms of valued experience
• and defining desirable change for their lives

Beth Mount 1992
Core Concept of Person Centered Practices

**Important “TO”...**
Those things that help us to be content, happy, comforted & fulfilled.

- People to be with
- Things to do
- Places to go
- Rituals
- Status
- Independence
- Things to have
  - *What matters most to a person—their own definition of ‘quality of life.’*

**Important “FOR”...**
Those things that keep a person safe, healthy, prevent illness & promote wellness.

- Diet, exercise
- Safe housing
- Free from fear
- Substance-free
- Treatment /prevention of illness
- Symptom stability
- To be valued
- To be contributing members of society

*Can be what others want or see as most important for a person*
Bordin’s Theory of the Working Alliance - 1979
So how do they work together?!
It starts at the beginning... Assessment

You have 100ms to make a good first impression!

But after that.....
## Good Day/Bad Day

<table>
<thead>
<tr>
<th>Time Of Day</th>
<th>Typical</th>
<th>Better</th>
<th>Worse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning at home</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commute</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Morning at work</td>
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<td></td>
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<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of Day</td>
<td>Typical</td>
<td>Better</td>
<td>Worse</td>
</tr>
<tr>
<td>------------------</td>
<td>---------</td>
<td>--------</td>
<td>-------</td>
</tr>
<tr>
<td>Afternoon at work</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Commute</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overnight</td>
<td></td>
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</tbody>
</table>
Bordin’s Theory of the Working Alliance - 1979

Goals

Bond  Task
POWER

OVER

vs

Power With
Words matter.

Focus on the person, not the condition.

- The basic concept is that the mental health condition (or physical or other condition) is only one aspect of a person’s life, not the defining characteristic.
  - Preferred: She is a person with schizophrenia.
  - Not preferred: She is schizophrenic.

- Be specific. Mental illness is a general condition. Specific disorders are types of mental illness and should be used whenever possible.
  - Preferred: He was diagnosed with bipolar disorder
  - Not preferred: He was mentally ill

- Avoid derogatory language. Terms such as psycho, crazy and junkie should not be used. In addition, avoid words like “suffering” or “victim” when discussing those who have mental health challenges.
  - Preferred: She has a mental health illness. She has a substance use disorder.
  - Not preferred: She suffers from mental illness. She’s a drug abuser.
Bordin’s Theory of the Working Alliance - 1979

Diagram:
- Goals
- Bond
- Task
Buy In!

Going to concerts with friends—being included

TO

Sobriety

FOR

https://youtu.be/SSKatciX3hA
Bordin’s Theory of the Working Alliance - 1979

- Goals
- Bond
- Task
PCT Tool -4+1

- Feedback about the change process
- Regular check-in’s about the alliance
- NOT the therapist’s perspective that matters!
Pose the question that needs to be answered

<table>
<thead>
<tr>
<th>What did you try?</th>
<th>What did you learn?</th>
<th>What are you pleased about?</th>
<th>What are you concerned about?</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ What did you do?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>▪ When did you do it?</td>
<td>▪ What did you learn from your efforts?</td>
<td>▪ What did you like about what you tried?</td>
<td>▪ What challenges did you encounter?</td>
</tr>
<tr>
<td>▪ Who else was there?</td>
<td></td>
<td>▪ What went well?</td>
<td>▪ What didn’t you like about what you tried?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▪ What worked well for you?</td>
<td>▪ What didn’t work for you?</td>
</tr>
</tbody>
</table>

+1: Given your learning, what will you do next?
Person Centered Practices Survey

Help us understand what’s working and what’s not working with person centered practices!
Questions?
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Thank You!