

UPDATING THE GREAT PSYCHOTHERAPY DEBATE: The Stealth Victory of the Contextual Model/ Constructionism and Implications for Practice

Stephen Bacon, PhD

An innovative reanalysis of the psychotherapy outcome literature by the contextual model group has resulted in several provocative new findings:

1) psychotherapy training and experience fail to enhance client outcomes, and 2) psychotherapeutic techniques lack inherent power and are better framed as rituals.

This presentation reviews this new analysis and offers an explanation for the surprising finding—constructionism, and distills three new psychotherapeutic principles—discernment, client fit, and therapist charisma—from the analysis. The implications for training and practice are explored and there is an emphasis on practical applications.

Participants will:

1. Analyze the therapy outcome research literature in terms of answering the question: Do psychotherapy techniques have innate power?
2. Identify the three principles of Discernment, Client Fit, and Therapist Charisma and explain how they contribute to enhanced client outcomes.
3. Explain the differences between constructed reality and fundamental reality and list the benefits of practicing psychotherapy in a constructed reality.

Dr. Stephen Bacon is a licensed clinical psychologist in private practice in Santa Barbara. He has a long history of interest in how worldview structures an individual's reality and how that interacts with the therapeutic relationship and the possibility of positive change and growth. In addition to his formal psychology training, Dr. Bacon has a degree in the Phenomenology of Religion, lived in a meditation center for almost six years, and wrote a book on metaphors and archetypes in experiential/adventure-based education. He has studied a variety of high impact therapeutic approaches such as EMDR, NLP, hypnosis, and the Ericksonian model, and taught workshops and retreats on these subjects in the United States and Europe. In addition to his private practice of psychotherapy, he also works as a coach for nonprofit and corporate executives and leaders. He was Vice President for Program Development for Outward Bound USA. He has recently completed a book entitled *Practicing Psychotherapy in Constructed Reality: Ritual, Charisma, and Enhanced Client Outcomes*.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its September 2019 presentation.

Wednesday, September 11, 2019

Noon to 1:30 PM

**Santa Barbara Cottage Hospital
Amphitheatre**

CONTINUING EDUCATION

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

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Program Coordinators

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Water and coffee will be offered.