



Safe and Effective Use of Self in Psychotherapy Certificate
30 Hours of Graduate-Level Professional Training

Faculty: Lilian C. J. Wong, B.Sc., M.A., Ph.D. & Paul T. P. Wong, Ph.D., C.Psych.
Dates: April 23-24 & May 21-22, 2016
Time: 9:00 a.m. - 4:00 p.m.
Location: 13 Ballyconnor Court, Toronto, Ontario M2M 4C5, Canada
Fees: \$800.00 CAD (course)

Course Description

This four-day intensive course integrates personal and professional development. Since the therapist is the primary instrument in practicing psychotherapy, how to develop and make the best use of self needs to be an essential part of professional training.

Specifically, this course will examine the empirical evidence on the impact of the personal qualities of the therapist on therapeutic outcomes. Discussions will focus on the appropriate use of self-disclosure, awareness of transference, and management of countertransference to facilitate the healing and well-being of the client. The course also explores the effective use of self from the perspectives of psychoanalysis, humanistic-existential psychology, and cross-cultural psychology.

Course Learning Objectives

Participants will:

- Examine the empirical and theoretical basis for the importance of the personal qualities of the therapist.
- Demonstrate awareness of the impact of the therapist's subjective context on the therapeutic process.
- Recognize the impact of power dynamics within the therapeutic relationship.
- Learn to protect clients from the imposition of the therapist's personal issues.
- Employ effective and congruent verbal and non-verbal communication.
- Use self-disclosure appropriately.
- Use ethnic-cultural identity in cross-cultural counselling effectively.

Participants will learn valuable clinical skills as well as the literature supporting these practices. They will learn how to practice unconditional acceptance, listen with authentic empathy, and manage transference and countertransference.

In addition, participants will learn to assess key areas of personal development, examine their own assumptions and biases, and resolve personal issues that may undermine therapeutic effectiveness. Such training can be transformative and benefit the participants in many areas of their lives.

This course will be delivered in lectures, demonstrations, role-playing, case studies, and roundtable discussions.

Course Requirements

- 1) Completion of “Inventory of Self”
- 2) A case study of the effective use of self (about 2 pages)
- 3) Participation in roundtable discussions
- 4) A multiple-choice exam (self evaluation)

Lecture Titles

<i>Date</i>	<i>Lecture</i>	<i>Title</i>
April 23	Lecture 1	Who You Are is More Important than What You Know
	Lecture 2	Empirical Evidence for Effective & Ineffective Use of Self in Psychotherapy
April 24	Lecture 3	The Use of Self in Transference & Countertransference in Psychoanalysis
	Lecture 4	
May 21	Lecture 5	The Use of the Ethnic-Cultural Self
	Lecture 6	The Use of the Self in Humanistic-Existential Therapy
May 22	Lecture 7	The Use of Multiple Selves in Integrative Meaning Therapy
	Lecture 8	Review and Wrap-Up

This course will fulfill the requirement for evidence of competency in the safe and effective use of self in the psychotherapeutic relationship for the grand-parenting option for registration of Registered Psychotherapists.

30 CE Credits are available upon completion of the course.

Fees and Payment

Tuition fees: \$800.00 CAD (includes HST and refreshments)
Request for continuing education credits (CEU): \$80.00 CAD

Payment methods:

- PayPal to drpaulwong@gmail.com
- Cheque payable to Meaning-Centered Counselling Institute (mail-in or on-site)
- Cash (on-site)

Please note that there is limited space for this course.

For more information call +1 (416) 546-5588 or e-mail liliancj@rogers.com

Sponsored by the International Network on Personal Meaning (INPM) and Meaning-Centered Counselling Institute (MCCI).



Brief Biography

Paul T. P. Wong, Ph.D., C.Psych. is Professor Emeritus of Trent University and Adjunct Professor at Saybrook University. He is a Fellow of APA and CPA and President of the International Network on Personal Meaning (www.meaning.ca) and the Meaning-Centered Counselling Institute. Editor of the International Journal of Existential Psychology and Psychotherapy, he has also edited two influential volumes on The Human Quest for Meaning. A prolific writer, he is one of the most cited existential and positive psychologists. The originator of Meaning Therapy and International Meaning Conferences, he has been invited to give keynotes and meaning therapy workshops worldwide. He is the recent recipient of the Carl Rogers Award from the Society for Humanistic Psychology (Div.32 of APA). He is a member of a research working group on Virtue, Happiness, & the Meaning of Life funded by a major research grant from the John Templeton Foundation.

Lilian C. J. Wong, BSc., MA., PhD. received her B.Sc. from the U. of Toronto, M.A. in Ed. Psych. from the U. of Texas at Austin, and Ph.D. in Counselling Psych. from UBC. She completed courses in Learning Disabilities, Psychopathology, and Family Systems in Counselling at UCLA. She served as Psycho-Educational Consultant, School Psychologist, and Area Counsellor for several School Boards in Ontario and British Columbia. She was Associate Professor and School Counselling Coordinator of the M.A. Graduate Program in Counselling Psychology, Trinity Western University, BC, and Associate Professor of Psychology at Tyndale University College, Toronto, ON.

She is internationally recognized for her research on multicultural competencies in clinical supervision. She is co-editor of the *Handbook in Multicultural Perspectives on Stress and Coping* (2006) by Springer Publishers, *The Positive Psychology of Meaning and Spirituality* (2007) by INPM Press, and *The Positive Psychology of Meaning and Addiction Recovery* (2013) by INPM Press/Purpose Research.

She serves on the Boards of Directors of the International Network on Personal Meaning (INPM) and Canadian Association for Child and Play Therapy (CACPT). She was co-chair (2011-2013) for the Supervision and Training Section of the Society of Counseling Psychology (Div. 17 of APA). She is Vice President of the Meaning-Centered Counselling Institute, Inc. (MCCI).

She has been a frequent invited speaker and workshop leader in the U.S., Canada, and overseas on grief therapy, play therapy, and counselling children, adolescents and families. She travels worldwide with her husband, Dr. Paul T. P. Wong, speaking on Meaning Therapy. She also has a private practice in Toronto.