



# Psychotherapy Toolkit Workshop

*Explore & experiment with teaching tools for psycho-education*

## Experiential Workshop

Saturday  
November 12, 2011  
12 noon - 3 pm

Spend an afternoon looking at and experimenting with dozens of teaching tools used in psychotherapy. Leave with a stack of handouts, worksheets and homework assignments. Watch demonstrations to learn how to use handouts, card sets, and visual aids in psychotherapy.

This is a uniquely designed, hands-on opportunity, to experiment with creative approaches to psycho-education. Learn new ways to expand your communication, education, and healing work with your clients.

The workshop will provide inspiration and guidance to help you create new and useful tools for your practice. You will leave with the creative means to enliven your investment and interest in your work, as well as enhance your therapeutic interactions and interventions.

### Teaching for Multiple Learning Styles

Expand your psychotherapy teaching styles to accommodate multiple styles of learning (i.e. visual, auditory, and kinesthetic) and move beyond the conventional modes of teaching through conversation and prescribed reading. This workshop will explore various of ways of teaching in therapy. The emphasis will be on visual and kinesthetic psycho-educational tools, as these strategies tend to be underrepresented modalities for teaching in psychotherapy.

### Kinesthetic Teaching Tools

- Physically manipulatable tools
- Card sorts
- Visual teaching aids
- Concept demonstration tools

#### Examples:

**Distress Tolerance Cards:** Over 150 ideas for managing distress. Card deck and customized client handout.

**Distorted Thinking Cards:** Cognitive Distortions descriptors and Distortion Busters on separate cards to examine with clients in therapy.

**The Tube of Communication:** Non-Violent Communication tool for demonstrating the power of listening for underlying needs.

### Practice Building Ideas

Learn about ways to use psychotherapy tools to market your business and expand your connections in your community.

### Visual Tools and Handouts

See these explained and demonstrated. Take home copies of the ones you'd like to add to your collection.

- Tried and true handouts and dozens of original handouts
- Guidebooks of therapy handouts
- Charts
- Worksheets
- Checklists
- Theory explanations

### Resource List

Leave the workshop with a resource list of:

- publishers
- websites
- contact information for additional teaching tools and purchase options

### Continuing Education Credit

Three hours of Continuing Education Credit is available for Psychologists, LCSWs, LPCs, and MFTs. Certificates will be provided.

**Cost - \$125**

**Pre-registration required**

**Call Elsbeth Martindale, Psy.D.  
to register 503-236-0855**

**Location**

**Mt. Tabor Psychological Services  
5525 East Burnside St., Portland, OR**