

# 3 Hypnosystemische Tagung in Zürich

19.-21.06.2015  
[www.hypnosystemische-tagung.ch](http://www.hypnosystemische-tagung.ch)

## Abstracts – Vortrag und Workshop

### Scott D. Miller

Ph.D. | Founder of the International [Center for Clinical Excellence](#) an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services. Dr. Miller conducts workshops and training in the United States and abroad, helping hundreds of agencies and organizations, both public and private, to achieve superior results. He is one of a handful of «invited faculty» whose work, thinking, and research is featured at the prestigious [«Evolution of Psychotherapy Conference.»](#) His humorous and engaging presentation style and command of the research literature consistently inspires practitioners, administrators, and policy makers to make effective changes in service delivery.

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### Vortrag

#### «What Works» in Therapy: Translating 40 years of Outcome Research into Strategies for Effective Clinical Practice



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For today's practitioner, finding reliable information about «what works» in therapy – separating fact from fiction – can be challenging. Since the 1960's, the number of treatment approaches has exploded, going from 60 to over 400 at last count. During the same time period, over 10'000 books and 100'000 articles and research reports have been published. Without exception, developers and devotees to particular methods claim superiority in conceptualization and outcome of their chosen approach. Meanwhile, governmental bodies, professional organizations, and third party payers are assembling, mandating adherence, and in some instances limiting payment to lists of treatments considered «evidence-based.»

So, «what works?». Drawing from a comprehensive review of 40 years of outcome research in his best-selling book, *The Heart and Soul of Change: Delivering «What Works»* (with Bruce Wampold and Barry Duncan [APA Press, revised 2008]), Scott D. Miller, Ph.D. will identify core factors responsible for therapeutic success regardless of theoretical orientation or psychiatric diagnosis. The research on «what works» will be carefully translated into practical, common sense, and empirically-supported therapeutic skills that can be used for the efficient and effective resolution of problems clients bring to treatment. Finally, participants will learn a simple, valid, and reliable method for maximizing the effectiveness and efficiency of treatment based on using ongoing client feedback to empirically tailor services to the individual client needs and characteristics.

## **Workshop**

### **Achieving Clinical Excellence: Three Steps to Superior Performance**



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Thanks to a number of recent studies, there is now solid empirical evidence for what distinguishes highly effective from average therapists. In this workshop, participants will learn three specific strategies that separate the great from the good. Participants will also learn a simple method for measuring success rates that can be used to develop a profile of their most and least effective moments in therapy – what works and what doesn't. Not only will attendees get a far more exact idea of their clinical strengths and weaknesses and how to use the findings in to improve their own practice, but they will also come away with concrete tools that will immediately boost clinical abilities and effectiveness.