

## QC23 Forming the Therapeutic Alliance

**This one day course provides invaluable practical training for clinicians and professionals across all disciplines and experience levels, by enhancing interpersonal skills in creating a collaborative relationship with their client.**

A good therapeutic alliance contributes to better client outcomes, therefore this course is recommended as the foundation to all Learning Centre training, providing a solid base for the practical application of therapeutic skills.

The course explores the use of a person-centred approach in the development of the therapeutic alliance and provides opportunities to learn and practice skills based on contemporary empirically supported evidence.

By better understanding the factors that can influence an alliance, an improved awareness of the collective elements can change the outcome of any interaction. This course is ideal for anyone wanting to build strengths in communication practices and enhance clinical practice.

With the practical application of learned techniques explored in group activities, techniques are reinforced in the safety of simulated multidisciplinary settings.



### Continuing professional development information:

6 hours of active learning

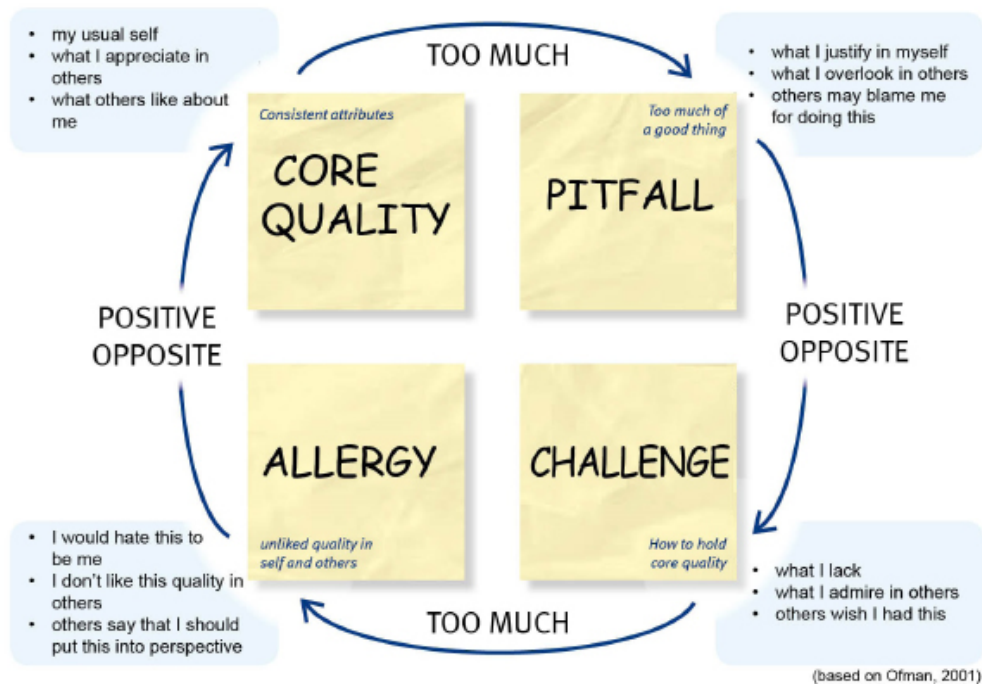
This program is accredited by the Australian College of Mental Health Nurses and Australian Association of Social Workers.



## Learning outcomes

At the end of the course participants will be able to:

- define what is meant by therapeutic alliance
- explain what a person-centred approach to therapy is
- demonstrate the application of interpersonal skills that are characteristic of a person-centred approach to therapy
- demonstrate skills which support and enhance a therapeutic alliance



### Testimonials:

*“Excellent content and presented in a logical way. It was very pertinent to my work place and will be immediately used there.”* Mental Health Worker

*“The program highlighted how to apply self awareness in therapeutic practice and how this can positively influence the therapeutic alliance. I really enjoyed this workshop.”* Occupational Therapy Student

For more **information** about this course, to view the **training calendar**, or to **enrol** in training, visit us at:

- [www.qcmhl.qld.edu.au](http://www.qcmhl.qld.edu.au)
- email: [qcmhltraining@health.qld.gov.au](mailto:qcmhltraining@health.qld.gov.au)
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