

Getting Better Results: Using Feedback Informed Treatment (FIT) & Deliberate Practice to Improve Outcomes

a one day workshop presented by

Brent Gardiner

Palmerston North - 25 March 2021

for the Manawatu branch of NZ Psychological Society

New Zealand
Psychological Society

Rōpū Mātai Hinengaro o Aotearoa



Getting Better Results: Using Feedback Informed Treatment (FIT) and Deliberate Practice to Improve Outcomes

FIT is a pan-theoretical approach for evaluating and improving the quality and effectiveness of behavioural health services. It involves routinely and formally soliciting feedback from consumers regarding the therapeutic alliance and outcome of care to inform and tailor service delivery. FIT is not only consistent with but also operationalises the American Psychological Association's (APA) definition of evidence-based practice.

Deliberate Practice is a means of applying well established ideas about improving performance to the Behavioural Health arena. Its application to psychological practice is relatively recent (first published paper in 2007) and it is a rapidly developing area.

Structure of Workshop:

This workshop essentially consists of two overlapping parts. The first will examine the use of Routine Outcome Measurement (ROM) and Feedback Informed Treatment (FIT) in talking therapy practice. The second part will explore the much more recent developments of using ROM, FIT and other factors to develop an individualised action plan for improving both individual and service wide effectiveness.

The presentation will include some didactic background information and include video clips from some of the key developers of FIT and Deliberate Practice. The focus however will be on practical exercises so that participants go away with the skills to implement FIT in their practice and service as well as at least the beginnings of individual or service level Deliberate Practice plans to improve effectiveness.

Who should attend:

Aside from talking therapy practitioners, the workshop should be relevant to other forms of psychological practice where general client wellbeing is a primary outcome measure. It will also be pertinent for those responsible for supporting the development of individual practitioners such as educators, supervisors and service managers. The workshop is suitable for both beginning and experienced practitioners. Handouts will be provided.



The Presenter:

Brent Gardiner- Counsellor, Educator, Researcher

Brent has been using FIT in his practice since the late 1990s. He has done intensive trainings with the foundational researchers and creators of both FIT and Deliberate Practice. In his former role as Programme Leader of the Massey University Master of Counselling Studies programme he has been teaching FIT to clinical students for over a decade and Deliberate Practice for several years.



Venue

Caccia Birch House, 130 Te Awe Awe St, Palmerston North

Times

9am to 4.30pm, Thursday 25 March

This workshop is hosted by

***the Manawatu branch committee of
New Zealand Psychological Society***

Register online today !

click here: <https://www.psychology.org.nz/events/nzpps-events#cid=884&wid=301>

PAYMENT

All prices are GST Inclusive - GST Number 42-486-864

Registration	workshop fee
NZPsS Member	\$200
NZPsS Student	\$ 75
Other Student	\$ 75
Non Member	\$250

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.

Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified. NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

Register online (see link above) or scan and email completed form to: liaison@psychology.org.nz

or post to New Zealand Psychological Society
PO Box 10536, The Terrace, Wellington 6143

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REGISTRATION & TAX INVOICE

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Palmerston North workshop, 25 March 2021

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