

9:00 am-12:00 pm:

# EFFECTIVE BEREAVEMENT INTERVENTION: FEEDBACK INFORMED TREATMENT & THE PRACTICE OF MASTER THERAPISTS



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Level of Instruction: Intermediate

**Presentation Summary:** This interactive workshop draws upon two different sources to challenge practitioners to extend their expertise when working with bereaved individuals. Grief Australia, as a government funded service, must demonstrate the clinical effectiveness of its work to justify its value to taxpayers and stakeholders. Its unique approach tracks change and monitors the therapeutic alliance across sessions in a model called Feedback Informed Treatment. This innovative care model is designed for a population approach to bereavement intervention and addresses the findings that those who are most distressed appear to benefit greatest from grief therapy while also being the least likely to seek support. The second source draws upon data describing how “master therapists” practice and attempts to codify the methods they employ. Those broadband principles correlate with what is known about treatment effectiveness from the broader psychotherapy literature. Participants will be engaged in active reflection on their current practices in light of what has been learned from Feedback Informed Treatment as well as how acknowledged experts approach the work.

**Objectives:** Upon completion of this lecture, the participant will be able to:

- Discuss how Feedback Informed Treatment tracks change and monitors the therapeutic alliance across sessions during grief counseling
- List three proven methods practiced by expert therapists in the field of bereavement intervention
- Describe one or more specific practice innovations which could be implemented in the participant’s own treatment setting

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## References:

Bovendeerd, B., De Jong, K., De Groot, E., Moerbeek, M., & De Keijser, J. (2022). Enhancing the effect of psychotherapy through systematic client feedback in outpatient mental healthcare: A cluster randomized trial. *Psychotherapy research: Journal of the Society for Psychotherapy Research*, 32(6), 710–722. <https://doi.org/10.1080/10503307.2021.2015637>

Klasen, M., Bhar, S. S., Ugalde, A., & Hall, C. (2017). Clients' perspectives on outcomes and mechanisms of bereavement counselling: A qualitative study. *Australian Psychologist*, 52(5), 363-371. <https://doi.org/10.1111/ap.12280>

Miller, S. D., Hubble, M.A. & Chow, D. (2020). *Better results: Using deliberate practice to improve therapeutic effectiveness*. Washington, DC: American Psychological Association.

Sperry, L. & Carlson, J. (2014). *How master therapists work: Effecting change from the first through the last session and beyond*. New York: Routledge.