

# **ALLIANCE-FOCUSED TRAINING: FROM RESEARCH TO PRACTICE AND TRAINING**

**Professor J. Christopher Muran**

Workshop on Fri March 15<sup>th</sup> 2024, from 9am to 3pm

University of Jyväskylä, Mattilanniemi-campus, Agora, Lea Pulkkisen Sali (4<sup>th</sup> floor)

Alliance Focused Training (AFT) is an empirically supported approach for helping therapists develop the skills to build and maintain their alliances with patients, essential to any effective treatment. More specifically, AFT helps therapists develop their abilities to recognize alliance ruptures and work constructively with them when they occur. Ruptures are marked by movements away (withdrawals) and movements against (confrontations) by patients and therapists. Rupture repair involves processes to improve communication and promote corrective experience, including efforts to renegotiate an in-session therapy task or to explore a rupture to clarify underlying needs (via the principle of metacommunication: communication about the communication process as it unfolds). AFT is founded on principles in experiential learning (including reflective and deliberate practice) and was developed at the Mount Sinai Beth Israel Psychotherapy Research Program with support from our National Institute of Mental Health.

The workshop will present our integrative conceptualization of the patient-therapist alliance and our research program on rupture repair, from the intensive study of the change process to the development and evaluation of treatment and training practices. It will include video demonstrations to illustrate.