



## **An Introduction to Therapeutic Assessment**

**Presented by Raja M. David, PsyD, ABPP, LP**  
*Minnesota Center for Collaborative/Therapeutic Assessment*

**April 21<sup>st</sup> & May 5<sup>th</sup>, 2023—10:00am-3:00pm (Central/Chicago time zone)**

**This training will occur virtually through Zoom.**

### **Training Overview**

This two-day, 9-hour workshop is designed for professionals and graduate students interested in learning about the Therapeutic Assessment model developed by Stephen Finn and his colleagues.

Therapeutic Assessment (TA) is a highly individualized and collaborative approach to psychological assessment that often leads to growth for clients. Participants will come to understand the core values of TA and the interpersonal stance that contribute to successful application of the model. Key concepts and theories related to TA will be presented, and common psychological tests used in the model will be introduced. Participants will be exposed to the different steps that are part of the Adult TA model and come to appreciate how to develop questions to be answered through testing, and how to explore test results to build client insight. As the steps of the model are explained, clinical vignettes, including video and test data, will illuminate the application of this approach. Participants will be given some key takeaways about the model and steps they can use to enhance client care.

### **Objectives**

By the end of this training participants will be able to:

- List and describe the different steps in the adult Therapeutic Assessment model.
- Implement basic skills for identifying client questions at the onset of an assessment.
- Describe the values and skills necessary for conducting an Extended Inquiry following standardized testing.
- Conduct a basic Extended Inquiry with a known psychological test to explore the client's experience.
- Begin to use the Levels of Information when interpreting test data.
- Explain the purpose of an Assessment Intervention Session (AIS).
- Identify 2-3 TA principles and guidelines for conducting a Summary/Discussion Session
- Understand the basic steps required for writing a personalized letter to a client following TA tenets.
- List the four Therapeutic Assessment models.

## Workshop Schedules

<u>Time</u>	<u>Day 1 April 21, 2023</u>	<u>Day 2 May 5, 2023</u>
10:00-11:30	Introductions & workshop overview. Introduction to TA. <ul style="list-style-type: none"> <li>• History</li> <li>• Key terms</li> <li>• Underlying theory</li> <li>• Research on efficacy</li> </ul>	Adult TA model-Assessment Intervention Sessions (AIS). <ul style="list-style-type: none"> <li>• Definition &amp; rationale of the AIS</li> <li>• Goals &amp; principles</li> <li>• Case conceptualization and preparing for the AIS</li> <li>• Steps of the AIS and working with target behavior</li> <li>• Video example</li> </ul>
11:30-11:45	Break	Break
11:45-1:15	Adult TA model-Initial TA session. <ul style="list-style-type: none"> <li>• Goals &amp; principles</li> <li>• Steps in the first session</li> <li>• Identifying Assessment Questions (AQs)</li> <li>• Working with different types of AQs and clients</li> <li>• Video example</li> </ul>	Adult TA model-Conducting the Summary/Discussion sessions. <ul style="list-style-type: none"> <li>• Goals &amp; principles</li> <li>• Planning the Summary/Discussion Session</li> <li>• Structure and steps of the Summary/Discussion Session</li> <li>• Video example</li> </ul> Providing written feedback. <ul style="list-style-type: none"> <li>• Goals &amp; principles of the TA letter</li> <li>• Structure, style, and format of written document</li> </ul>
1:15-1:30	Break	Break
1:30-3:00	Adult TA model-Testing Sessions and Extended Inquiry (EI) Goals & principles Conducting Extended Inquiries <ul style="list-style-type: none"> <li>• Goals &amp; principles</li> <li>• Testing sessions steps</li> <li>• Conducting the EI and working with various types of tests and clients</li> <li>• Video example</li> </ul> Day 1 review and questions	Finish overview of Adult TA model. Very brief overview of other TA models and practice topics. <ul style="list-style-type: none"> <li>• Billing TAs, growing your TA skills, marketing</li> </ul> Workshop review and summary.

### Continuing Education & Attendance

Alliant International University is approved by the American Psychological Association to sponsor continuing education for psychologists. This workshop is worth 9 CEs and an additional \$20.00 is required to cover Alliant's costs.

Participants will register for the Zoom link, and a Zoom record of attendance will be generated and submitted to Alliant to verify attendance. Additionally, participants are expected to keep their cameras on throughout the workshop, and in and out times will be noted. In order to receive CEs, participants must be present for all parts of the workshop. Partial CEs will not be provided.

The Executive Committee of the Therapeutic Assessment Institute (TAI) has approved this workshop as counting as a Level 1 TA training, which may be beneficial to those seeking certification in TA through the TAI.

## Prerequisite Training

The training is open to licensed psychologists and graduate students training to be psychologists. While all levels of learners are welcome, familiarity with psychotherapy and both objective and performance-based testing is ideal.

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## Workshop Leader



Raja M. David is the founder and owner of the Minnesota Center for Collaborative/Therapeutic Assessment and he has conducted Therapeutic Assessments (TA) since 2011. He received his Doctorate in Psychology (PsyD) at the Minnesota School of Professional Psychology in 2002, and is board certified in Child and Adolescent Clinical Psychology (ABPP). He took part in intensive trainings on TA with the model's creator, Dr. Stephen Finn, in Austin, Texas. In 2015, he earned certification in the adult model of TA by the Therapeutic Assessment Institute (TAI), and in 2022 was invited to join the TAI Board of Directors and take over editorship of the TAI professional newsletter, *The TA Connection*.

Raja is the former Program Dean of the Minnesota School of Professional Psychology, and as an assistant professor taught doctoral courses, including a 45-hour elective on TA. In 2019, he recorded two podcasts on TA for the Testing Psychologist Podcast ([www.thetestingpsychologist.com](http://www.thetestingpsychologist.com)). In 2020, he authored a chapter on conducting the initial TA session for the *Oxford Handbook of Personality and Psychopathology Assessment, 2<sup>nd</sup> Ed.* (2021; J. Mihura Editor), and in 2021 published an article entitled Virtual Delivery of Therapeutic Assessment: An Empirical Case Study, *Journal of Personality Assessment*. He is a co-author of the "TA manual," *Therapeutic Assessment with Adults: Using Psychological Testing to Help Clients Change* (Routledge, 2022). Raja has also presented at professional conferences on TA and was a plenary speaker at the 2015 & 2021 International Collaborative/Therapeutic Assessment Conference. In the fall of 2022, he was invited to teach his TA course as an adjunct professor for Augsburg University's Clinical Psychology (PsyD) Doctoral Program. Raja has trained hundreds of clinicians on TA, and routinely provides consultation to clinicians and mental health centers looking to implement the model.

## Registration and Payment

To register, please email Raja directly at [raja@mnccta.com](mailto:raja@mnccta.com) and indicate professional/student and your method of payment. The fee for this workshop is \$350.00 for professionals and \$300.00 for students and post-docs. This fee includes the workshop and materials which will be sent via email. If you would like CEs, please include an extra \$20.00 to cover Alliant International University's cost.

### Credit card

Payment can be made via credit card through the IvyPay app. Please provide your cell number in the email and he will send a text through the IvyPay app, and you will enter your card number.

### Electronic Payment

Venmo: @Raja-david

PayPal: [raja@mnccta.com](mailto:raja@mnccta.com)

Zelle: 651-442-3038

### Check

In your email indicate that you are mailing a check to the address listed in the footer on the first page.

## Refund Policy

Participant cancellations occurring before April 14, 2023 will receive a 50% refund. Cancellations occurring April 15 or later will not receive any refund of registration fees.

**Conflict of Interest:**

In compliance with continuing education requirements, the presenter will disclose any financial or other associations with companies to which they have a direct and/or financial relationship related to the topic/content of this presentation.

There is no commercial support for the program, instructor, content of instruction, or endorsement of products.

**Non-Discrimination Statement:**

The MNCCTA does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, gender identity or age. The MNCCTA is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact Raja so that all reasonable efforts to accommodate these needs can be made.

**Additional Information**

For more information regarding the training, logistics, or to request accommodations, please email Raja directly at [raja@mnccta.com](mailto:raja@mnccta.com).

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