

# MÅLBEVISST FERDIGHETSTRENING

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Tørrtrening og kompleks kunst – det ene utelukker ikke det andre!

Utøvere trenger et trygt sted å eksperimentere!



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## HVILKEN KUNNSKAP INNGÅR I UTØVELSE?

Hvordan-kunnskap



Hva-kunnskap

Når-kunnskap

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HVORDAN du lærer må matche HVA du vil lære.

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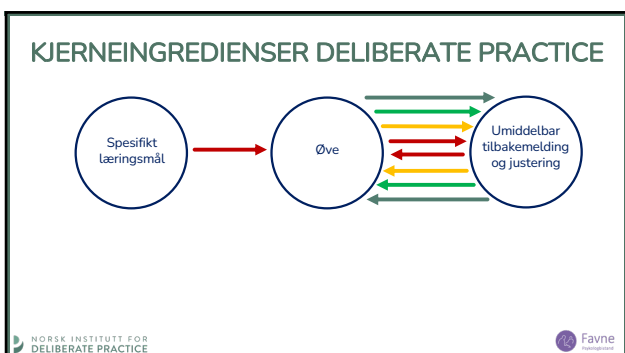
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ØVELSE: SKILLE PROBLEM FRA MÅL

Speil noe av det klienten har sagt

Forestå en positiv målformulering/ be klienten forestille seg livet uten problemene

Hvis du har foreslått målformulering: Sjekk om det treffer

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**ØVELSE: SKILLE PROBLEM FRA MÅL**

1. Klienten kommer med et utsagn.
2. Den som trener improviserer en respons basert på disse ferdighetskriteriene:
  - a. **Speil noe av det klienten har sagt**
  - b. **Foreslå en positiv målformulering, eller be klienten forestille seg livet uten problemene**
  - c. **Hvis du har foreslått en formulering: Sjekk om det treffer**
3. Stopp simuleringen.
4. Gi hverandre tilbakemelding, bli enige om justeringer. NB: Prioriter – støtt – utfordre.
5. Repeter. Når dette klientutsagnet kjennes lett å svare på, kan dere gå videre til neste klientutsagn og fortsette å følge disse samme syv stegene.

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*Det viktigste ansvaret du har er systematisk kompetansebygging*

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**IMPLEMENTERING: HVA VI HAR LÆRT**



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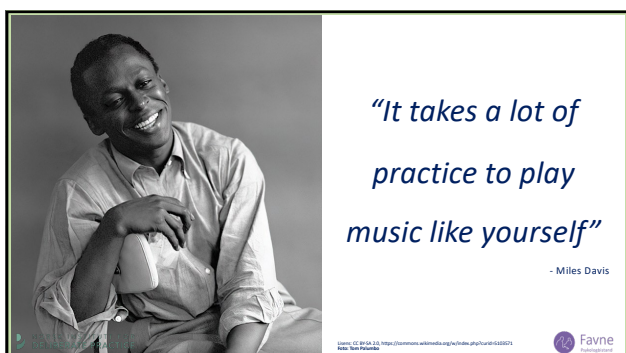
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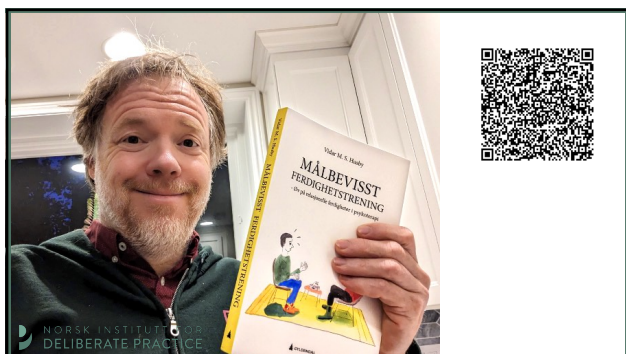
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Journal of Clinical Psychology  WILEY

**INTRODUCTION**

**Rethinking Psychotherapy Training and Supervision: The Case for Deliberate Practice**


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**HVORDAN UTVIKLE GOD HJELP?**

- Treatment effectiveness is about therapist skill
- Relationship skills are paramount
- Quality improvement should focus on skill development
- How can therapists develop skills and improve?
- Deliberate practice

Etta Bruce Wampold, *Avsnittet ved Skoleferdagene 2021*

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**MÅLBEVISST FERDIGHETSTRENING I PSYKOTERAPIFELTET**

DP-informerte metoder kan

- ...bedre terapiutfall (Goldberg et al. 2016)
- ...gi signifikant bedre ferdighetslæring på tvers av mange ulike mål (Westra, 2021)
- ...gi bedre læring av fasiliterende interpersonlige ferdigheter (Anderson et al, 2020)

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### MÅLBEVISST FERDIGHETSTRENING I PSYKOTERAPIFELTET

- ...gi bedre læring av ferdigheter i å legge til rette for bearbeiding av følelser (Yamin, 2023)
- ...gi bedre læring av empati-ferdigheter (Larsson et al, 2023)
- ...gi bedre læring av allianse-fokuserte ferdigheter (se Mahon, 2023; Nurse, 2024)

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### MÅLBEVISST FERDIGHETSTRENING I PSYKOTERAPIFELTET

- ...gi bedre læring av «her-og-nå ferdigheter», som metakommunikasjon av dynamikk som utspiller seg i terapirelasjonen (se Mahon, 2023; Nurse, 2024)
- ...gi bedre læring av responsivitet til markører for motstand (f.eks. Westra et al, 2020; Bartolomeo et al, 2021)
- **Studiene gir indikasjoner, men har store hull, mangler og bias. Mye mer forskning trengs.**

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