

## AGENDA

### **Transdiagnostic Case Formulation and Treatment Planning: A Process-Based Approach to Improving Your Clinical Practice** **Rochelle I. Frank, Ph.D.**

**Note: All Times are Pacific Time**

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|-------------|--|
| 9:00-9:10   | Welcome and Introduction   |
| 9:10- 10:30 | The transdiagnostic roadmap - what it is, why we need it<br>Overview of process-based treatment<br>Transdiagnostic mechanisms: Vulnerabilities and Responses |
| 10:30-10:40 | Morning Break  |
| 10:40-12:10 | Using four methods to develop mechanism hypotheses   |
| 12:10-12:50 | Lunch Break  |
| 12:50-2:00  | Developing mechanism-based case formulations with your clients<br>Developing and prioritizing treatment goals: Global outcomes and mechanism change          |
| 2:00-2:10   | Afternoon Break  |
| 2:10-3:20   | Choosing interventions that target specific change processes<br>Incorporating Skillful Creativity  |
| 3:20-4:00   | Assessing progress and changing course<br>Therapist TDMs and impact on treatment<br>Wrap-up and discussion   |