

## Building Effective Therapeutic Relationships: a PPRNet virtual course

- This PPRNet, **self-paced virtual course is appropriate for diverse clinical learners**: mental health trainees and practitioners at any stage of their career who work in a variety of disciplines including psychiatry, psychology, psychotherapy, counselling, social work, addictions counselling, occupational therapy, psychiatric nursing, and medicine.
- The course was produced by PPRNet in **collaboration** with faculty and staff at the University of Ottawa, Mount Sinai Hospital, Toronto, and University of Toronto. It was developed with funds from the Province of Ontario administered through eCampus Ontario's Virtual Learning Strategy.
- The **goal** of this 7-module course is to improve the capacity of busy mental health care professionals and trainees to develop a strong therapeutic alliance with patients and to identify and therapeutically repair alliance ruptures when they occur including ruptures related to microaggressions.

The **first part** of the course contains 4 modules to support clinicians in establishing a strong therapeutic alliance by coming to know patients in important ways.

**Modules: Attachment, Interpersonal Style, Patient Diversity, Early Adversity & Trauma**

The **second part** of the course contains 3 modules to support therapists to develop and use strategies to effectively manage ruptures in the therapeutic alliance including those related to microaggressions.

**Modules: Mentalizing strategies, Managing Therapeutic Alliance Ruptures, Managing Microaggressions**



**Each module includes virtual interactive activities to practice with simulated patients, clinical examples, self-assessments, and much more!**