

What Makes a Therapist Effective?



1-hour recorded asynchronous distance learning workshop!

Research shows that therapists vary in their outcomes with clients. Some therapists are better than others. But how can we identify effective therapists? What are the characteristics that are associated with better results? This presentation will discuss the research demonstrating the importance of the therapist contributions to client success, and will focus on eight therapist characteristics that are supported in the scientific literature. Join Dr. Terri Moyers, co-author of the book, *Effective Psychotherapists: Clinical Skills That Improve Client Outcomes*.

Course Objectives

1. Identify the percentage of variance in client outcomes typically attributable to therapists
2. List three therapist characteristics associated with improved client outcomes

Course Outline

- Introduction and Framing the Question
- Therapist Effects vs. Treatment Effects
- Why Therapist Effects Matter
- Research on Therapist Differences
- Poorly Performing Therapists and System Impact
- What Does NOT Predict Therapist Effectiveness?
- Introduction to Effective Clinical Skills
- Accurate Empathy
- Genuineness and Authenticity
- Evoking Client Strengths
- Deliberate Practice and Outcome Monitoring
- Knowledge Check and Conclusion

Course Level

This course is for therapists and helping professionals at the beginner through advanced level.

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Instructor

Dr. Theresa Moyers

Dr. Moyers is a Professor of Psychology at the University of New Mexico, where she specializes in the treatment of addictive behaviors. Her research program focuses on disseminating evidence-based treatments, including motivational interviewing (MI) in the addictions field, as well as identifying active ingredients in MI. Dr. Moyers has published more than 30 peer-reviewed publications related to MI and has presented at conferences and workshops in 42 states and 16 countries. Most recently, Dr. Moyers is a co-author of the book, *Effective psychotherapists: Clinical skills that improve client outcomes*.

Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/25 - 8/20/28). Social workers completing this course receive 1 continuing education credit.
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

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How “What Makes a Therapist Effective?” Course Works

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Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1 hour of recorded asynchronous distance learning

Course Fee: \$27

Course recording date: May 8, 2026

What if there is a group at my agency that wants to take the training together?

Each individual must have their own device to sign in for the live webinar. Email for more information admin@micenterforchange.com

Individual Course Access: Each member of the group must sign in the webinar link individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at admin@micenterforchange.com

System Requirements, Terms and Conditions:

Please take the time to read the System requirements, Terms and Conditions for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).

Disability Accommodation: Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact admin@micenterforchange.com or 828-279-4985