MAP Direct Services Training Series

Workshop Day 5

The MAP System: Managing and Adapting Practice

PracticeWise®

www.practicewise.com

Copyright 2008-2019 PracticeWise, LLC

All rights reserved

Except as indicated, no part of these materials may be reproduced, translated, stored in a retrieval system, or transmitted, in any form or by any means electronic, mechanical, photocopying, microfilming, recording, or otherwise without permission in writing from the publisher.

LIMITED REPRODUCTION LICENSE

These materials are intended for use by qualified MAP Agency Supervisors, MAP Training Professionals, MAP Instructors and participants actively enrolled in a PracticeWise Supervision and Consultation Training Series.

PracticeWise grants to qualified users of this document nonassignable permission to use, store or reproduce presentation slides and/or handouts prepared from these materials for the purpose of performing your MAP role (i.e., Agency Supervisor, Training Professional, Instructor or Supervision and Consultation Trainee). This license is limited to the qualified user for use within the scope of practice associated by your MAP role. This license does not grant the right to reproduce these materials for resale, redistribution, or any other purposes (including but not limited to books, pamphlets, articles, video- or audiotapes, or public announcement). Permission to reproduce these materials for these and any other purposes must be obtained in writing from PracticeWise. Any reproduction of these materials must include this notice.

Q&A and Homework Review

Lead Trainer EDIT

© 2019 PracticeWise, LLC

Day 5: Putting It All Together

- Rehearse clinical event planning
- Plan for consultation
- Integrative practice
- What we did not cover
- Reflection and evaluations

© 2019 PracticeWise, LLC

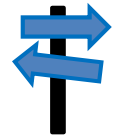
Session Planner

Process Guide

The Session Planner
(Clinical Event Structure)

Use This When:

To plan and coordinate a service interaction.



Before Session

- ❑ Remind client and obtain commitment
- ❑ Review dashboard to assess progress and practice history
- ❑ Review notes on previously assigned homework
- ❑ Identify next practice(s) that will be the focus
- ❑ Review the Practice Guide(s)
- ❑ Establish session plan and choose rehearsal activity
- ❑ Check in with supervisor if needed

During Session

Opening
- •Check In, Identify a Strength
- •Review Earlier Skills/Homework
- •Set Agenda

Working
- •Advise, Instruct, Or Guide
- •Rehearse
- •Repeat

Closing
- •Review
- •Assign Homework
- •Reward

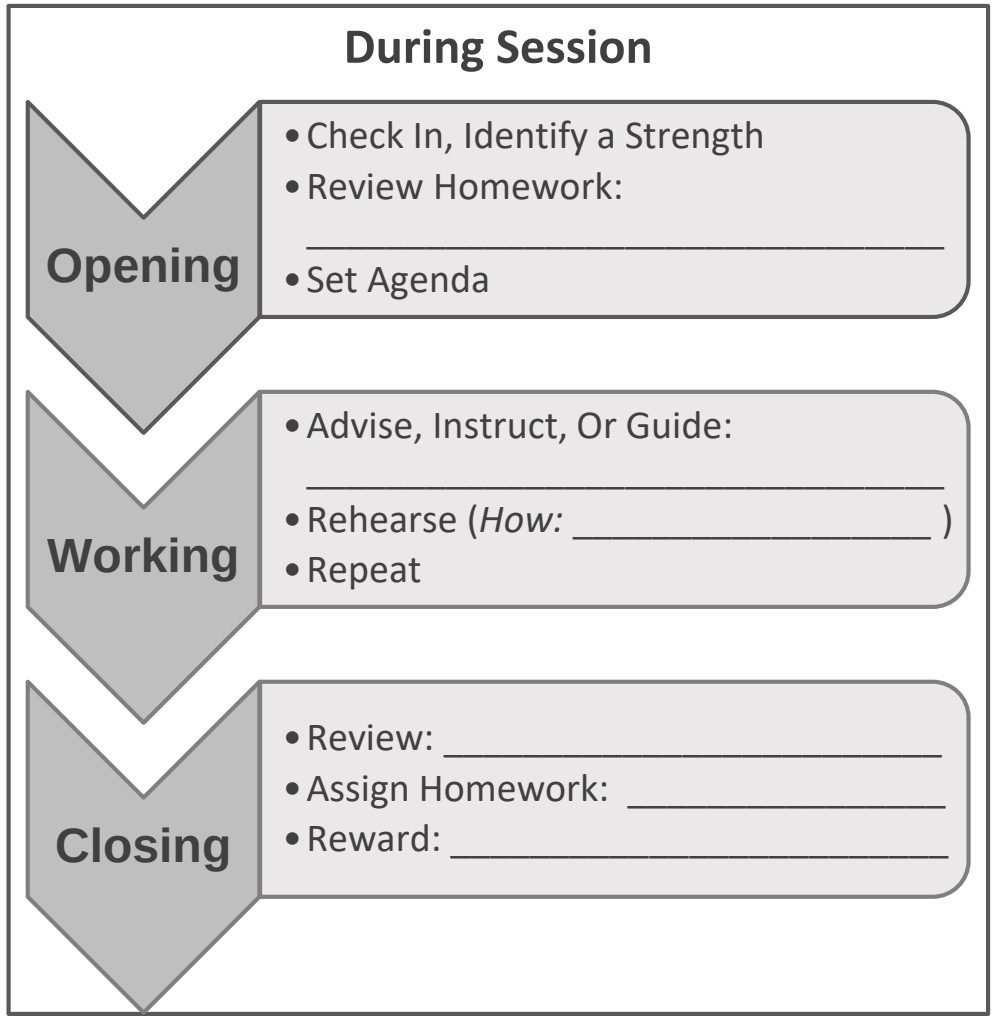
After Session

- ❑ Record progress ratings and practice(s) performed
- ❑ Review Practice Guide(s) to determine if any steps were missed that should be covered next time
- ❑ Note any homework that was assigned
- ❑ Note any new stressors or obstacles
- ❑ Check in with supervisor if needed

© 2014 PracticeWise, LLC

© 2019 PracticeWise, LLC

Build a Session Plan



© 2019 PracticeWise, LLC

Learning Record Update

© 2019 PracticeWise, LLC

MAP Therapist Portfolio

Direct Service Learning Record

Check off:

	Experience		Expertise Achieved			
	Reviewed	Rehearsed	Knowledge	Production	Skill	Habit
Planning	✓	✓	✓			

DIRECT SERVICE LEARNING RECORD

CONCEPTS	Experience		Expertise Achieved			
	Reviewed	Rehearsed	Knowledge	Production	Skill	Habit
EBS System Model	☐	☐	☐	☐	☐	☐
CARE Process	☐	☐	☐	☐	☐	☐
The MAP	☐	☐	☐	☐	☐	☐
Connect-Cultivate-Consolidate	☐	☐	☐	☐	☐	☐
Focus-Interference	☐	☐	☐	☐	☐	☐
Clinical Event Structure	☐	☐	☐	☐	☐	☐
Embracing Diversity	☐	☐	☐	☐	☐	☐
RESOURCES	Experience		Expertise Achieved			
	Reviewed	Rehearsed	Knowledge	Production	Skill	Habit
PWEBS	☐	☐	☐	☐	☐	☐
Practitioner Guides	☐	☐	☐	☐	☐	☐
Clinical Dashboard	☐	☐	☐	☐	☐	☐
Treatment Pathways						
Focus Area 1: _____	☐	☐	☐	☐	☐	☐
Focus Area 2: _____	☐	☐	☐	☐	☐	☐
APPLICATIONS	Experience		Expertise Achieved			
	Reviewed	Rehearsed	Knowledge	Production	Skill	Habit
Assessment	☐	☐	☐	☐	☐	☐
Monitoring	☐	☐	☐	☐	☐	☐
Planning	☐	☐	☐	☐	☐	☐
Practice Delivery						
Practice 1: _____	☐	☐	☐	☐	☐	☐
Practice 2: _____	☐	☐	☐	☐	☐	☐
Practice 3: _____	☐	☐	☐	☐	☐	☐
Practice 4: _____	☐	☐	☐	☐	☐	☐
Practice 5: _____	☐	☐	☐	☐	☐	☐
Practice 6: _____	☐	☐	☐	☐	☐	☐
Practice 7: _____	☐	☐	☐	☐	☐	☐
Practice 8: _____	☐	☐	☐	☐	☐	☐
Practice 9: _____	☐	☐	☐	☐	☐	☐
Practice 10: _____	☐	☐	☐	☐	☐	☐
Practice 11: _____	☐	☐	☐	☐	☐	☐
Practice 12: _____	☐	☐	☐	☐	☐	☐
Practice 13: _____	☐	☐	☐	☐	☐	☐
Practice 14: _____	☐	☐	☐	☐	☐	☐
Practice 15: _____	☐	☐	☐	☐	☐	☐
Practice 16: _____	☐	☐	☐	☐	☐	☐
Practice 17: _____	☐	☐	☐	☐	☐	☐
Practice 18: _____	☐	☐	☐	☐	☐	☐

© 2019 PracticeWise, LLC

Reprise: The Therapist Portfolio

© 2019 PracticeWise, LLC

The PW Therapist Portfolio

- Forms
  - Submission Page
  - Direct Service Learning Record (Learning Record)
  - Direct Service Case Record (Case Record)
- Case Materials (for two cases)
  - PWEBS Summary of Youth Treatment
  - Clinical Dashboard (de-identified)

© 2019 PracticeWise, LLC

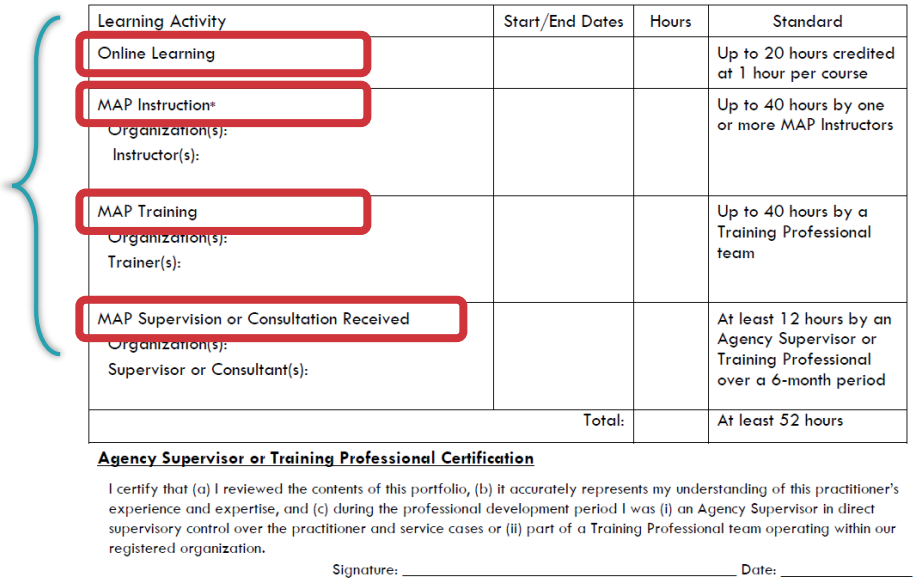
Therapist Portfolio Versions

- Promotion Review
  - Your initial submission and review to become a MAP Therapist
- Performance Review
  - Completed every three years to maintain your MAP Therapist status

© 2019 PracticeWise, LLC

Submission Page

- Contains therapist contact information
- Identifies how therapist completed the core curriculum requirements



Learning Activity	Start/End Dates	Hours	Standard
Online Learning			Up to 20 hours credited at 1 hour per course
MAP Instruction* Organization(s): Instructor(s):			Up to 40 hours by one or more MAP Instructors
MAP Training Organization(s): Trainer(s):			Up to 40 hours by a Training Professional team
MAP Supervision or Consultation Received Organization(s): Supervisor or Consultant(s):			At least 12 hours by an Agency Supervisor or Training Professional over a 6-month period
	Total:		At least 52 hours

Agency Supervisor or Training Professional Certification

I certify that (a) I reviewed the contents of this portfolio, (b) it accurately represents my understanding of this practitioner's experience and expertise, and (c) during the professional development period I was (i) an Agency Supervisor in direct supervisory control over the practitioner and service cases or (ii) part of a Training Professional team operating within our registered organization.

Signature: _____ Date: _____

© 2019 PracticeWise, LLC

Direct Service Learning Record

- Designed for tracking learning experience and expertise achieved with each of the domains included in the MAP Direct Services curriculum
- Experience and Expertise levels attained are recorded on the form

© 2019 PracticeWise, LLC

Learning Record: Experience

- Experience comes in two forms
  - Reviewed
    - This was something you were taught
  - Rehearsed
    - This is something you practiced in an exercise, role play, or with a client

© 2019 PracticeWise, LLC

Experience

Standards for Completion	Experience	
	Review	Rehearsed
You have learned the content for the domain, either from a MAP professional (i.e., Instructor, Agency Supervisor, or Training Professional) or an approved online course.	✓	
You have rehearsed practices appropriate for the domain with or under direction of another MAP professional.	✓	✓

© 2019 PracticeWise, LLC

Learning Record: Expertise

- Practice Knowledge
  - Verbal Knowledge
  - “I know what this is.”
- Practice Production
  - Procedural Knowledge
  - “I can do it, but maybe not smoothly.”
- Practice Skill
  - Skilled Performance, Compilation
  - “I can do this smoothly and from memory.”
- Practice Habit
  - Automaticity, Overlearning, Automatic Practice
  - “I can do this without thinking or while multitasking.”

© 2019 PracticeWise, LLC

Expertise

Standards for Completion	Expertise Achieved			
	Knowledge	Production	Skill	Habit
You can define the domain, recall key points or steps in the domain, and identify when the domain content might be useful or relevant for direct service.	✓			
You can perform the activity in the domain (e.g., apply a concept, use a resource, or perform a practice) but you need to consciously think through the steps as you go.	✓	✓		
You can perform the activity in the domain rapidly, with less error, and without having to think through the steps in your head.	✓	✓	✓	
You can perform the domain skills automatically, and can even perform other activities at the same time without significantly decreasing quality. You readily identify opportunities to use the domain skills, and you adapt the skills to specific situations (This level of expertise may not be achievable for all domains.)	✓	✓	✓	✓

© 2019 PracticeWise, LLC

Case Record: Data

- Designed to help track experience implementing the MAP standards with clients
- Recorded data:
  - Client ID
  - # of events
  - Months of service
  - Target problems
  - Measurement (progress, practice)
  - EBS knowledge integration
  - MAP resources used
  - Outcomes achieved
  - Practices delivered
  - Qualifying case (see p. 15)

© 2019 PracticeWise, LLC

Direct Service Case Record

	Client 1	Client 2	Client 3	Client 4	Client 5	Criteria
Number of Clinical Event(s)						≥ 20 events
Months of Service						
Target Problem(s) Primary Other						≥ 2 domains
Measurement Progress Practice	 ☐ ☐	 ☐ ☐	 ☐ ☐	 ☐ ☐	 ☐ ☐	≥ 2 clients
EBS Knowledge Integration Planning Review Adaptation	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	
MAP Resources Used PWEBS Practitioner Guide Clinical Dashboard Treatment Pathway	 ☐ ☐ ☐ ☐	 ☐ ☐ ☐ ☐	 ☐ ☐ ☐ ☐	 ☐ ☐ ☐ ☐	 ☐ ☐ ☐ ☐	
Outcome Achieved	☐	☐	☐	☐	☐	
Practice(s) Delivered						
Qualifying Case	☐	☐	☐	☐	☐	≥ 1 client

© 2019 PracticeWise, LLC

Case Record: Criteria

- Events ≥ 20 (Total, across all cases)
- Target problems ≥ 2
- Measurement ≥ 2 clients
- Qualifying Case ≥ 1 client

© 2019 PracticeWise, LLC

Additional Case Data

- Submit dashboards for two (2) of your cases
- Submit PWEBS searches for two (2) of your cases (can be included in a worksheet of your dashboard)
- Submissions can be e-mailed, faxed, or printed and mailed

© 2019 PracticeWise, LLC

Submission Tips: Therapist Portfolio

- If you did electronic version of portfolio, submit the electronic file (PDF)
- Be sure you did not miss a page
- Watch for limited self-assessment
  - E.g., everything rated the same

© 2019 PracticeWise, LLC

Submission Tips: Therapist Portfolio

- Check for all signatures and dates
- Reviewed and Rehearsal should be checked for everything
- In Expertise, at least Knowledge should be checked for everything
- Write-ins should be there for focus areas and practices
- Submit notes page with Clinical Dashboards
- PWEBS report should match dashboard
- All experience and service requirements are met

© 2019 PracticeWise, LLC

Submission Tips: Therapist Portfolio

- At least one client should “qualify” on Case Record
  - At least one clinical event
  - Use of Progress and Practice Measurement
  - EBS Knowledge Integration in at least one aspect of care
  - Use of multiple MAP tools (at least two of three)
  - At least one practice delivered

© 2019 PracticeWise, LLC

Most Common Problems

- Less than 52 total hours recorded (~20%)
- Learning record checkboxes not completed (~10%)
- Not passing case material review (~10%)
- Not signed or dated by supervisor (~5-10%)
- Overall pass rate
  - ~80% on first try
  - ~95% by second try

© 2019 PracticeWise, LLC

What Have We Covered?

- Reviewed
- Rehearsed
- Where would you rate your expertise today?
  - Poll on major areas and tools

© 2019 PracticeWise, LLC

Revisiting the Learning Record

© 2019 PracticeWise, LLC

MAP Therapist Portfolio

Direct Service Learning Record

DIRECT SERVICE LEARNING RECORD

Lead Trainer EDIT

CONCEPTS	Experience		Expertise Ac			
	Reviewed	Rehearsed	Knowledge	Production		
EBS System Model	☑	☑	☑	☐		
CARE Process	☑	☑	☑	☐		
The MAP	☑	☑	☑	☐		
Connect-Cultivate-Consolidate	☑	☑	☑	☐		
Focus-Interference	☑	☑	☑	☐	☐	
Clinical Event Structure	☑	☑	☑	☐	☐	
Embracing Diversity	☑	☑	☑	☐	☐	☐

RESOURCES	Experience		Expertise Achieved			
	Reviewed	Rehearsed	Knowledge	Production	Skill	Habit
PWEBS	☑	☑	☑	☐	☐	☐
Practitioner Guides	☑	☑	☑	☐	☐	☐
Clinical Dashboard	☑	☑	☑	☐	☐	☐
Treatment Pathways						
Focus Area 1: Anxiety	☑	☑	☑	☐	☐	☐
Focus Area 2: Trauma	☑	☐	☑	☐	☐	☐

APPLICATIONS	Experience		Expertise Achieved			
	Reviewed	Rehearsed	Knowledge	Production	Skill	Habit
Assessment	☑	☑	☑	☐	☐	☐
Monitoring	☑	☑	☑	☐	☐	☐
Planning	☑	☑	☑	☐	☐	☐
Practice Delivery						
Practice 1: Psychoed: Anx-Child	☑	☑	☑	☐	☐	☐
Practice 2: Self-Monitoring	☑	☑	☑	☐	☐	☐
Practice 3: Exposure	☑	☑	☑	☐	☐	☐
Practice 4: Trauma Narrative	☑	☑	☑	☐	☐	☐
Practice 5: Personal Safety	☑	☐	☑	☐	☐	☐
Practice 6: Psychoed: Dep-CG	☑	☐	☑	☐	☐	☐
Practice 7: Problem Solving	☑	☑	☑	☐	☐	☐
Practice 8: Activity Selection	☑	☑	☑	☐	☐	☐
Practice 9: Relaxation	☑	☐	☑	☐	☐	☐
Practice 10: Cognitive: Depression	☑	☑	☑	☐	☐	☐
Practice 11: Social Skills	☑	☐	☑	☐	☐	☐
Practice 12: Maintenance	☑	☐	☑	☐	☐	☐
Practice 13: Psychoed: Disrup-CG	☑	☑	☑	☐	☐	☐
Practice 14: Monitoring	☑	☑	☑	☐	☐	☐
Practice 15: Attending	☑	☑	☑	☐	☐	☐
Practice 16: Rewards	☑	☑	☑	☐	☐	☐
Practice 17: Response Cost	☑	☐	☑	☐	☐	☐
Practice 18: Commands	☑	☑	☑	☐	☐	☐

© 2019 PracticeWise, LLC

Consultation Planning

Break into groups to discuss the next phase of training

© 2019 PracticeWise, LLC

Consultation Organizer

Lead Trainer EDIT

Option 1

Day:

Time:

1. ---
2. ---
3. ---
4. ---
5. ---
6. ---
7. ---
8. ---

Option 2

Day:

Time:

1. ---
2. ---
3. ---
4. ---
5. ---
6. ---
7. ---
8. ---

Option 3

Day:

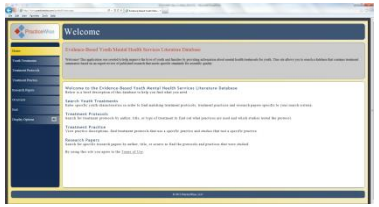
Time:

1. ---
2. ---
3. ---
4. ---
5. ---
6. ---
7. ---
8. ---

© 2019 PracticeWise, LLC

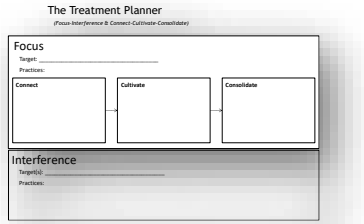
MAP Quick Start Guide

1 PWEBS Search



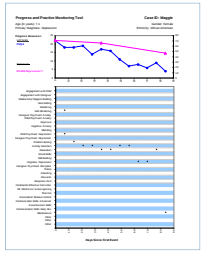
Use PWEBS to identify practices that match your case.

2 Treatment Planner



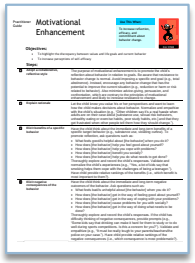
Use the Treatment Planner to arrange the practices.

3 Clinical Dashboard



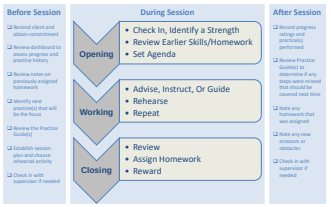
Pick measures and goals and set up your Dashboard.

4 Practice Guide



Consult the Practice Guide you will use for your next session.

5 Session Planner



Use the Session Planner to structure your session.

© 2019 PracticeWise, LLC

Team Consultation Game

© 2019 PracticeWise, LLC

Rules: Generate Case Material

- Break into 3 groups
- Choose a team name for your group
- Develop a case (real or simulated) as a team
  - It should be somewhere mid-treatment
  - There should be some problems or concerns, such that you need help with the case
- Identify where the case is on The MAP

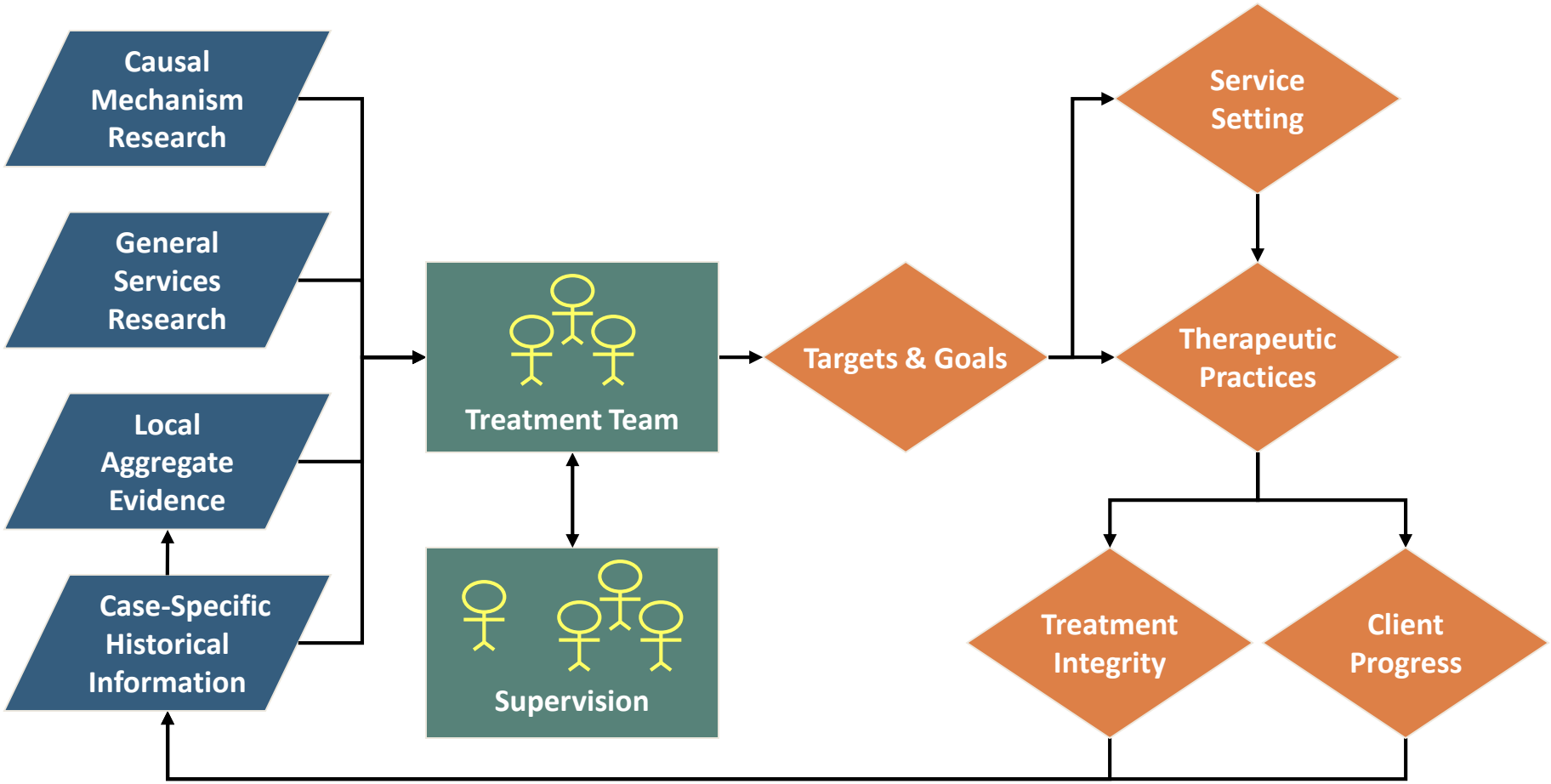
© 2019 PracticeWise, LLC

Rules: Generate Case Material

- Create a dashboard for the case
  - Enter progress and practices data that reflect the problem
  - Each team member should make his or her own copy of the dashboard
- Assign roles to a few team members for presenting the case to the other teams

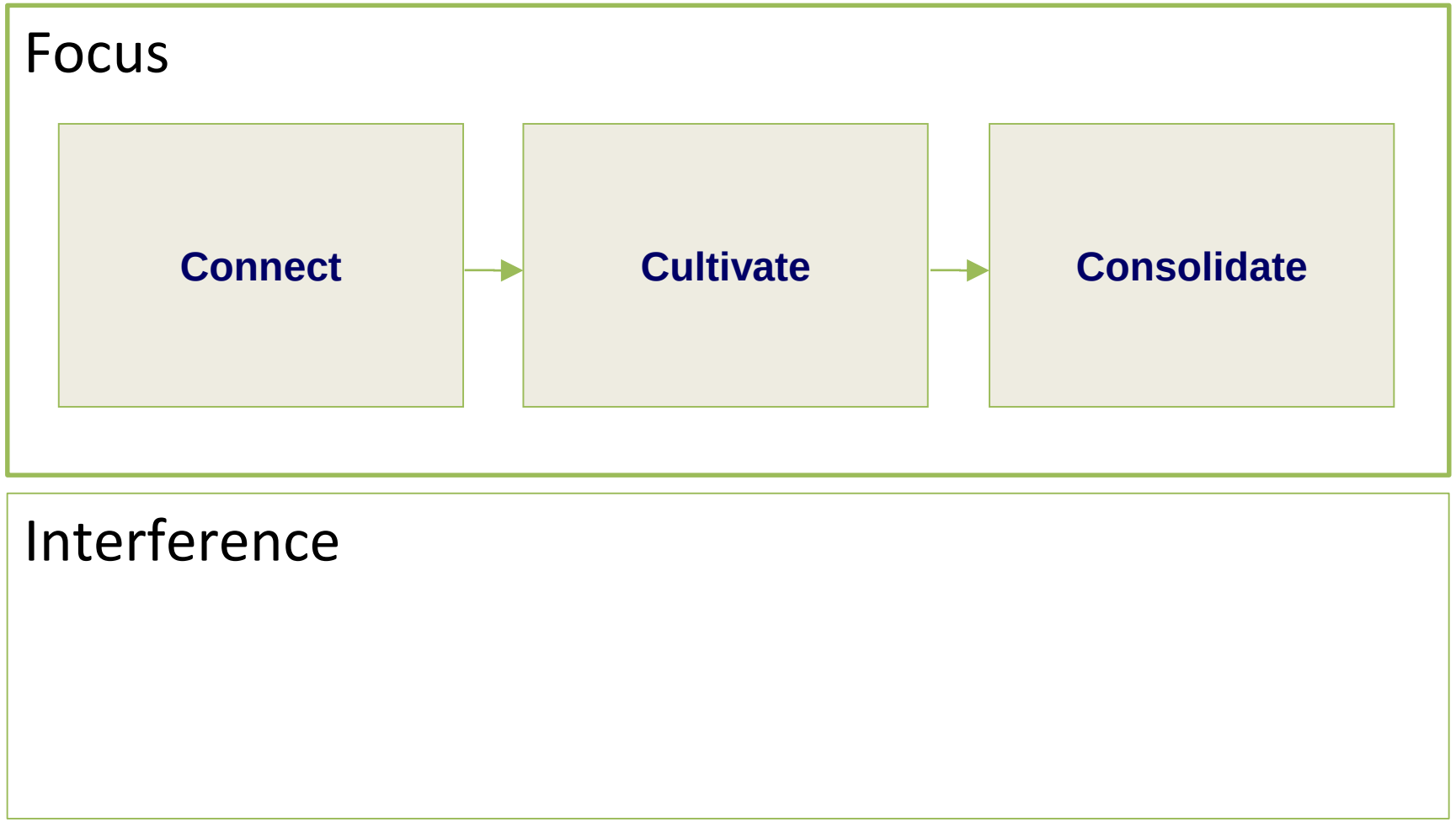
© 2019 PracticeWise, LLC

EBS System Model



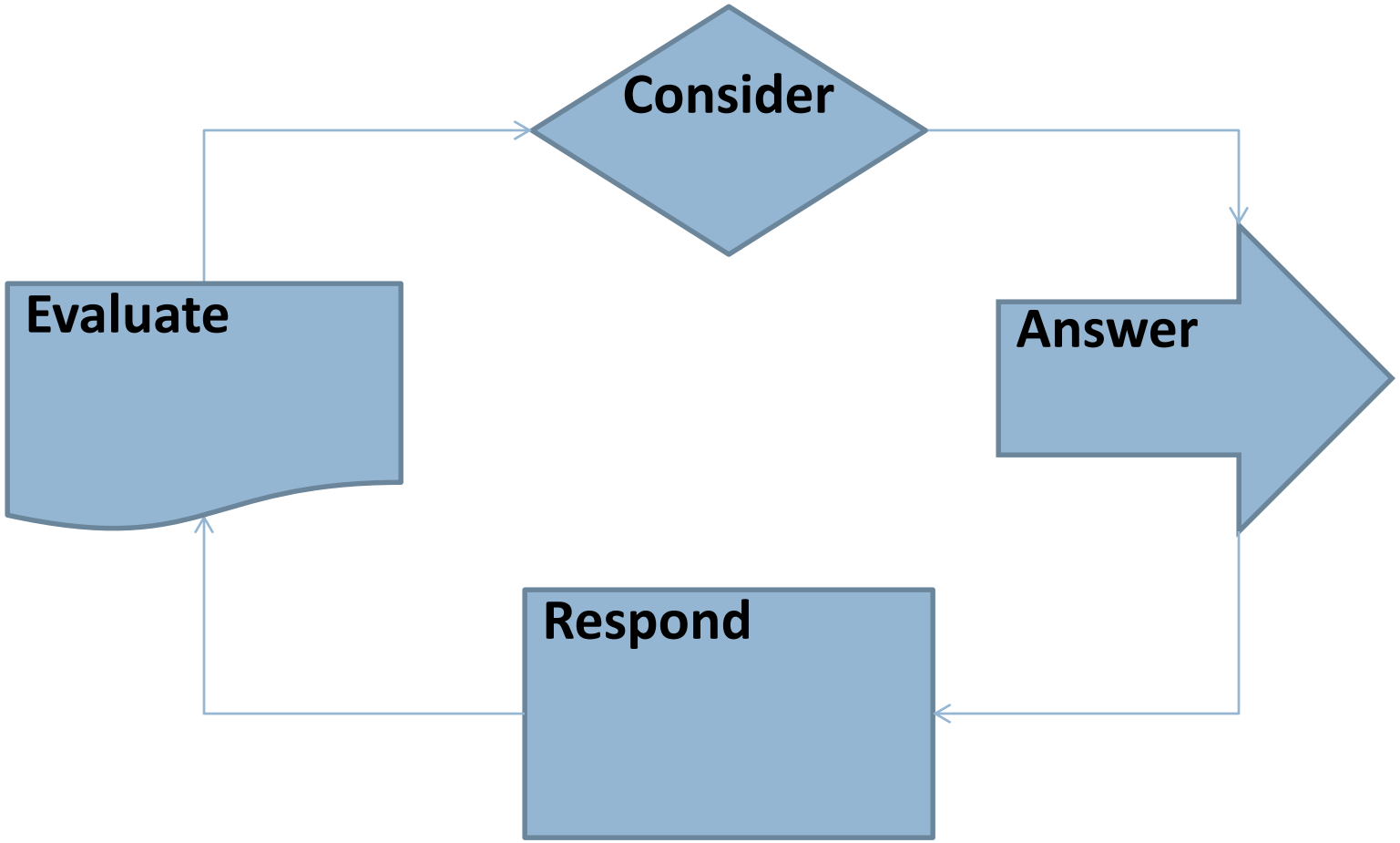
© 2019 PracticeWise, LLC

Treatment Planner



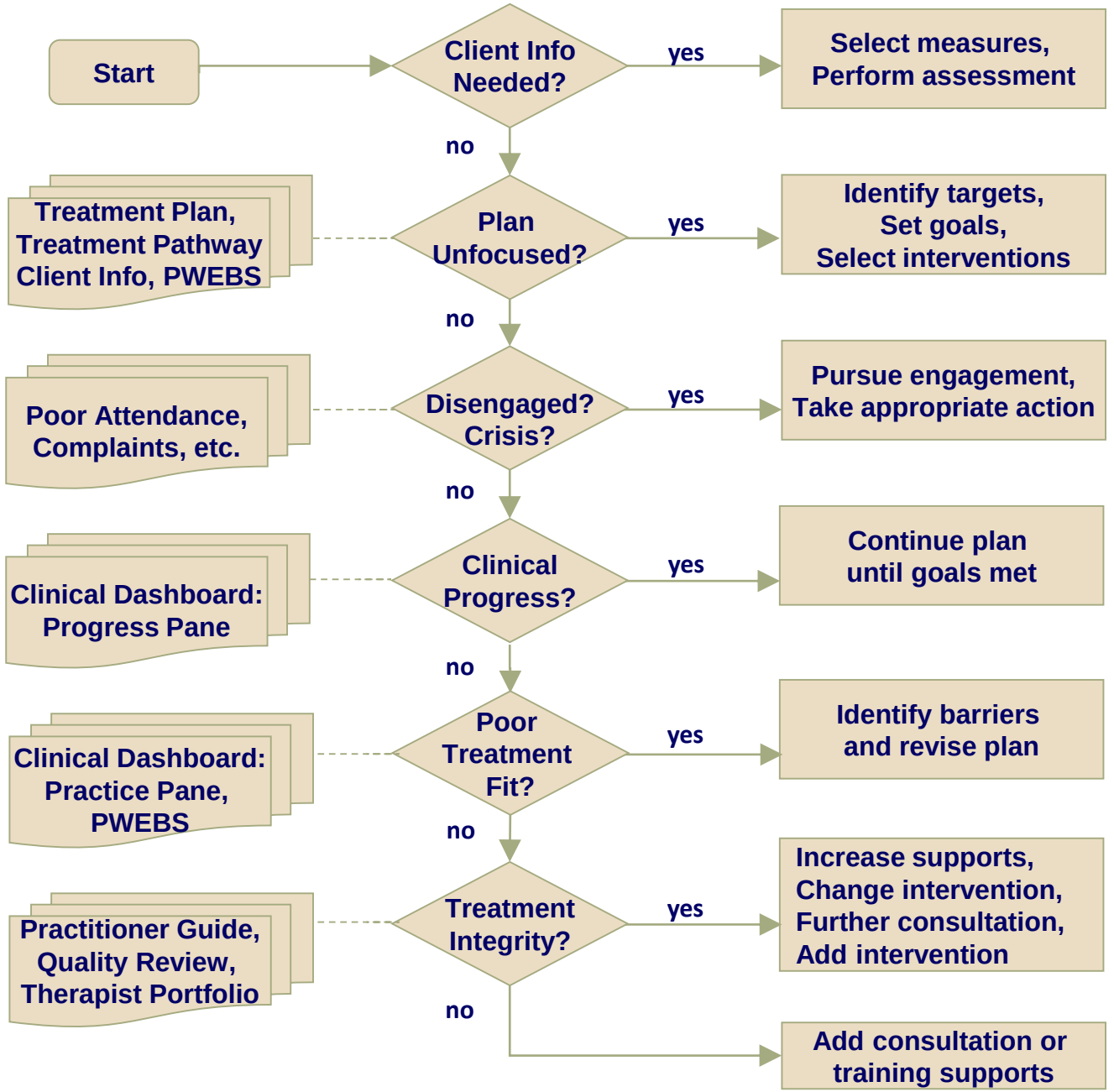
© 2019 PracticeWise, LLC

CARE Process



© 2019 PracticeWise, LLC

The MAP



© 2019 PracticeWise, LLC

Session Planner

Before Session

- ❑ Remind client and obtain commitment
- ❑ Review dashboard to assess progress and practice history
- ❑ Review notes on previously assigned homework
- ❑ Identify next practice(s) that will be the focus
- ❑ Review the Practice Guide(s)
- ❑ Establish session plan and choose rehearsal activity
- ❑ Check in with supervisor if needed

During Session

Opening

- Check In, Identify a Strength
- Review Earlier Sills/Homework
- Set Agenda

Working

- Advise, Instruct, Or Guide
- Rehearse
- Repeat

Closing

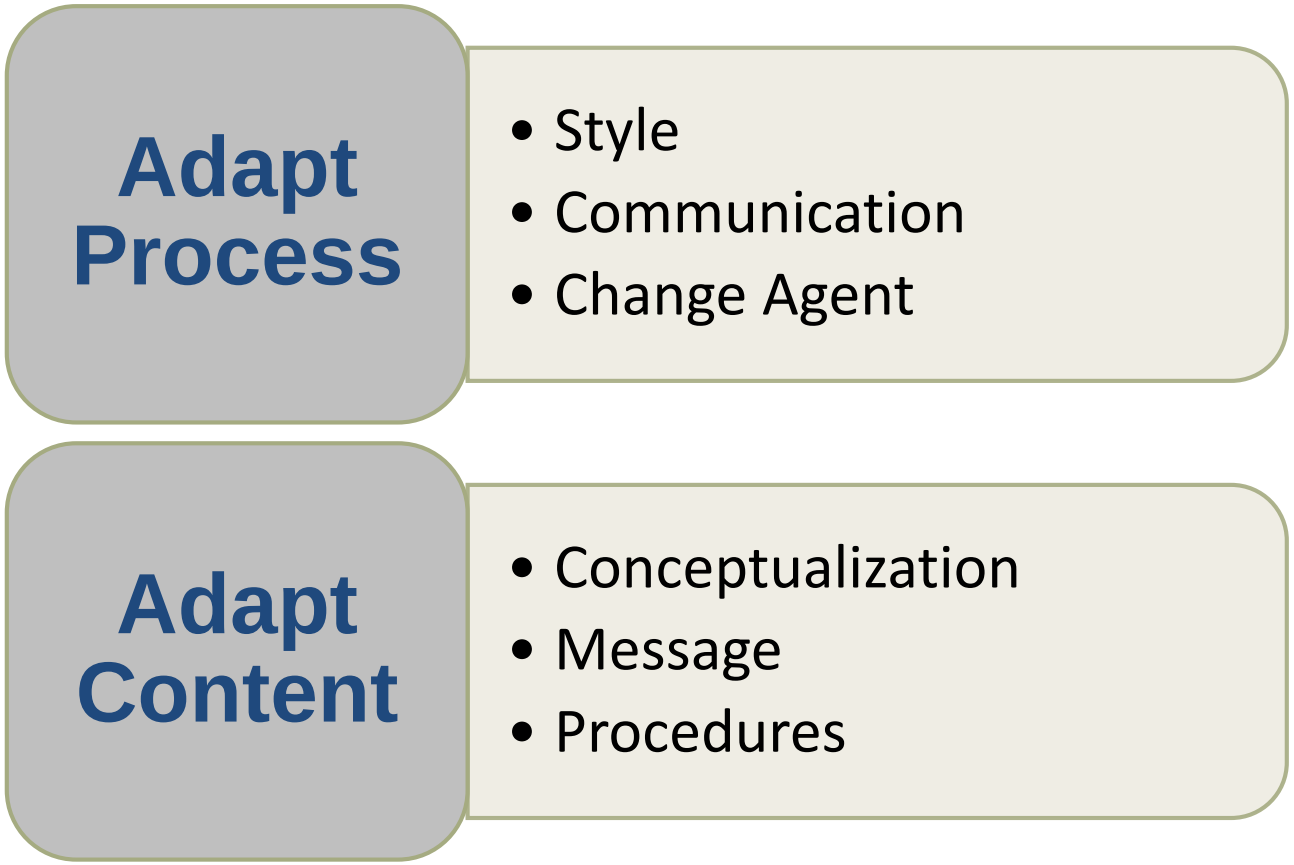
- Review
- Assign Homework
- Reward

After Session

- ❑ Record progress ratings and practice(s) performed
- ❑ Review Practice Guide(s) to determine if any steps were missed that should be covered next time
- ❑ Note any homework that was assigned
- ❑ Note any new stressors or obstacles
- ❑ Check in with supervisor if needed

© 2019 PracticeWise, LLC

Embracing Diversity



© 2019 PracticeWise, LLC

Rules: Consultation Period

- Each team will then present their case to the other teams
  - Suggested case information to share:
    - Client info
    - Treatment plan
    - Progress
    - Practices used so far
  - Identify where the case is on The MAP
  - Ask the kinds of questions that would normally be raised in a supervision context
    - “I feel stuck; here is how I am stuck.”

© 2019 PracticeWise, LLC

Rules: Consultation Period

- After each case presentation, teams huddle and come up with 2 ideas
- 2 points are awarded for each qualifying suggestion (one based in the curriculum)
  - Tip: Look at the Learning Record
  - Must use a MAP term when presenting solution to get a point
    - For example, one might suggest a particular PG, or suggest revisions to the dashboard, or illustrate how a certain process guide might lead to new ideas
  - Must be able to present the rationale for the idea
- 1 extra point for explaining how your group used a process guide
- Presenting team picks their favorite two suggestions, which get an additional 1 point each

© 2019 PracticeWise, LLC

What We Did Not Cover

© 2019 PracticeWise, LLC

Professional Development Program

- Therapist
- Instructor
- Agency Supervisor
- Training Professional

© 2019 PracticeWise, LLC

PracticeWise Spring and Fall Updates

Lead Trainer EDIT

- PWEBS is updated twice per year in the spring (April) and the fall (October)
- Newly published PGs
  - [INSERT NEW PGs HERE]
- Newly published online courses
  - [INSERT NEW ONLINE COURSES HERE]

© 2019 PracticeWise, LLC

Other Treatment Foci

- Other problem areas in PWEBS:
  - Eating
  - Elimination
  - Substance Use
  - Mania
  - Attention Problems
  - Suicidality
  - Autism Spectrum

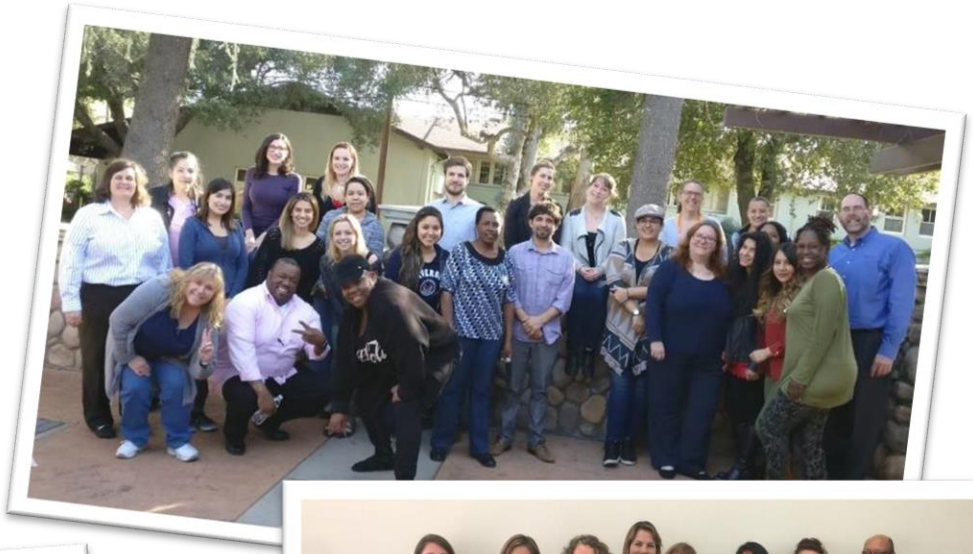
© 2019 PracticeWise, LLC

Other Practices/Practice Guides

Accessibility Promotion
Behavior Alert
Behavioral Contracting
Caregiver Coping
Caregiver-Directed Nutrition
Caregiver Psychoeducation: Anxiety
Caregiver Psychoeducation: Trauma
Child Psychoeducation: Depression
Cognitive: Anxiety
Cognitive: Anxiety (STOP)
Cognitive: Disruptive Behavior
Communication Skills: Early Development
Crisis Management
Discrete Trial Training
Educational Support
Engagement with Caregiver
Engagement with Child
Functional Analysis
Goal Setting
Guided Imagery
Insight Building: Emotion Identification
Line of Sight Supervision
Modeling
Motivational Enhancement
Natural and Logical Consequences
Peer Pairing
Performance Feedback
Praise
Relationship/Rapport Building
Retention Control Training
Self-Praise/Self-Reward
Self-Verbalization
Skill Building
Support Networking

© 2019 PracticeWise, LLC

Group Photo



© 2019 PracticeWise, LLC

Training Event Page Requests

- Is there anything we should add?

© 2019 PracticeWise, LLC

Penultimate Slide

- What is one thing you will do differently on your next work day that stems from your experiences here at this training?

© 2019 PracticeWise, LLC

Evaluations

Thank you for a great week!

© 2019 PracticeWise, LLC