INTRODUCTION TO THE CAPE COD MODEL (LIVE-ONLINE)

A workshop for Psychotherapists, Psychologists, Coaches, Consultants and other Professionals

DATES: May 29-31, 2024

MEETS EACH DAY: 9:00AM - 4:00PM Eastern

FACULTY: Carol Brockmon
Nancy Rutkowski

PROGRAM FEE: $750
$700 GISC Members

CE HOURS: 15

This workshop focuses on the simple yet powerful approach to working with clients and client systems: The Cape Cod Model©. It is designed as an introduction for those unfamiliar with the model, but can also be useful as further learning for those who have previous experience using this method of intervening.

Throughout the workshop, we will focus on heightening your self-awareness and on the power your presence brings to your interventions with the client system. You will be taught to perceive the client system as a whole, regardless of its size, and to give structured feedback interventions in real-time client interactions. Participants also will be taught to see and articulate the competence of the client system—a critical element of the Cape Cod Model©.

For those unfamiliar with The Cape Cod Model©, there will be opportunity to practice new learning in a safe environment; participants already familiar with the model will benefit by sharpening their skills and deepening their understanding of the theory and principles that support it.

By learning to perceive the system as a whole and to provide brief, bold and direct feedback, all participants will increase their ability to create effective interventions necessary to support change and growth.

This introduction to the methods for high impact intervention provides an excellent foundation for the practice-based intensive Cape Cod Training Program.

Participants
This workshop is appropriate for organizational consultants, executive coaches, psychotherapists, clinicians and other change agents.

Continuing Education

Coaches: This program is ICF certified for 15 core competency hours.
Psychotherapists: Please see program webpage for CEU details.

Benefits
As a participant in this program you will:

• Raise your awareness of your own presence and how it impacts your work
• Be introduced or re-introduced to some of the major principles informing the Cape Cod Model®, such as awareness, optimism and the paradoxical theory of change
• Develop an ability to see and appreciate the competence of a client or client system
• Develop an ability to see the “growing edge” of a client or client system
• Begin to perceive a couple, a pair, a group or a team as a whole system

“The power of this training cannot be overstated. The instructors were phenomenal and were able to mobilize the group of students into a cohesive and trusting team; thus allowing true and authentic learning and growth to occur. This training is key to increasing the soft skills required of leaders in any organization.”

Greg Wortman
Director of Operations
Cityscapes