

June 11-12, 2026, in Copenhagen

Introduction to Therapeutic Assessment (TA): Using Psychological Testing as a Short-term Intervention with Adults and Adolescents

A Workshop for Psychologists and Psychiatrists

Sponsored by The Therapeutic Assessment Institute and Psykiolog Mette Kyung

Presenters: Stephen E. Finn assisted by Mette Kyung Reacroft

Topic Overview

Psychological assessment is typically viewed as something one does to diagnose psychological disorders or to plan for or evaluate an intervention. This workshop presents a new paradigm, where psychological testing itself is a powerful intervention for individuals, couples, and families with children and adolescents. Moving beyond the traditional view of assessment as an information-gathering tool, Stephen Finn has developed and researched Therapeutic Assessment (TA), a collaborative effort between the client and the assessor with the goal being therapeutic change. A series of controlled research studies have shown that Therapeutic Assessment is an effective brief therapy with many different types of clients with diverse problems in living.

In this introductory workshop, Stephen Finn and Mette Kyung Reacroft will provide a conceptualization for how Therapeutic Assessment works and will present the different steps for how to conduct this method with individual adult and adolescent/family clients. In addition to didactic material and discussion, the presenters will show video vignettes from their sessions with clients to demonstrate the power and impact of the TA model. The workshop assumes some familiarity with standard self-report and projective personality tests and tests of intellectual functioning.

Professionals already familiar with TA will find this workshop to be a wonderful opportunity to get refreshed inspiration as well as deepen their clinical practice using TA.

Objectives

At the end of the workshop, participants will be able to:

- understand a model that uses psychological assessment as a therapeutic intervention as well as an information-gathering tool
- understand the active therapeutic factors in psychological assessment and how to maximize them
- be able to name the core values underlying Therapeutic Assessment
- know how test instruments can be used to demonstrate assessment findings to clients
- describe similarities and differences between TA with adults and TA with adolescents/families
- understand how test feedback sessions can positively impact clients
- learn about a style of psychological report that can be shared with clients

Time: June 11 at 9:30-17:30, June 12 at 9:00-16:30

Location: Psykiologhuset Mindmove, Vesterbrogade 20, 3.tv., Copenhagen 1620 V, Denmark (location will be changed to another venue in Copenhagen if the number of participants exceeds 30).

Registration: Send an email to assist@psykolog-kyung.dk with your name, title, workplace, invoice information (including EAN/CVR number). Participation is only secured when payment has been received. Max. 40 participants.

Price (including coffee, tea, snacks and lunches): DKK 5.400/ EUR 750. 10% discount is available for:

- participants who combine this training with The Shame Workshop on June 8-9
- a group of at least 4 participants from the same workplace
- students or newly graduates of Psychology not yet in employment
- members of Therapeutic Assessment Institute (TAI)
- TAI members who combine this course with The Shame workshop are offered 20% discount in total. You can join here: <https://www.memberleap.com/members/newmem/registration.php?orgcode=TAI>

The Presenters



Stephen E. Finn, Ph.D., founder of the Center for Therapeutic Assessment, is a licensed clinical psychologist in practice in Austin, TX, a Clinical Associate Professor of Psychology at the University of Texas at Austin, Senior Researcher and Director of Training at the European Center for Therapeutic Assessment at Catholic University of Milan, Italy, and Director of Training at the Asian-Pacific Center for Therapeutic Assessment in Tokyo, Japan. He has published 100+ articles and chapters on psychological assessment, psychotherapy, and other topics in clinical psychology, and is the author of multiple books, including *Therapeutic Assessment and Interpersonal Neurobiology: Empathy, Intersubjectivity, and the Longing to Be Known*, to be published in August 2026 by Routledge. Dr. Finn has received many awards for his work, including the Bruno Klopfer Award from the Society of Personality Assessment in 2011 for distinguished lifetime contributions to the field of personality assessment and the Carl Rogers Award for Distinguished Contributions to the Theory and Practice of Humanistic Psychology from the Society for Humanistic Psychology (Division 32 of APA) in 2018.



Mette Kyung Reacroft, is a licensed clinical psychologist, specialist and supervisor in child neuropsychology and works in private practice in Copenhagen, Denmark. Mette is specialized in neurodivergent assessment and treatment, mostly focused on ASD, and is certified as an international trainer of the ADOS-2 and ADI-R. Mette does individual as well as family and couple's therapy, often with several family members being neurodivergent. Mette is one of the first persons in Denmark being certified in Therapeutic Assessment with children-families and adolescents and is now on her way being certified with adults and couples with Stephen Finn as her mentor. Most of Mette's clinical practice is now focused on TA as well as mentoring other professionals.

Continuing Education Credits

This workshop has been applied for CE credits at the Danish Psychological Association. *For Danes:* Vi afventer svar på ansøgning af forhåndsgodkendelse i DP. Hvis du har brug for opdatering om dette skriv direkte til Mette: mk@psykolog-kyung.dk

Cancellation Policy

As the main presenter is travelling from the US, we will unfortunately not be able to refund cancellations, but it will be possible to transfer your spot to a colleague or a person on the waiting list and have a refund by agreement with the organizers. If the event is cancelled by the organizers for any reason, your fee will be fully refunded.