

## **Joan Jurkowski, M.S., LCPC** **Research, Differentiation,** **and a Clinical Practice**



This presentation addresses the value of a “research attitude” in understanding human behavior. I began a small research study to identify factors in clients who seemed to gain the most from my clinical practice. I expected to find differences in clients who made progress versus those who didn’t.

Results after three years of collecting data and reviewing the files of people after they discontinued meetings will be discussed. What I learned was more about myself than others and how I could improve my practice.

As a therapist, it is almost automatic to focus on an individual and their behavior despite working from a systems perspective. What I learned was that a continuing effort to expand my view of the system, to try to think more broadly, and to focus on my own behavior in relationship to others is of great value not only in my personal relationships but in my clinical practice.