



Critical Thinking Therapy
Professional Development Program for Mental Health Practitioners
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The Foundation for Critical Thinking

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**Purpose and
Program
Objectives:**

The purpose of this program is to facilitate a professional development program for mental health practitioners that fosters internalization of a substantive conception of critical thinking therapy for consistent and effective use within mental health practice.

To reason well through complex problems and issues requires that mental health practitioners be skilled in the analysis of thought, or in other words, to grasp the elements of reasoning such as assumptions, information, inferences, and concepts. They also need to be able to assess their reasoning (and the reasoning of others) using universal intellectual standards such as clarity, accuracy, relevance, precision, logic, and significance. In this program, mental health practitioners will learn skills of deep internal reflection that they can then use within their practice.

Until now, the broad toolbox of explicit critical thinking has mostly been missing from mental health therapy. Critical Thinking Therapy professional development provides a clear, concise road map to better mental health by introducing a substantive theory of critical thinking to the field of mental health therapy, and by detailing a broad, integrated set of critical thinking tools for use in self-therapy and professional therapy. It employs the most powerful concepts in critical thinking, offers an integrated and integrating theory of mind, provides essential tools for critiquing all other therapies, and advances the broad range of critical thinking skills within mental health.

In this professional development program, therapists will deepen their understanding of:

- How to recognize the most pressing problems clients face using the full toolbox of critical thinking.
- How to improve their own and their client's attitudes/outlooks on life using critical thinking explicitly.
- How to best help clients function in a society that is frequently superficial and pathological by using critical thinking.
- How to help clients out of dysfunctional cyclical thinking which appears to the mind as reasonable thinking.
- How to recognize barriers to client achievement and help them attain higher levels of self-actualization through critical thinking.
- How to help clients, through their reasoning, recognize what conditions in their lives are causing mental anguish and how to improve them
- How to help clients articulate important questions in their lives, and how to reason through those questions at the highest levels they can using all the tools of criticality.

	<p>This program focuses on:</p> <ul style="list-style-type: none"> ▪ How thoughts, desires, and emotions interface with and shape each other, and how to leverage thinking as the entry point through which to enrich all three. ▪ How to systematically analyze, assess, and improve thinking to this end, and how to thereby nurture rational capacities and diminish irrational instincts. ▪ How to probe and reform every dimension of one's life through powerful questions. ▪ How to foster clients' intellectual virtues that promote long-term mental health and increase emotional resilience in the face of future challenges. ▪ How to establish beliefs through reasonable criteria, rather than through social pressures and misleading instincts. ▪ How to intervene in pathological thought patterns to mitigate their harmful effects. ▪ How to critically assess available therapies in the mental health profession.
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<p>Mechanics of the Learning Program:</p>	<p>All aspects of this training program are interactive and use reading, writing, speaking, and listening as primary conduits for critical learning and for internalizing the concepts and principles of critical thinking therapy.</p> <p>This training is for mental health therapists, faculty in therapy, and anyone seeking practical reasoning implements that can help improve mental health. It focuses on applying substantive theory of critical thinking to the field of mental health therapy, proffering a broad, integrated set of critical thinking tools and concepts with contextualization for use in both self-therapy and professional therapy with clients.</p> <p>All of our professional development programs are custom-designed to fit the needs of therapists, their respective settings, and their clients. We suggest beginning with our introductory online 12-week professional development program in critical thinking therapy, which includes a real-time online meeting every other week (lasting 1 ½ - 2 hours per meeting) along with assigned reading, written work, and the viewing of assigned videos. This direct online training in critical thinking with one of our Fellows or Scholars meets seven times in total.</p> <p>One component of the program entails applying what you are learning to the therapy setting as training continues. Our introductory course should be followed by further professional development to deepen therapists' understandings and abilities to foster critical thinking throughout the therapeutic process.</p>
<p>Cost of the Program:</p>	<p>To discuss details and pricing, please email us.</p>