IS TREATMENT EFFECTIVE?

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Welcome!
Powitanie!

FOCUS
• History
• Obstacles
• What we know
• Implications
HISTORY

- >100 years of professional psychotherapy
- Intense rivalry between methods
  - (Norcross & Newman, 1992; Rosenzweig, 1936)
- 1952: Eysenck claimed there were no effects of
treatment
- 1977: Smith & Glass meta-analyzed 375
research reports to this statistical method,
finding that the average individual in
psychotherapy was better off than 60-82% of
those not receiving treatment.

HISTORY

- Subsequent meta-analyses confirmed these
  early findings.
- Effects of psychotherapy are both robust and
equivalent to or better than results obtained in
medicine (e.g. chemotherapy for breast cancer,
heart bypass surgery [Lipsey & Wilson, 1993;
Wampold, 2007]).
- No improvement in outcomes since that time.

SHOULDN’T THAT BE THE END?

- Competitive jealousy appears to have increased.
- Treatment effectiveness hasn’t.
- “Yes, but...”
BENISH ET AL. (2008)

- Treatment for PTSD is effective
- "Bona fide psychotherapies produce equivalent benefits for patients with PTSD"
- Much controversy

WAMPOLD & BROWN (2005)

- 581 therapists
- 6,146 real world clients
- Average sessions = 10
- 46% depression, 30% adjustment disorder, 11% anxiety, plus other diagnoses
- Who got the best outcomes?
  - Training makes no difference
  - Profession makes no difference
  - EXPERIENCE makes no difference
  - Diagnosis makes no difference

New Approach Advised to Treat Schizophrenia

More than two million people in the United States have schizophrenia, and the treatment for most of them chiefly involves using drugs to suppress symptoms. Any new drug can help, but the question is how to make it work better. One approach is to use a combination of medications that target different brain regions to counteract the effects of schizophrenia.

Recent research has shown that a combination of antipsychotic drugs can be more effective than a single medication. This approach is called "augmentation therapy," and it appears to be particularly effective in people who do not respond to standard treatments.

Scientists are also exploring other methods to help patients with schizophrenia. For example, some researchers are testing new drugs that target the immune system, while others are studying the role of genetics in the disorder.

In addition, many experts believe that it is important to provide patients with a supportive environment and to help them develop coping strategies. This can include therapy, peer support groups, and other interventions that help people with schizophrenia manage their symptoms and improve their quality of life.
MY CONCERN

• During the past 30 years, the majority of our progress has been technical in nature
WALFISH ET AL., 2012

- No differences in how clinicians rated their overall skill level and effectiveness levels between disciplines.
- On average, clinicians rated themselves at the 80th percentile
- Less than 4% considered themselves average
- No one rated themselves below average
- Only 8% rated themselves lower than the 75th percentile
- 25% rated their performance at the 90th % or higher compared to their peers
THERAPEUTIC FACTORS
- AKA "Common Factors"
- Factors common to all bona fide therapies

FACTORS INFLUENCING OUTCOME

VARIANCE (GRATITUDE TO JEB BROWN)
RECOMMENDED SOURCE

IMPLICATIONS

- Beneath everything else is the conversation and the alliance
- MI Spirit fundamental to its methods

ONE WAY FORWARD?

- Routine Outcome Monitoring
  - Session by session
- Measure global outcomes
  - [overall well-being]
- Measure therapeutic alliance
- Deliberate practice
IMPLICATIONS FOR PROFESSIONAL DEVELOPMENT

- Study your population deeply
- Study each client deeply
- Expertise at engaging with clients involves moving from the micro to the macro as well as vice versa
- Use models and techniques in the service of developing yourself professionally.

HOW DO PEOPLE CHANGE?

- Challenging “distorted cognitions”?
- Completing assignments?
- Following the manual?
- Through their experiences and discoveries?

Or via a relationship experience where hope and possibility are renewed ... or born.

Thank You