

EBP IN PSYCHOLOGY

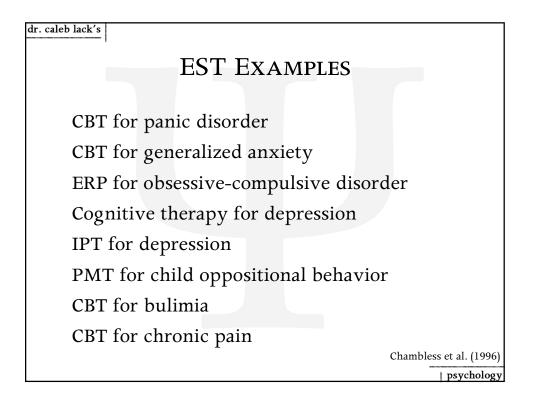
Starting in 1996, updates regarding *empirically supported treatments* (ESTs) were published

Outlined treatments that had empirical support based on RCTs that used a treatment manual with a specific population

Goal was to identify treatments with support comparable to medications

Chambless et al. (1996, 1998)

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 Response to the Chambless report was varied

 While it raised awareness of efficacy of

 psychological treatments...

 ...some decried emphasis on manualized, brief

 treatments and lack of emphasis on common

 therapeutic factors

 Many divisions of APA and others (e.g., SBM)

 undertook internal studies of EBPP

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 EBPP EXAMINED
 In 2006, APA Presidential Task Force on Evidence-Based Practice issued guidelines that
 Described commitment to EBP in the field of psychology via integration of applied and basic research
 Tries to take into account the myriad of ways that treatments and therapies can provide evidence of their efficacy

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 OPERATIONAL DEFINITIONS

 EBPP is "the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences."

 Purpose of EBPP is "to promote effective psychological practice and enhance public by applying empirically supported principles of psychological assessment, case formulation, therapeutic relationship, and intervention."

APA (2006)

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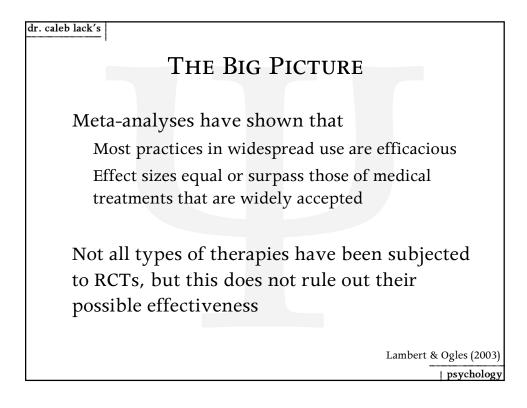
 EBPP vs. ESTs

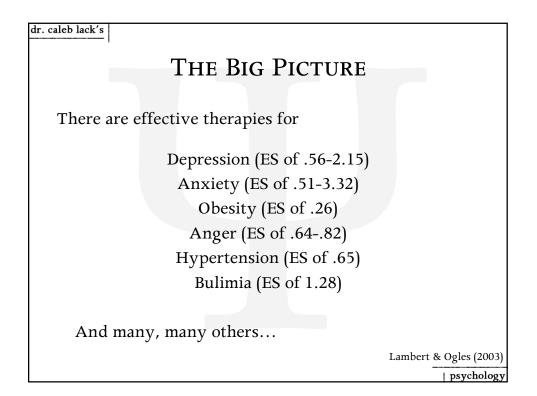
 ESTs start with a treatment and ask if it works for a population

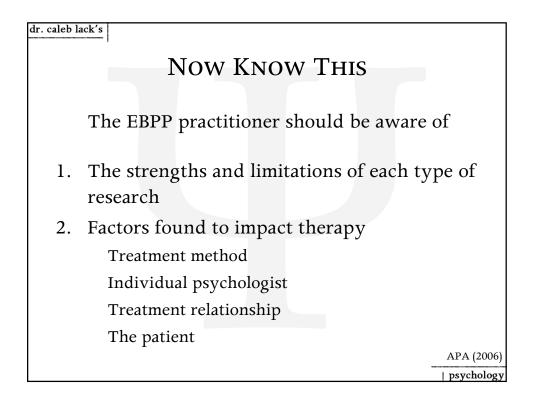
 EBPP starts with patient and asks what is the best evidence for what will help to achieve a particular outcome

 ESTs are specific psychological treatments, EBPP is a method of decision making

THE BIG PICTURE Large body of research on children, adults, and seniors finding that therapy Is safe and effective for these groups Can impact a wide range of problems Is more enduring in impact than medications Pays for itself in terms of medical cost offset, increased productivity, and QoL Lambert & Ogles (2003)





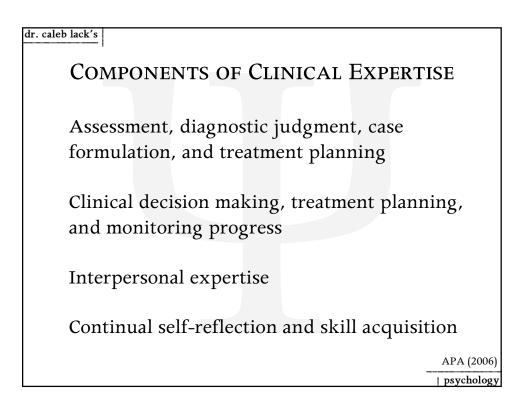


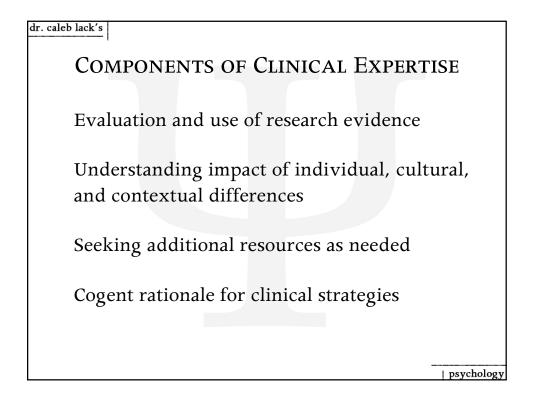
Now Know This

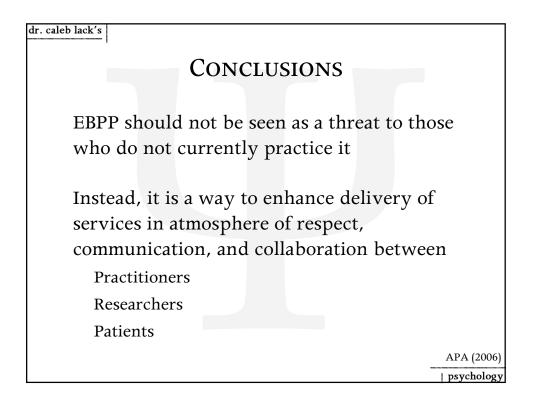
"Local clinical scientist" should be the model for psychologist practicing EBPP

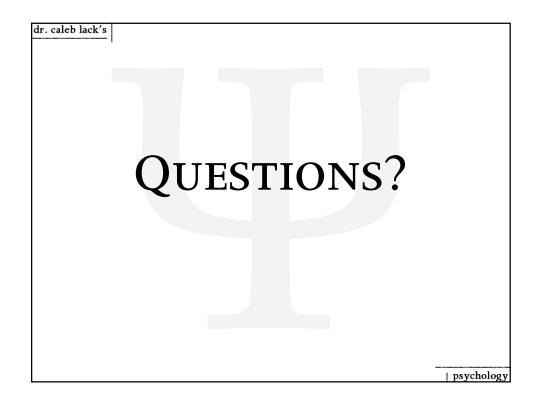
- 1. Integrates scientific findings and clinical expertise to form and test hypotheses about client problems and best treatment options
- 2. Is also aware of limitations, both in expertise and possible biases

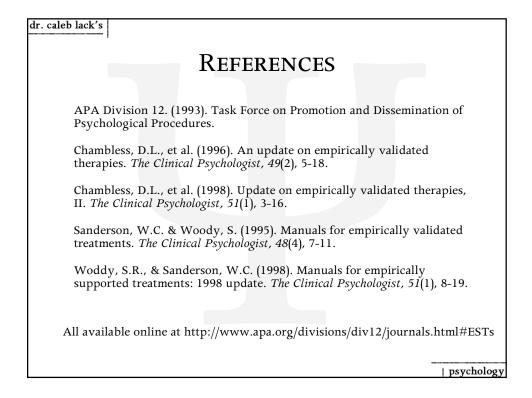
Stricker & Trierweiler (1995)











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