




# IMPROVING THE EFFECTIVENESS OF PRACTICE: IDENTIFYING TREATMENTS THAT WORK



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# A THOUGHT EXPERIMENT: WHICH OF THE FOLLOWING PROPOSITIONS ARE TRUE? HOW DO YOU KNOW?

1. (true or false) Psychotherapy would be more effective if everyone practiced an empirically supported treatment
2. (true or false) Cognitive and Cognitive-Behavioral Therapies are more effective than relational and Insight-oriented (psychodynamic) therapies
3. (True or False) The Therapeutic relationship between patient and therapist determines most of the meaningful outcomes that can be attributed to psychotherapy

# 1. Would Psychotherapy be more effective if everyone practiced an empirically supported treatment?

- Thousands of Meta-analytic comparisons between treatment as usual (TAU) and any “empirically supported” and manualized treatment have averaged 0.0—(Shadish, Matt, et al, 2000; Lipsey & Wilson, 1993; Wampold, 2001)
  - While there are isolated studies that show both that manuals are better than TAU and worse, there is no substantial evidence of a reliable difference being present.

## 2. Are Cognitive and Cognitive-Behavioral Therapies more effective than relational or insight-oriented (psychodynamic) therapies?

- There are variations in ESs by therapy type, ranging from .4 to 1.2.
  - When skill level is controlled and measurement errors are equated, significant effects disappear  $d < .11$  (less than 5% of variance)
  - When all types of treatments are compared to all others (Wampold et al, 1997),  $d = 0.0$
  - There are two meta-analyses that find analytic therapy more effective than CBT  $d = .25$ .
  - Comparisons to specific problems, do not change the picture.
  - The evidence for the proposition is very weak and the ES is very small if it exists, at all.

### 3. Does the relationship between the patient and therapist determine most of the meaningful outcomes of psychotherapy?

- Research confirms a significant ( $M r = .13-.29; p < .05$ ) and very consistent correlation between working relationship and outcome
- The size of this relationship accounts for less than 7% of the change in outcome.
- Treatment relationship is a consistent but small contributor to treatment outcome.

# What to Conclude


- While most professionals believe at least two of these propositions, they are **FACTUALLY** not true. Beliefs are not facts!!
- The evidence for the value of any particular psychotherapy with any particular problem, or as compared to other treatments remains very weak.
  - Neither therapeutic Relationship nor Type of Treatment are strong predictors of treatment outcome—“All have won and all must have prizes”.



# SOME THEOREMS THAT CAN BE DERIVED FROM CONTEMPORARY MH TREATMENT RESEARCH

# 1. It is imperative to distinguish between “Belief” and “Fact”


- Belief—An impression or conviction about what is “truth” or “real”, based on grounds that are insufficient to afford positive knowledge.
- Fact—That which is true or accepted as truth based on observable and replicable evidence.



**2. Accepting something as true on the basis of strong belief alone, eventually produces disappointment.**

# FEMA Will Come!






3. Many treatments that are based on strong BELIEF have proven to be ineffective or harmful when the facts are studied.

# For Example...

- **Some Treatments are Ineffective—**
  - Drug Abuse and Resistance Education (DARE) and CISD are about as effective as no treatment—(ns change from no Tx).
- **Some Treatments are Harmful —**
  - Recovered Memory Therapy for DID (Dissoc. Ident. Disorder--the number of “alters” increases with length of therapy)
  - Grief Counseling for Bereavement performs worse than no treatment (ES = -.13; 38% of clients deteriorate relative to No Tx control)
  - Expressive-Experiential Therapies perform worse than no treatment (20+% get worse)
  - Relaxation Training for Panic Disorder performs worse than no treatment (30-55% of patients have increased symptoms)




4. The effects of treatment are more positive when we consider psychotherapies to be a set of operating PRINCIPLES rather than a set of unique and discrete treatments that are packaged like pills.



# Systematic Treatment Selection

- Based on 18 empirically derived principles that tell the conditions under which patient factors, context, therapist factors, and treatment relationship interact or moderate the effects of classes of interventions to amplify change (Beutler, Clarkin, & Bongar, 2000).
  - The only “empirically supported” integrated therapy




# The application of these principles require that we broaden our definition of psychotherapy beyond what the therapist does.

- **Psychotherapy** no longer is a categorical type of treatment
- Psychotherapy becomes the: “Therapeutic management, control, and adaptation of the patient factors, therapists factors, relationship factors, and technique factors that are associated with a positive change.
- Evidence for this definition is based on dozens of empirical studies using diverse research methods that demonstrate that a factor/variable reliably and meaningfully accounts for therapeutic change, a reliable proportion of the time.



For Example-----



Just Four of the 18  
Principles of Therapeutic  
“fit” account for more  
outcome than any of the  
current treatment types

- 1. Social Support X Impairment
  - 2. Relationship/Skill
  - 3. Coping Style X Focus
  - 4. Resistance X Directiveness
- 

Compare the effect sizes of these Four General Principles Vs that associated with the advantage offered by any Specific Tx type (base  $d = 0.0$ )

Principle	ES	Increase
□ Social Support X Impairment	.25	8%
□ Relationship/Skill of Therapist	.13	5%
□ Coping Style X Focus	.55	21%
□ Resistance X Directiveness	.82	30%
□ <i>Total Increase in Clinical Impact Over Specific Effects of Therapy</i>		64%

# The STS: An Empirically Driven Program for Fitting Treatment and Patient

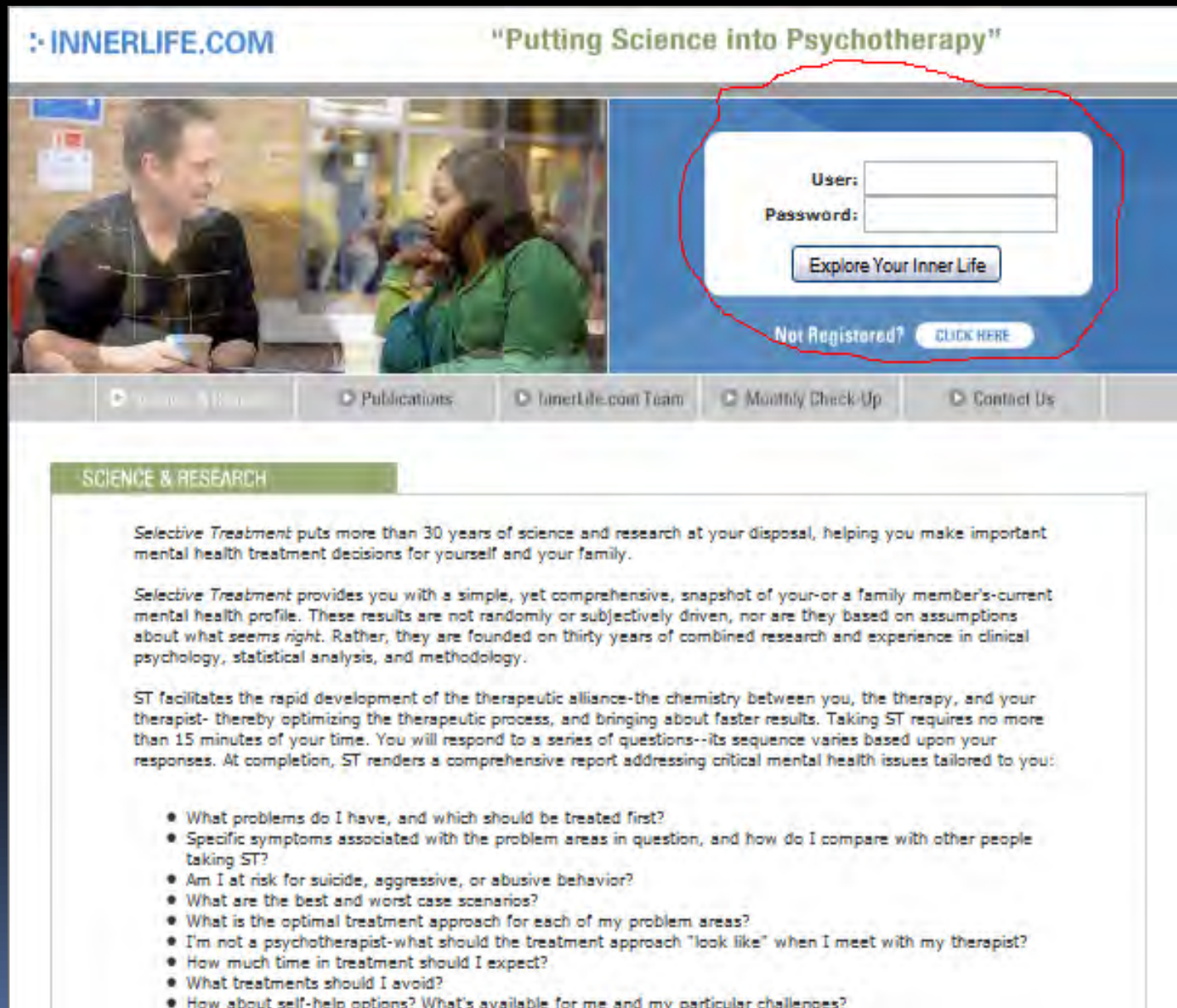
- Two Websites—Two Audiences
  - [WWW.innerlife.com](http://WWW.innerlife.com) --A report to help patients
    - For Patient Self-Help
    - For Research and Testing
  - [WWW.WebPsychCorp.com](http://WWW.WebPsychCorp.com) –A report for clinicians and clinics
    - Planning and Monitoring Treatment

# WWW.INNERLIFE.COM (BEUTLER, WILLIAMS, & NORCROSS) -- THE STS SELF- REPORT ASSESSMENT SYSTEM

## *Selective Treatment is designed to:*

1. Indicate what problems are present, and which should be treated first
2. Identifies the specific symptoms associated with the problem areas in question, and how patient compares with other people taking ST
3. Estimates risk for suicide, aggressive, or abusive behavior
4. Provides best and worst case scenarios
5. Identifies the optimal treatment approach for each of the identified problem areas
6. Indicates what the treatment approach might "look like" to the patient and therapist
7. Estimates how much time treatment is likely to take
8. Specifies what treatments should be avoided
9. Indicates self-help options---What's available for this person and his or her particular challenges
10. What options are available if insurance does not cover mental health treatment

# Login with username & password



The screenshot shows the homepage of INNERLIFE.COM. The header includes the site name and the tagline "Putting Science into Psychotherapy". A navigation menu is located below the header. The main content area features a "SCIENCE & RESEARCH" section with several paragraphs of text and a bulleted list of questions. A login form is highlighted with a red circle, containing fields for "User:" and "Password:", an "Explore Your Inner Life" button, and a "Not Registered? CLICK HERE" link.

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### SCIENCE & RESEARCH

*Selective Treatment* puts more than 30 years of science and research at your disposal, helping you make important mental health treatment decisions for yourself and your family.

*Selective Treatment* provides you with a simple, yet comprehensive, snapshot of your-or a family member's-current mental health profile. These results are not randomly or subjectively driven, nor are they based on assumptions about what seems right. Rather, they are founded on thirty years of combined research and experience in clinical psychology, statistical analysis, and methodology.

ST facilitates the rapid development of the therapeutic alliance-the chemistry between you, the therapy, and your therapist- thereby optimizing the therapeutic process, and bringing about faster results. Taking ST requires no more than 15 minutes of your time. You will respond to a series of questions--its sequence varies based upon your responses. At completion, ST renders a comprehensive report addressing critical mental health issues tailored to you:

- What problems do I have, and which should be treated first?
- Specific symptoms associated with the problem areas in question, and how do I compare with other people taking ST?
- Am I at risk for suicide, aggressive, or abusive behavior?
- What are the best and worst case scenarios?
- What is the optimal treatment approach for each of my problem areas?
- I'm not a psychotherapist-what should the treatment approach "look like" when I meet with my therapist?
- How much time in treatment should I expect?
- What treatments should I avoid?
- How about self-help options? What's available for me and my particular challenges?

User:   
Password:   
Explore Your Inner Life  
Not Registered? [CLICK HERE](#)

# Main Navigation Page

- Click the upper left link titled Selective Treatment

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“Putting Science into Psychotherapy”

Science & Research

Publications

InnerLife.com Team

Monthly Check-Up

Contact Us

## InnerLife Navigation

SELECTIVE TREATMENT

Begin to explore your inner life. Answer the InnerLife intake questions.

Continue taking ST

If you didn't finish your last InnerLife session, click here to continue.

Display Your ST Results

Look at your completed InnerLife intake narrative and results.

Take Monthly Check-Up

Welcome back! Track your progress. Answer the InnerLife follow-up questions.

View Treatment Progress

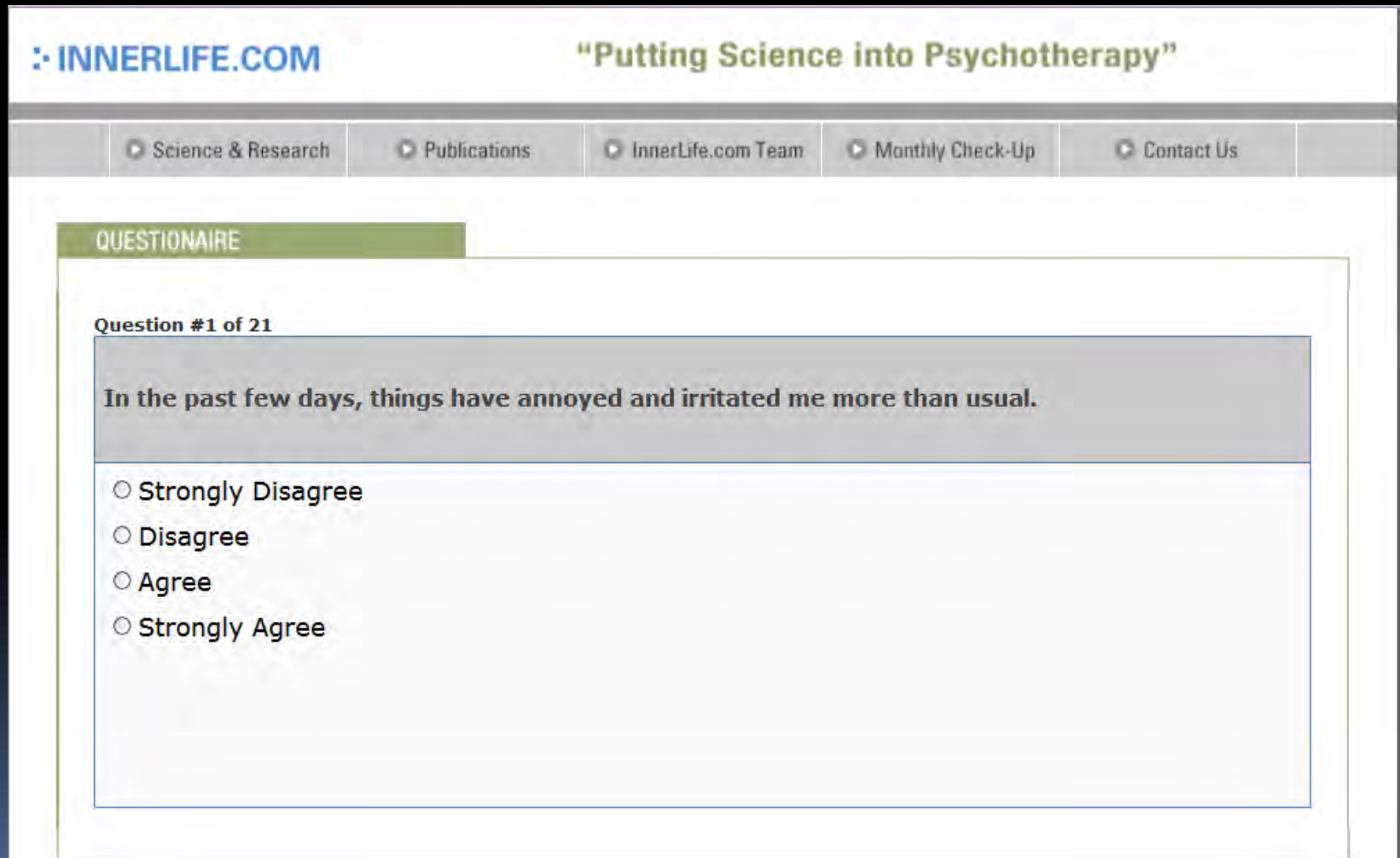
Compare your progress to others similar to yourself. View problem area trends and projections.

Log Off Current Session

[Log off Innerlife.com](#)

# STS Self-Report

- Complete the Intake Questionnaire



The screenshot displays the InnerLife.com website interface. At the top left is the logo "INNERLIFE.COM" with a blue and green icon. To the right is the tagline "Putting Science into Psychotherapy" in green. Below this is a navigation bar with five items: "Science & Research", "Publications", "InnerLife.com Team", "Monthly Check-Up", and "Contact Us", each with a right-pointing arrow icon. The main content area is titled "QUESTIONNAIRE" in a green header. Below this, it says "Question #1 of 21". The question text is "In the past few days, things have annoyed and irritated me more than usual." and is displayed in a grey box. Below the question is a list of four radio button options: "Strongly Disagree", "Disagree", "Agree", and "Strongly Agree".

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QUESTIONNAIRE

Question #1 of 21

In the past few days, things have annoyed and irritated me more than usual.

Strongly Disagree

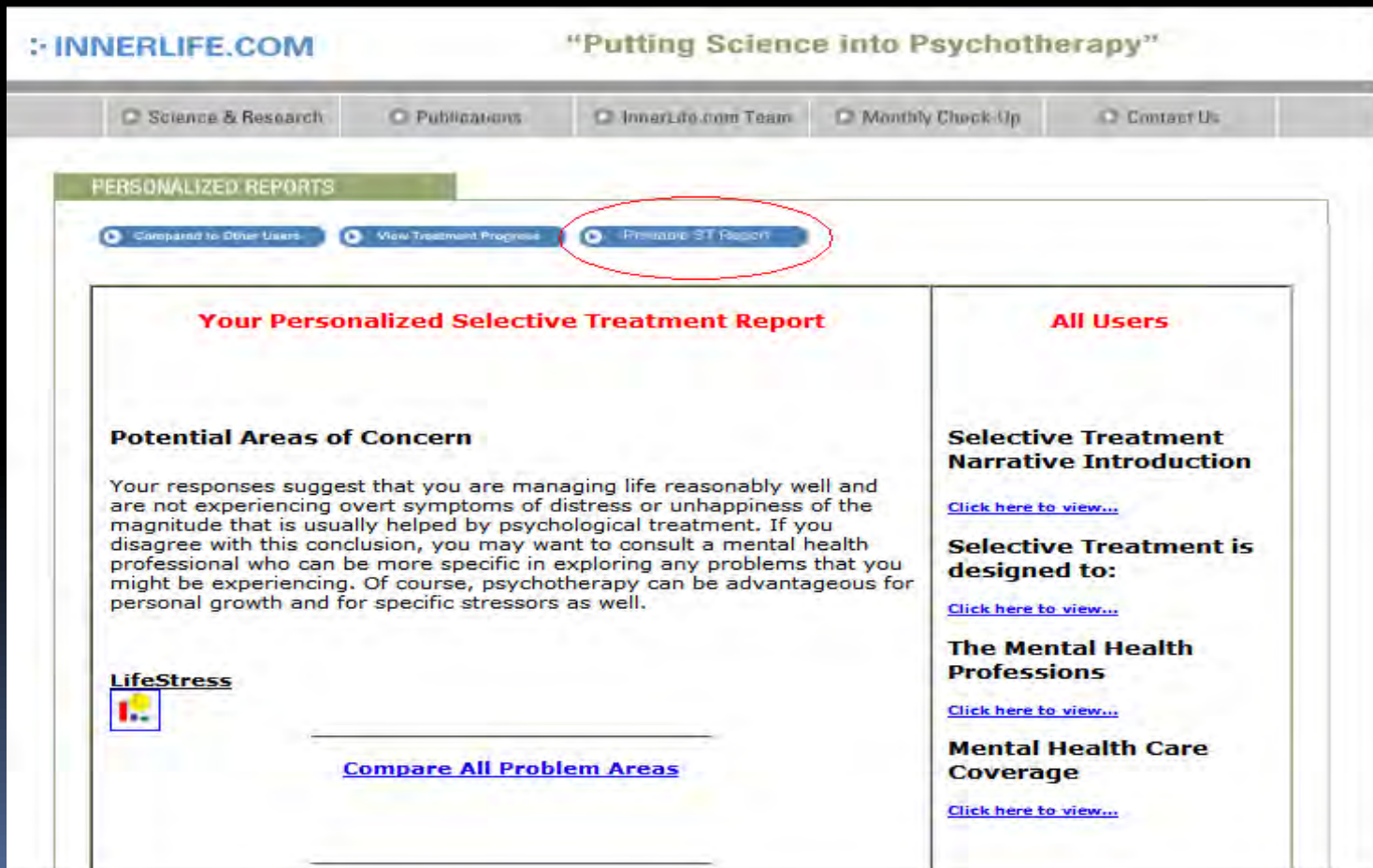
Disagree

Agree

Strongly Agree

# Results – Narrative Report

- After completing the survey, you will have a chance to view your results.
- Save your report by clicking on the print button



The screenshot displays the INNERLIFE.COM website interface. At the top, the logo "INNERLIFE.COM" is on the left, and the tagline "Putting Science into Psychotherapy" is on the right. Below the header is a navigation bar with links for "Science & Research", "Publications", "InnerLife.com Team", "Monthly Check Up", and "Contact Us". The main content area is titled "PERSONALIZED REPORTS" and features three buttons: "Compare to Other Users", "View Treatment Progress", and "Generate ST Report". The "Generate ST Report" button is circled in red. The report content is split into two columns. The left column is titled "Your Personalized Selective Treatment Report" and includes a section "Potential Areas of Concern" with a paragraph of text and a "LifeStress" logo. The right column is titled "All Users" and lists three sections: "Selective Treatment Narrative Introduction", "Selective Treatment is designed to:", and "The Mental Health Professions", each with a "Click here to view..." link. At the bottom of the left column is a "Compare All Problem Areas" link.

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PERSONALIZED REPORTS

Compare to Other Users View Treatment Progress **Generate ST Report**

**Your Personalized Selective Treatment Report**

**Potential Areas of Concern**

Your responses suggest that you are managing life reasonably well and are not experiencing overt symptoms of distress or unhappiness of the magnitude that is usually helped by psychological treatment. If you disagree with this conclusion, you may want to consult a mental health professional who can be more specific in exploring any problems that you might be experiencing. Of course, psychotherapy can be advantageous for personal growth and for specific stressors as well.

**LifeStress**

[Compare All Problem Areas](#)

**All Users**

**Selective Treatment Narrative Introduction**

[Click here to view...](#)

**Selective Treatment is designed to:**

[Click here to view...](#)

**The Mental Health Professions**

[Click here to view...](#)

**Mental Health Care Coverage**

[Click here to view...](#)

# Results – Narrative Report

- Click “ok” to print the 14-page report
- You can also click “cancel” to read your report OR save it on your computer.

The screenshot shows a web browser window with the URL [http://innerlife.com/Full\\_Narrative.asp](http://innerlife.com/Full_Narrative.asp). The page title is "INNERLIFE.COM" and the subtitle is "Putting Science into Psychotherapy". The main content is titled "Selective Treatment Narrative Introduction".

**Selective Treatment Narrative Introduction**

Thank you for completing the individualized, evidence-based assessment. Before we summarize your results, let us give you a little background about Selective Treatment.

Most psychotherapists identify themselves by the brand name of their therapy approach – cognitive, psychoanalytic, humanistic, and family systems, for example. These brand labels, however, bear little relationship to the effectiveness of the actual psychotherapy. The labels are simply names of theories that have risen to prominence in mental health.

Treatment labels are not indicators for treatment success. Nor do brand names of therapies allow us to tailor or customize treatment to the individual person. Different folks will need different treatment strokes. What works for one person or for one particular type of problem will not always work for another.

Thus, scientists have increasingly studied the effectiveness of specific therapy methods for specific types of people with specific concerns. This means that if we know a little about you and the problem(s) that you present, we are better able to identify specific treatments that are more likely to be effective for you.

We also know from decades of research that different therapists have different levels of effectiveness. This is largely a function of the compatibility of the therapist's personal style and skill with you, as well as your personality and expectations. Thus, effective treatment is a matter of fitting the treatment to your problem(s) and to your personality and also selecting a therapist whose style fits with you and your needs.

**Selective Treatment is designed to:**

- assess whether your expressed problems would benefit from mental health treatment
- Identify the best fit treatment particularly for you
- warn you of treatments to avoid
- determine a compatible therapist fit to your specific needs, and
- direct you to self-help resources that you personally prefer.

The following report has been prepared specifically for you based on your responses and

The print dialog box is open, showing the printer "HP Officejet 6200 series". The "Print range" section has "All" selected. The "Copies" section shows "Number of copies: 1". The "Print Frames" section has "As laid out on the screen" selected. The "OK" and "Cancel" buttons are visible at the bottom right, with "Cancel" circled in red.

# Results – Comparative Graphs

- When you are finished with the report, exit out and click on “compare to other users” to view the comparative graphs

The screenshot displays the InnerLife.com website interface. At the top, the logo reads "INNERLIFE.COM" and the tagline is "Putting Science into Psychotherapy". A navigation bar includes links for "Science & Research", "Publications", "InnerLife.com Team", "Monthly Check-Up", and "Contact Us". Below this is a section titled "PERSONALIZED REPORTS" with three buttons: "Compare to Other Users" (circled in red), "View Treatment Progress", and "Printable ST Report". The main content area is split into two columns. The left column, titled "Your Personalized Selective Treatment Report", contains a section "Potential Areas of Concern" with a paragraph of text and a "LifeStress" link. The right column, titled "All Users", contains a "Selective Treatment Narrative Introduction" with a "Click here to view..." link, followed by "Selective Treatment is designed to:" with another "Click here to view..." link, and finally "The Mental Health Professions".

# Results – Comparative Graphs

- You can either print the 27 symptom graphs or right-click on the graph to “save page as...”

The screenshot displays a web browser window with the URL [http://innerlife.com/Compare\\_Graphs.asp](http://innerlife.com/Compare_Graphs.asp). The page header includes the logo for INNERLIFE.COM and the tagline "Putting Science into Psychotherapy". The main content area features a grid of 27 comparative graphs, each showing a bar chart for three categories: Ref, Others, and You. The percentile rank for each category is displayed below the graph.

Symptom Category	Ref	Others	You	Percentile Rank
Attention and Concentration Difficulties or Deficits	50	0	0	0.07%
Current Family Stresses	50	5	0	0.05%
Family of Origin Conflicts	50	5	0	0.03%
Physical Symptoms and Illnesses	50	5	0	0.1%
Fears or Phobias of Specific Events or Objects	50	5	0	2.28%
Agoraphobic Symptoms	50	5	0	0.04%
Difficulty going to or staying Asleep	50	0	0	
Avoidance of Eating and Weight Loss/Anorexia	50	0	0	
Self-Initiated Vomiting/Bulimia	50	0	0	

A print dialog box is overlaid on the right side of the browser window. The printer selected is "HP Officejet 6200 series". The print range is set to "Pages from: 1 to: 1". The number of copies is set to 1. The "OK" button is circled in red.

[Click here to view...](#)  
**The Mental Health Professions**



# Re-logging in

- You are now done with the initial STS assessment report.
- In the future, you may re-login in order to:
  - Revisit old reports
  - Fill out the monthly check-in questionnaire to track progress in treatment
  - Re-login with the same username/password you used before (e.g. Clinicoo1; pgsp)

# Re-login instructions

INNERLIFE.COM

“Putting Science into Psychotherapy”

One-size psychotherapy does not fit all.  
It must be customized to the individual.

User: clinic001

Password: ●●●●

Explore Your Inner Life

Not Registered? [CLICK HERE](#)

Science & Research

Publications

InnerLife.com Team

Monthly Check-Up

Contact Us

## SCIENCE & RESEARCH

*Selective Treatment* puts more than 30 years of science and research at your disposal, helping you make important mental health treatment decisions for yourself and your family.

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# Monthly Check-Up

- Once you re-login, you will see the main navigation page
- Click on “take monthly check-up” to update your progress

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## InnerLife Navigation

### SELECTIVE TREATMENT

Begin to explore your inner life. Answer the InnerLife intake questions.

### Take Monthly Check-Up

Welcome back! Track your progress. Answer the InnerLife follow-up questions.

### Continue taking ST

If you didn't finish your last InnerLife session, click here to continue.

### View Treatment Progress

Compare your progress to others similar to yourself. View problem area trends and projections.

### Display Your ST Results

Look at your completed InnerLife intake narrative and results.

### Log Off Current Session

Log off Innerlife.com

# Monthly Check-Up

- You can also complete the monthly report from the report page screen

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PERSONALIZED REPORTS

Compared to Other Users View Treatment Progress Printable ST Report

Your Personalized Selective Treatment Report	All Users
<p><b>Potential Areas of Concern</b></p> <p>Your responses suggest that you are under considerable stress and are harboring many self-doubts about your ability to cope on your own. When people experience stress at the levels that you report, they often benefit from psychotherapy. Sometimes they can be helped by medications prescribed by a mental health professional. Thus, it will probably be beneficial for you to make an appointment with a mental health professional who can evaluate the seriousness of these problems and help you understand your specific types of problems so that you may find ways to deal with these problems. The following problems seem to be most relevant to you at the present time</p>	<p><b>Selective Treatment Narrative Introduction</b></p> <p><a href="#">Click here to view...</a></p> <p><b>Selective Treatment is designed to:</b></p> <p><a href="#">Click here to view...</a></p> <p><b>The Mental Health</b></p>

# Monthly Check-Up

- Fill out the requested information and complete the follow-up questionnaire, which is customized based on your initial assessment

The screenshot shows a web interface with a navigation bar at the top containing the following tabs: Science & Research, Publications, InnerLife.com Team, Monthly Check-Up, and Contact Us. Below the navigation bar is a green header for the 'Follow-Up' section. The main content area is divided into two sections. The first section is titled 'Have you been in individual therapy sessions?' and contains radio buttons for 'Yes' (selected) and 'No'. Below this are input fields for 'First Name' (Sherry), 'Last Name' (Shrink), 'City/State' (Palo Alto, CA), and 'Type' (Psychologist). The second section is titled 'Have you been in group therapy sessions?' and contains radio buttons for 'Yes' and 'No' (selected).

Science & Research   Publications   InnerLife.com Team   Monthly Check-Up   Contact Us

**Follow-Up**

**Have you been in individual therapy sessions?**

Yes  
 No

First Name  (*Therapist Information*)  
Last Name   
City/State    
Type

**Have you been in group therapy sessions?**

Yes  
 No

# Monthly Check-Up

- After completing the follow-up you can view your narrative report, comparative graphs, or treatment progress.
- Click monthly check-up to go back to the main page

The screenshot shows the InnerLife.com website interface. At the top left is the logo "INNERLIFE.COM" with a blue arrow icon. To its right is the tagline "Putting Science into Psychotherapy" in green. Below this is a horizontal navigation bar with five items: "Science & Research", "Publications", "InnerLife.com Team", "Monthly Check-Up" (circled in red), and "Contact Us". Below the navigation bar is a section titled "Personalized Results" in a green box. Underneath this title are four blue buttons: "Compared to Other Users", "View Treatment Progress", "Printable ST Report", and "Log Off Current Session". The main content area contains a red heading "Thank you for the update." followed by a bulleted list of instructions:

- Click on "Compared to Other Users" to see how your identified and unidentified difficulties compare to both our clinical reference database and other InnerLife.com users.
- Click on "View Treatment Progress" to observe your Actual treatment progress for each identified problem area AND compare your progress to others like you with similar difficulties. [To begin tracking your progress, click on "Monthly Check-Up" to answer your personalized Follow-Up questions.]
- Click "Printable ST Report" to print your full narrative results.
- Click "Log Off Current Session" to discontinue your current session with InnerLife.com.

# Reviewing old reports

- If you go back to the main navigation page, you can view your narrative report

INNERLIFE.COM "Putting Science into Psychotherapy"

Science & Research Publications InnerLife.com Team Monthly Check-Up Contact Us

### InnerLife Navigation

- SELECTIVE TREATMENT**  
Begin to explore your way of life. Answer the InnerLife intake questions.
- Continue taking ST**  
If you didn't finish your last InnerLife session, click here to continue.
- Display Your ST Results**  
Look at your completed InnerLife intake narrative and results.
- Take Monthly Check-Up**  
Welcome back! Track your progress. Answer the InnerLife follow-up questions.
- View Treatment Progress**  
Compare your progress to others similar to yourself. View problem area trends and projections.
- Log Off Current Session**  
Log off Innerlife.com

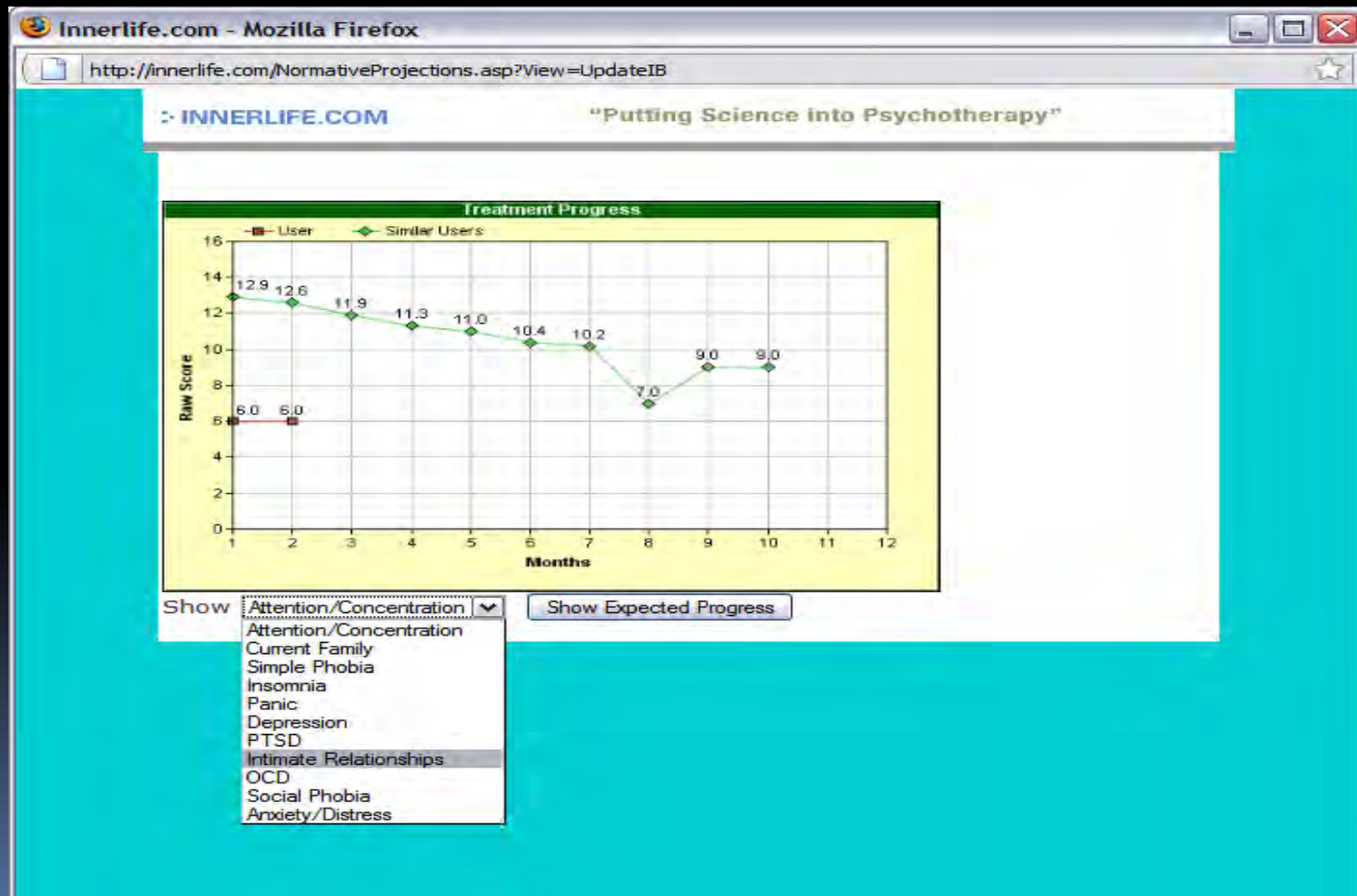
# Results – Progress Graphs

- You can view your treatment progress by clicking on the icon in the report section or main navigation page

The screenshot displays the INNERLIFE.COM website interface. At the top, the logo "INNERLIFE.COM" is on the left, and the tagline "Putting Science into Psychotherapy" is on the right. Below this is a navigation bar with buttons for "Science & Research", "Publications", "InnerLife.com Team", "Monthly Check-Up", and "Contact Us". The main content area is titled "PERSONALIZED REPORTS" and contains three buttons: "Compared to Other Users", "View Treatment Progress" (circled in red), and "Printable ST Report". Below the buttons, the page is split into two columns. The left column is titled "Your Personalized Selective Treatment Report" and contains a section "Potential Areas of Concern" with a paragraph of text and the "LifeStress" logo. The right column is titled "All Users" and contains a section "Selective Treatment Narrative Introduction" with a "Click here to view..." link, a section "Selective Treatment is designed to:" with another "Click here to view..." link, and the text "The Mental Health Professions".

# Results – Progress Graphs

- The graph allows you to view changes in any of the problem areas over time using the monthly check-up



# All DO NOT Win Prizes!!!!!!!

