

EVALUATING THERAPIES



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CLIENTS' PERCEPTIONS

There are many debates about whether psychotherapy is actually effective

Nearly 90% of surveyed clients believe it has a positive effect. Reasons?

- Clients often enter in crisis
- Clients pay for it
- Clients generally like their therapists



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CLINICIANS' PERCEPTIONS

There are many successful outcomes

They hear little from patients who have temporary relief from problems

Generally, most patients leave “happier” than when they came in

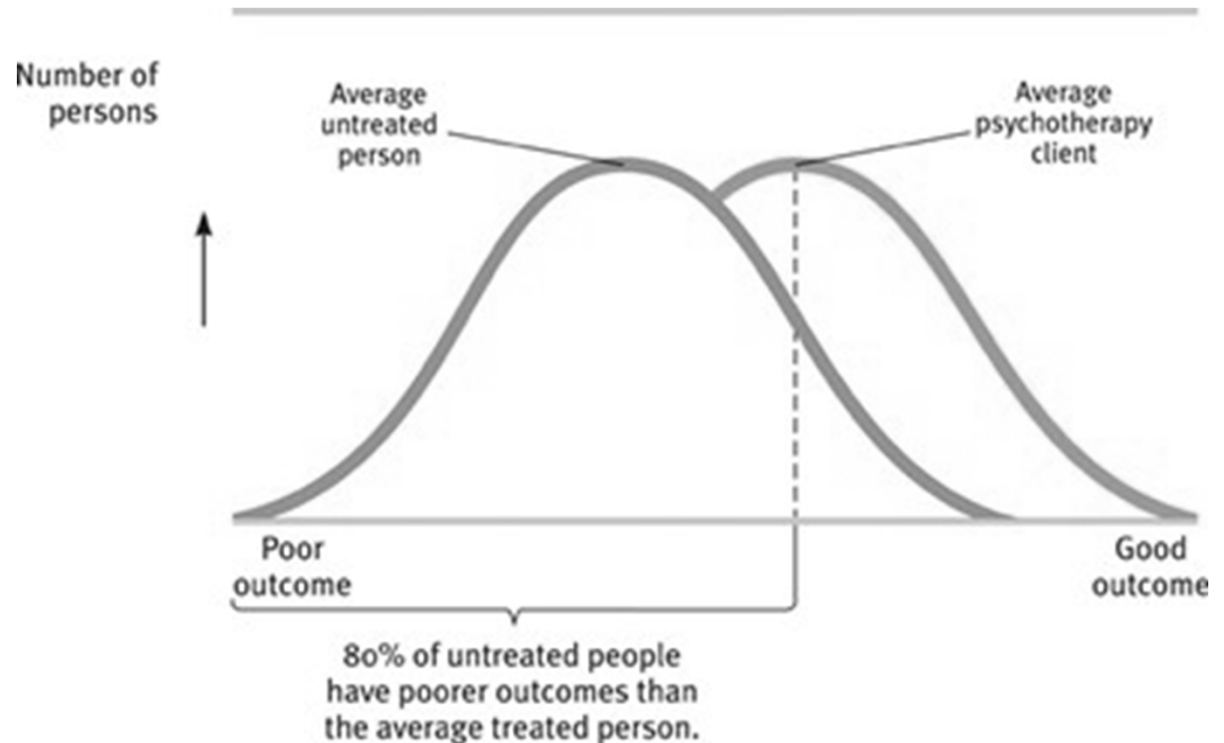


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META-ANALYSIS

A statistical procedure that combines the conclusions from a number of different studies

80% of untreated people have poorer outcomes than those who seek treatment



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EVIDENCE BASED PRACTICE

Clinical decision making that integrates the best clinical research with clinical expertise and patient characteristics



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ALTERNATIVE THERAPIES

EYE-MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

Big controversy over effectiveness – forcing eyes to dart around and unlock previously frozen memories. Many swear by it – others think it is a scam



LIGHT-EXPOSURE THERAPY

Used to treat Seasonal Affective Disorder and other depressive disorders. Again, great debate over its effectiveness



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COMMONALITIES AMONG PSYCHOTHERAPIES

Hope for demoralized people

A new perspective

A therapeutic alliance -- An empathetic, trusting, caring relationship between patient and therapist

Building resilience – personal strength that helps people cope and recover from trauma and stress



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Therapists and Their Training

Type	Description
<i>Clinical psychologists</i>	Most are psychologists with a Ph.D. (includes research training) or Psy.D. (focuses on therapy) supplemented by a supervised internship and, often, postdoctoral training. About half work in agencies and institutions, half in private practice.
<i>Psychiatrists</i>	Psychiatrists are physicians who specialize in the treatment of psychological disorders. Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s or D.O.s they can prescribe medications. Thus, they tend to see those with the most serious problems. Many have their own private practice.
<i>Clinical or psychiatric social workers</i>	A two-year master of social work graduate program plus postgraduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems. About half have earned the National Association of Social Workers' designation of clinical social worker.
<i>Counselors</i>	Marriage and family counselors specialize in problems arising from family relations. Clergy provide counseling to countless people. Abuse counselors work with substance abusers and with spouse and child abusers and their victims. Mental health and other counselors may be required to have a two-year master's degree.