

Evidence-Based Resources

General Overview

The purpose of this site is to inform the general public as well as practitioners regarding valuable information related to the Evidence-Based movement as it relates to the field of Psychology. Anyone viewing this site is advised to look at the disclaimer clarifying this website is information only; no clinical advice is being offered.

Fellow clinical scientists encouraged to email me with other websites they think should be included, and then I will reciprocate by including them on my community email listserv.

Purpose

It is dangerous to post websites with lists of evidence-based treatments, especially because too many clinicians grab onto these treatments and apply them generically. In reaction to this troubling trend, my goals are the following:

- 1) To counter the tendency for clinicians to generically apply EB treatments by providing a thoughtful compilation of articles which describe the pitfalls of using EBT's without tailoring these methods to the personality traits of the patient/client.
- 2) To prevent knee-jerk reactions among clinicians who mistakenly believe the EB movement is only about a misguided goal of producing manualized treatments that will mean the death of High-Quality Psychology. For example, two major strains in this movement are the evidence-based treatment (EBT) movement and the Evidence-Based Principles (EBP) movement. They may be considered complementary in some ways.
- 3) To reiterate that, regardless of your position in the EBT vs. EBP debate, there continue to be advancements in the effective assessment of a wide variety of conditions often described in Practice Parameters that should serve as references for standards of practice (SOP's).
- 4) To highlight an empirically-guided EBP-approach which I think offers a novel, and practical approach. I want to make other clinicians aware of its utility for day-to-day clinical practice. See mention of Dr. Larry Beutler's (Ph.D.)work below.
- 5) To reaffirm the need for Psychologists to remain vibrant participants in the debates about where our field should focus its resources. We Psychologists know that psychotherapy ideally is practiced by Clinical Scientists who professionally evolve through the inter-animation of research and applied clinical practice. I hope this webpage inspires dialogue and points of convergence that act as catalysts to further advance our Psychology community.

History

To understand the positives and negatives of any method, one must also understand how that method is part of a movement driven by political and clinical forces. In this way, it is critical to understand the history of the Evidence-Based (EB) Movement.

The following URL leads to a great article (entitled “The Development of Evidence-Based Psychotherapy”) published in the “CNS Forum” summarizing the history of the EB movement. Make sure to read the section on “empirically grounded clinical interventions”. I think this is one conceptual place for people who are disagreeing about the merits of the EB movement to find common ground. This article begins to create a “third space” for thinking, beyond the currently two-sided argument where people either argue we should focus on developing EBT’s vs. those who argue for developing EBP’s.

http://www.cnsforum.com/magazine/nonpharmacological_treatment/psychotherapy

One other good article, entitled “A Brief History of Evidence Based Practice and a Vision for the Future (Leff, 2003)” provides a history of this movement. What is unique about this article is it offers a summary of fundamental criticisms about the EB movement itself.

http://www.mentalhealth.samhsa.gov/media/KEN/pdf/SMA01-3938/MHUS02_Chapter_17.pdf

The Major "Strains"

It is important to be clear that the evidence-based (or “empirically supported”) movement involves at least two major strains, the evidence-based treatment (EBT) movement and the evidence-based principles (EBP) movement. I believe it is useful for these two strains of thought to continue to compete with each other in the marketplace of ideas.

A great article by Scott Miller, Ph.D., a Chicago Psychologist, who wrote *The Heart and Soul of Change*, describes the tension between these two movements in an article that may be found at:

www.talkingcure.com/docs/FOLLY-scott_miller.doc

Highlighted Approach

Psychology's four decade long body of research has been titrated (by a psychology researcher) into a clinical approach that guides clinicians in both the assessment and application of treatment process. This brilliant approach, developed by renowned clinical psychologist Larry Beutler, Ph.D is known as *Systematic Treatment Selection* [STS]. Beutler wrote a great book called *Prescriptive Therapy* that accounts for the criticisms of the EBT movement (such as those lodged by Scott Miller, Ph.D.) and cogently argues for the potency of the EBP approach. These are the approaches I utilize in my practice.

The beauty of this approach is it transcends the debates about models and theories plaguing Psychology, and helps the field get back to the Basic Principles.

You may read more about his approach by going to the following URL:

<http://www.beutlers-bandits.org/PDR2.htm>

A summary of the article by Dr. Beutler that describes his approach in more depth is at the following URL:

<http://content.apa.org/journals/pre/3/1/27>

Sites with Lists

There are over one-hundred websites that are trying to catalogue the EB movement into definable treatments or principles. The following are sites I have found to be the most helpful.

*** The American Psychological Association's "Guide to Beneficial Treatment"**

http://www.apa.org/divisions/div12/rev_est/

This link is a great start as it provides not just one list of evidence-based treatments, but also helps people think about what questions to ask therapists.

*** The Society of Clinical Child and Adolescent Psychology's (Division 53, American Psychological Association) List of Evidence-Based Treatment for Adolescents**

<http://www.wjh.harvard.edu/~nock/Div53/EST/index.htm>

This site is great as it allows one to first look up EBP's by general problem area (e.g., anxiety), and then further specifies the area (e.g., Generalized Anxiety Disorder) and offers any research-based treatment information.

*** The American Academy of Child and Adolescent Psychiatry's "Practice Parameters"**

<http://www.aacap.org/page.wv?section=Practice+Parameters&name=Practice+Parameters>

This is a great link as it appears to be updated in an ongoing fashion, and to some extent integrates the research done by research-based psychiatrists and psychologists. Here's how they describe their own page: "The AACAP has published 20 Practice Parameters. The Parameters are published as Official Actions of the AACAP in the *Journal of the American Academy of Child and Adolescent Psychiatry*. Summaries and full text parameters are available.)

*** Thomas Ollendick's (2004) online book chapter entitled "Empirically Supported Treatments for Children and Adolescents: Advances toward evidence-based practice"**

http://media.wiley.com/product_data/excerpt/31/04708445/0470844531.pdf

Ollendick is one of the most informed research-based psychologists in the U.S., and he is a specialist on the child and adolescent literature.

*** A list of Evidence-Based Practices by Diagnosis / Condition by the University of Buffalo School of Social Work**

<http://www.socialwork.buffalo.edu/centers/CFCS/OMH/EBP/diagnosis/>

This site was helpful as it listed the diagnostic criteria, etiology, prevalence, and suggested EBP's for many common conditions. However, this site drew from psychiatric research mainly and excluded the mammoth body of psychological literature and treatments, and thus was incomplete.