

Evidence-based psychological therapies: from bench to bedside

Abstract

Patients with mental health difficulties do not always receive appropriate and recommended psychological treatment for their difficulties, and clinicians are not always appropriately trained to deliver them. This paper considers why this might be the case and provides an overview of the Charlie Waller Institute, a not-for-profit organisation funded by the NHS, University of Reading, and the Charlie Waller Memorial Trust. The Institute seeks to address this problem by training clinicians in a wide variety of evidence-based therapies and assessing the impact of this training on clinician knowledge and skill.

Key points

- Psychological therapy (and cognitive behavioural therapy in particular) has been shown to be effective for a variety of mental health difficulties.
- Patients typically do not receive any psychological treatment for their difficulties, and if they do, treatment may be without scientific support or delivered suboptimally.
- One reason for such inappropriate/suboptimal therapy is that clinicians are often not trained to deliver the treatments with empirical support (i.e. those recommended by the National Institute for Health and Clinical Excellence (NICE)).
- The Charlie Waller Institute of Evidence-Based Psychological Treatment seeks to address this issue by providing training programmes led by the world leaders in a wide variety of therapies recommended by NICE – evidence suggests that this approach enhances clinicians' knowledge and skills.

Key words

Psychological treatment, evidence base, NICE guidelines, training, cognitive therapy

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Psychological treatments have come a long way since the development of effective treatments for the neuroses. The National Institute for Health and Clinical Excellence (NICE) draw on data from randomised controlled trials and based on these analyses produces guidelines that recommend a broad range of psychological therapies for a range of mental health disorders. For example, for depression, the NICE guideline lists interpersonal therapy, behavioural activation, counselling and cognitive behavioural therapy (CBT) as recommended treatments (NICE, 2009a). Furthermore, family therapy and CBT are interventions with a sound evidence base for psychotic problems (NICE, 2009b). Across the anxiety disorders, CBT has been shown to alleviate anxious symptomatology and is recommended by NICE. Systematic analyses have shown that

CBT produces effect sizes ranging from 1.57 to 0.14 for a range of psychological disorders (Clark et al, 2003; Butler et al, 2006; Hofman and Smits, 2008; Wykes et al, 2008). Similarly, there are efficacious psychological therapies for bulimia nervosa (Aman, et al, 2000) and binge eating disorder (Wilson et al, 2000). Family therapy for adolescents with anorexia nervosa is also producing very strong outcomes with patients showing a significant reduction in eating disorder symptomatology both directly after treatment and at six-month follow-up (Lock et al, 2003).

Not only are these psychological treatments available, they can now be delivered in a range of formats and settings, often without sacrificing their impact. CBT delivered by computer for depression has been shown in meta-analyses to have a positive outcome on both depressive and anxious symptomatology (Spek et al, 2007). Telemedicine for bulimia nervosa (in which CBT is delivered by a therapist remotely) has been shown in a randomised controlled trial to be both acceptable to patients and roughly equivalent in outcome to therapy delivered in person (Mitchell et al, 2008). Self-help books also have a positive impact. For example, a recent systematic review of 13 meta-analyses conducted by Van't Hof et al (2009) found that self-help methods show effect sizes as large those in a range of anxiety disorders and depression, comparable to effect sizes seen for face-to-face treatments.

There is also a growing evidence base indicating that short forms of psychological treatments are also efficacious. Studies show that six sessions of treatment for post-traumatic stress disorder (PTSD) are sufficient to lead to recovery for 7% of patients (Ehlers et al, 2010) and a course of treatment consisting of six hours of CBT has been shown to help 7% of patients with panic disorder recover, with 70% of patients being panic-free at 12-months follow-up (Clark et al, 1999). This indicates that a number of patients who did not reach clinical improvement criteria at post-treatment did so at follow-up. Furthermore, studies have shown that there is no difference between the efficacy of brief and intensive CBT

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Evidence In The Psychological Therapies Evidence In The Psychological Therapies:

Developing and Delivering Practice-Based Evidence Michael Barkham, Gillian E. Hardy, John

Mellor-Clark, 2010-02-05 Developing and Delivering Practice based Evidence promotes a range of methodological approaches to complement traditional evidence based practice in the field of psychological therapies Represents the first UK text to offer a coherent and programmatic approach to expand traditional trials methodology in the field of psychological therapies by utilizing evidence gained by practitioners Includes contributions from UK and US scientist practitioners who are leaders in their field Features content appropriate for practitioners working alone in groups and for psychological therapy services

Evidence-based Counselling and Psychological Therapies Nancy Rowland, Stephen Goss, 2000 Evidence Based Counselling and Psychological Therapies assesses the impact of the international drive towards evidence based health care on NHS policy and the provision of the psychological services in the NHS An outstanding range of contributors provide an overview of evidence based health care and the research methods that underpin it demonstrating its effect on policy provision practitioners and patients Their thought provoking chapters look at a variety of relevant issues including generating and implementing evidence cost effectiveness issues practical guidelines practitioner research Evidence Based Counselling and Psychological Therapies is essential for mental health professionals and trainees concerned with this movement which is having and will continue to have a huge impact on the purchasing provision and practice of health care

Evidence in the Psychological Therapies Chris Mace, Stirling Moorey, Bernard Roberts, 2005-08-19 Evidence based practice is likely to determine standards for publicly and insurance funded psychotherapies in the near future How should practitioners prepare themselves for this Evidence in the Psychological Therapies takes a critical look at the meaning of evidence It examines which kinds of evidence are most relevant to psychological therapies and how the quality of evidence can be assessed The potential impact of evidence on practice is illustrated across a range of clinical settings and therapeutic models The contributors include distinguished academics in law and philosophy clinical researchers who have contributed to the evidence base for psychological therapies and prominent therapists who have put research into practice and pioneered effective methods of audit This accessible discussion of a topic no practitioner can ignore is recommended to all psychotherapists including psychoanalysts CBT therapists psychiatrists clinical psychologists counsellors and those in training

Handbook of Evidence-based Psychotherapies Chris Freeman, Mick Power, 2007-03-13 At a time when evidence is everything the comprehensive Handbook of Evidence Based Psychotherapies handbook provides a unique up to date overview of the current evidence base for psychological therapies and major psychological disorders The editors take a pluralistic approach covering cognitive and behavioural therapies as well as counselling and humanistic approaches Internationally renowned expert contributors guide readers through the latest research taking a critical overview of each practice s strengths and weaknesses A final chapter provides an overview for the future

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Therapies Chris Mace, Stirling Moorey, Bernard Roberts, 2001 Examines the meaning of evidence how standards of good evidence might be established within psychotherapy and illustrates how evidence could impact on practice across a range of clinical settings

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Ian Horton, 2006-01-05 The SAGE Handbook of Counseling and Psychotherapy Second Edition is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising succinct and easy to access contributions the Handbook describes not only the traditional skills and theoretical models but also the most common client concerns brought to therapy and the particular skills required for different practice settings and client groups

Thrive Richard Layard, David M. Clark, 2014-07-03 A ground breaking argument for better treatment of mental health from Richard Layard author of Happiness and David M Clark Britain has become a world leader in providing psychological therapies thanks to the work of Richard Layard and David Clark But even so in Britain and worldwide the majority of people who need help still don't get treatment This is both unjust and a false economy This book argues for change It shows that mental ill health causes more of the suffering in our society than physical illness poverty or unemployment Moreover greater spending on helping people to recover from mental health problems and stay well would generate massive savings to national economies as those who suffer from depression and anxiety disorders account for nearly a half of all disability and are predominantly of working age Modern talking therapies such as CBT Cognitive Behavioural Therapy are highly effective and if more sufferers got these treatments lives would be turned around and the cost would be fully covered by the huge savings Thrive explores the new effective solutions to the misery and injustice caused by mental illness It describes how successful psychological treatments have been developed and explains what works best for whom It also urges us to do all we can to prevent these problems in the first place through better schools and a better society And most importantly it offers real hope This book is an inspiring success story and a stirring call to further action Its message is as compelling as it is important the social costs of mental illness are terribly high and the costs of effective treatments are surprisingly low Daniel Kahneman Extremely easy and pleasurable to read It's the most comprehensive humane and generous study of mental illness that I've come across Melvyn Bragg Remarkable presents the issues in a style that's easy for the professional the general public and policy makers to understand Aaron T Beck Professors Layard and Clark the Dream Team of British Social Science make a compelling case for a massive injection of resources into the treatment and prevention of mental illness This is simply the best book on public policy and mental health ever written Martin Seligman RICHARD LAYARD is one of the world's leading labour economists and in 2008 received the IZA International Prize for Labour Economics A member of the House of Lords he has done much to raise the public profile of mental health His 2005 book Happiness has been translated into 20 languages DAVID M CLARK Professor of Psychology at Oxford is one of the world's leading experts on CBT responsible for much progress in treatment methods With Richard Layard he was the main driver behind the UK's Improving Access to Psychological Therapies

programme Psychiatry: An evidence-based text Bassant Puri, Ian Treasaden, 2009-11-27 Succinct user friendly thoroughly referenced and prepared by leading experts in the field this book is the only single textbook you will need to succeed in the Royal College of Psychiatrists MRCPsych and other related higher examinations Chapters follow the structure and syllabus of the examination ensuring that you receive the necessary essence *Occupational Therapy Evidence in Practice for Mental Health* Cathy Long, Jane Cronin-Davis, Diane Cotterill, 2017-02-21 Occupational Therapy Evidence in Practice for Mental Health is an accessible and informative guide to the application of theory and the evidence base to contemporary clinical practice Fully updated throughout chapters cover a range of mental health issues approaches and settings including service user and carer involvement group work services for older people interventions forensic mental health and managing depression Key Features Written by an expert author team drawing on a wide range of evidence service contexts national policy and legislation Focus on person centred practice in mental health services Each chapter also contains a variety of learning features including task boxes reflective questions and further readings to aid understanding and demonstrate the use of evidence to inform clinical decision making The second edition of this easy to read and practical textbook is an ideal resource for occupational therapy students clinical practitioners and anyone looking for a concise accessible guide to evidence based practice and how it informs occupational therapy in mental health **Art Therapy, Research and Evidence-based Practice** Andrea Gilroy, 2006-10-09 This is an important and topical book coming at a time when there is growing pressure to show evidence of good practice in order to reassure the prospective client and to demonstrate financial accountability It gives valuable guidelines and examples for art therapists The book is innovative and inspiring and the author's enthusiasm shines through I end with the last line of this topical readable relevant book one that encapsulates its content We need the facts we need the figures but we need the stories and the pictures too Therapy Today This book makes a major contribution to the field of art therapy by reviewing in an accessible and informed manner the issues around the development of research informed practice The author offers an overview of different traditions of inquiry that will be of value to practitioners as well as those actually involved in carrying out research John McLeod Tayside Institute for Health Studies University of Abertay Dundee This impressive book is lively inspiring and innovative Andrea Gilroy's energetic enthusiasm for her subject is infectious She breathes life into the topics of research and EBP This rich exploration combines a rigorous investigation of the existing literature with intelligent original and practical suggestions A thorough informative approach that challenges existing thinking This is a must for art therapists at last a book that places art at the centre of our evidence in a convincingly argued accessible and rewarding read Professor Joy Schaverien PhD Art Therapy around the world is under increasing pressure to become more evidence based As a result practitioners now need to get to grips with what constitutes evidence how to apply research in appropriate ways and also how to contribute to the body of evidence through their own research and other related activities Written specifically for art therapy practitioners and students Art

Therapy Research Evidence Based Practice traces the background to EBP critically reviews the existing art therapy research explains the research process links research with the development of clinical guidelines and describes the knowledge and skills needed to demonstrate efficacy Drawing on her own experience as a researcher practitioner and lecturer Andrea Gilroy looks at the implications of EBP for art therapy and examines common concerns about the threat it may pose to the future provision of art therapy within public services Art Therapy Research Evidence Based Practice addresses issues which are critical to the future development and even the survival of art therapy Combining insightful analysis with practical guidance and examples this is an ideal resource for practitioners and for those in training Andrea Gilroy is Reader in Art Psychotherapy at Goldsmiths University of London

Dissemination and Implementation of Evidence-Based Psychological Interventions R. Kathryn McHugh, David H. Barlow, 2012-04-17 The lack of widely available effective mental health care presents a major public health problem This volume describes the rapidly expanding area of dissemination and implementation of evidence based psychological interventions Leading efforts internationally to improve access to effective care are highlighted by the leaders of these programs

Treatment Choice in Psychological Therapies and Counselling G. Parry, Great Britain. Department of Health, British psychological society centre for outcomes research and effectiveness, 2001

Evidence-Based Psychotherapy Daniel David, Steven Jay Lynn, Guy H. Montgomery, 2018-01-02 A Comprehensive Systematic Evaluation of Treatment Effectiveness for Major Psychological Disorders With over 500 types of psychotherapy being practiced in the field today navigating the maze of possible treatments can be daunting for clinicians and researchers as well as for consumers who seek help in obtaining psychological services Evidence Based Psychotherapy The State of Science and Practice offers a roadmap to identifying the most appropriate and efficacious interventions and provides the most comprehensive review to date of treatments for psychological disorders most often encountered in clinical practice Each chapter applies a rigorous assessment framework to evaluate psychotherapeutic interventions for a specific disorder The authors include the reader in the evaluation scheme by describing both effective and potentially non effective treatments Assessments are based upon the extant research evidence regarding both clinical efficacy and support of underlying theory Ultimately the book seeks to inform treatment planning and enhance therapeutic outcomes Evidence Based Psychotherapy The State of Science and Practice Presents the available scientific research for evidence based psychotherapies commonly practiced today Systematically evaluates theory and intervention efficacy based on the David and Montgomery nine category evaluative framework Covers essential modes of treatment for major disorders including bipolar disorder generalized anxiety disorder PTSD eating disorders alcohol use disorder major depressive disorder phobias and more Includes insightful discussion of clinical practice written by leading experts Clarifies evidence based practice versus evidence based science and offers historical context for the development of the treatments under discussion Evidence Based Psychotherapy The State of Science and Practice is designed to inform treatment choices as well as strengthen critical

evaluation In doing so it provides an invaluable resource for both researchers and clinicians

Evidence in Mental Health Care Stefan Priebe, Mike Slade, 2003-09-02 Mental health care increasingly faces a challenge to be evidence based However despite much policy activity in the UK it s still not clear what sort of evidence researchers should be producing for mental health services or what purchasers should be looking for Evidence in Mental Health Care evaluates a range of different research methodologies and types of evidence and includes a historical and conceptual analysis of what was regarded as evidence in the past and what impact it has had in mental health care a presentation of different methodological approaches and a discussion of their strengths and weaknesses in providing evidence how evidence is applied in different treatment and care modalities different angles on the way forward for providing appropriate evidence to improve current mental health care Evidence in Mental Health Care will prove vital for the successful extension of evidence based evaluation to mental health services in general It will be essential reading for researchers students and practitioners across the range of mental health disciplines health service managers and purchasers of services

California. Court of Appeal (1st Appellate District). Records and Briefs California (State)., *Evidence-based Psychotherapy* Carol D. Goodheart, Alan E. Kazdin, Robert J. Sternberg, 2006 This book engages the voices of a broad range of clinical researchers practitioners educators and public policy advocates in a comprehensive discussion of the spectrum of issues and arguments in the current debate about EBP

Handbook for Theory, Research, and Practice in Gestalt Therapy Philip Brownell, 2008 Discusses the philosophy of science the need for research specifically focused on gestalt therapy and the critical realism and natural attitude found in both research and gestalt praxis This book provides discussions of qualitative and quantitative research and describes the methods of gestalt therapy as based in a unified theory

Routine Outcome Monitoring and Feedback in Psychological Therapies Kim de Jong, Jaime Delgadillo, Michael Barkham, 2023-05-30 This book is clear well written evidence based and timely Combined with the authors decades of practice based research and clinical experience it describes a way helping professionals of all stripes can improve the results of psychological care Scott D Miller Ph D International Center for Clinical Excellence USA A must read for every therapist supervisor researcher manager and client in the field of mental health Helene A Nissen Lie Professor in Clinical Psychology and Therapist University of Oslo Norway The depth and breadth of these authors knowledge about progress monitoring shine through on every page Jacqueline B Persons Director Oakland Cognitive Behavior Therapy Center and Clinical Professor Department of Psychology University of California at Berkeley USA I highly recommend this book to anyone wanting to work with a routine outcome monitoring ROM and feedback system in psychological therapies Professor Mike Lucock Centre for Applied Research in Health University of Huddersfield UK Based on the authors own varied and extensive experiences as practitioners this clear and practical guide shows therapists and trainees how feedback can best be used to inform treatment decisions and ultimately improve patient outcomes Key features include An up to date analysis of the current evidence base about the effectiveness of progress

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