

# Unit 12.2

## Evaluating Psychotherapies

1. Does Psychotherapy work?
2. Who decides if it works?
3. What is the effectiveness of alternative therapies?
4. How do culture & values influence the therapist-client relationship?



# Is Psychotherapy Effective?

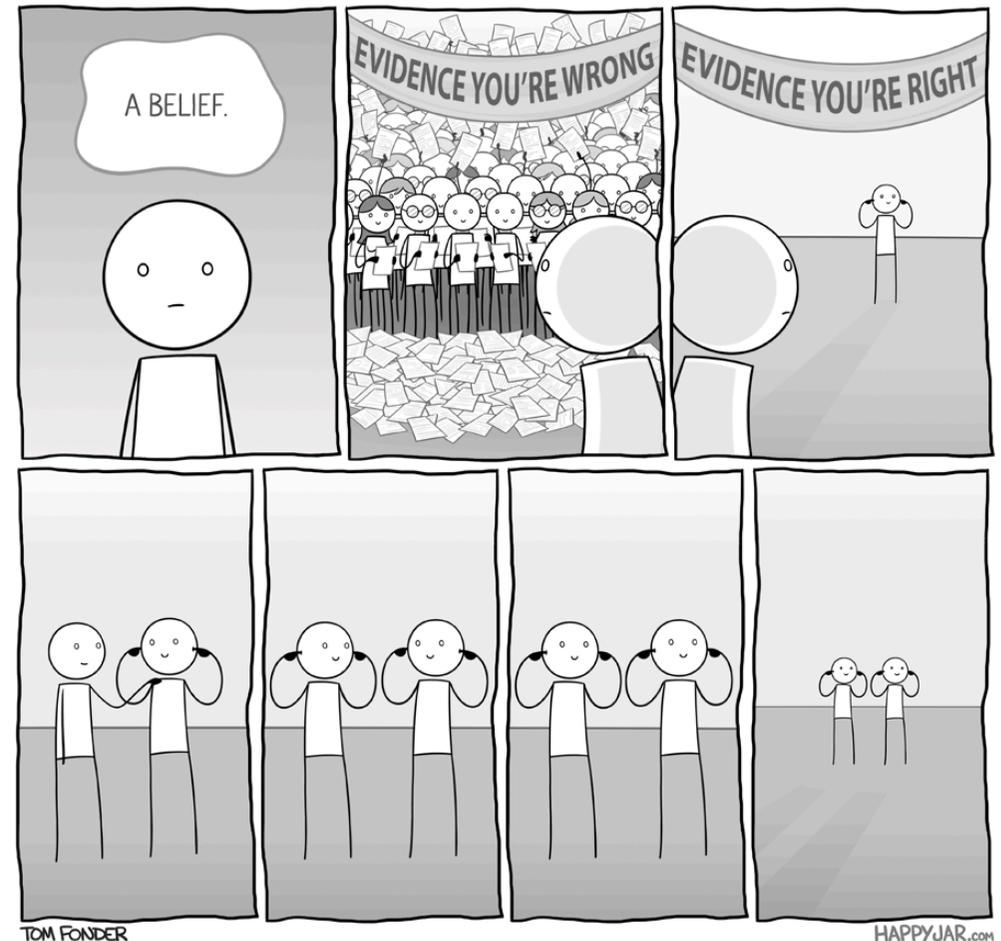
- ☀ Clients believe in the effectiveness of Psychotherapy
- ☀ Clinicians believe in the effectiveness of Psychotherapy
- ☀ Researchers debate the effectiveness of Psychotherapy
- ☀ The more clear-cut the problem, the more effective therapy will be.



# Clients' Perceptions



- People often enter therapy in crisis
  - (and often end up okay after some time, regardless of receiving therapy or not)
- Clients may need to believe the therapy was worth the effort
- Clients generally speak kindly of their therapists
- **Cognitive Dissonance & Confirmation Bias**



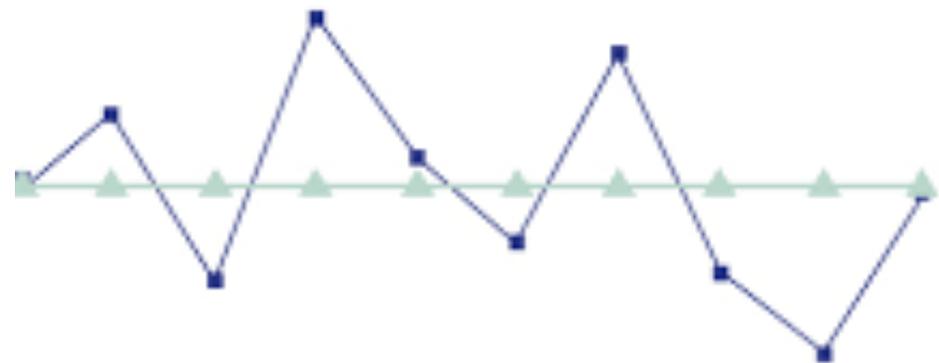
# Outcome Research

Some researchers believe that two phenomena make psychotherapy seem more effective than it is:

1. The Placebo Effect
2. Regression toward the mean
  - Tendency for extreme or unusual events or emotions to fall back to the average state
  - Lows or highs eventually even out



"If this doesn't help you don't worry, it's a placebo."

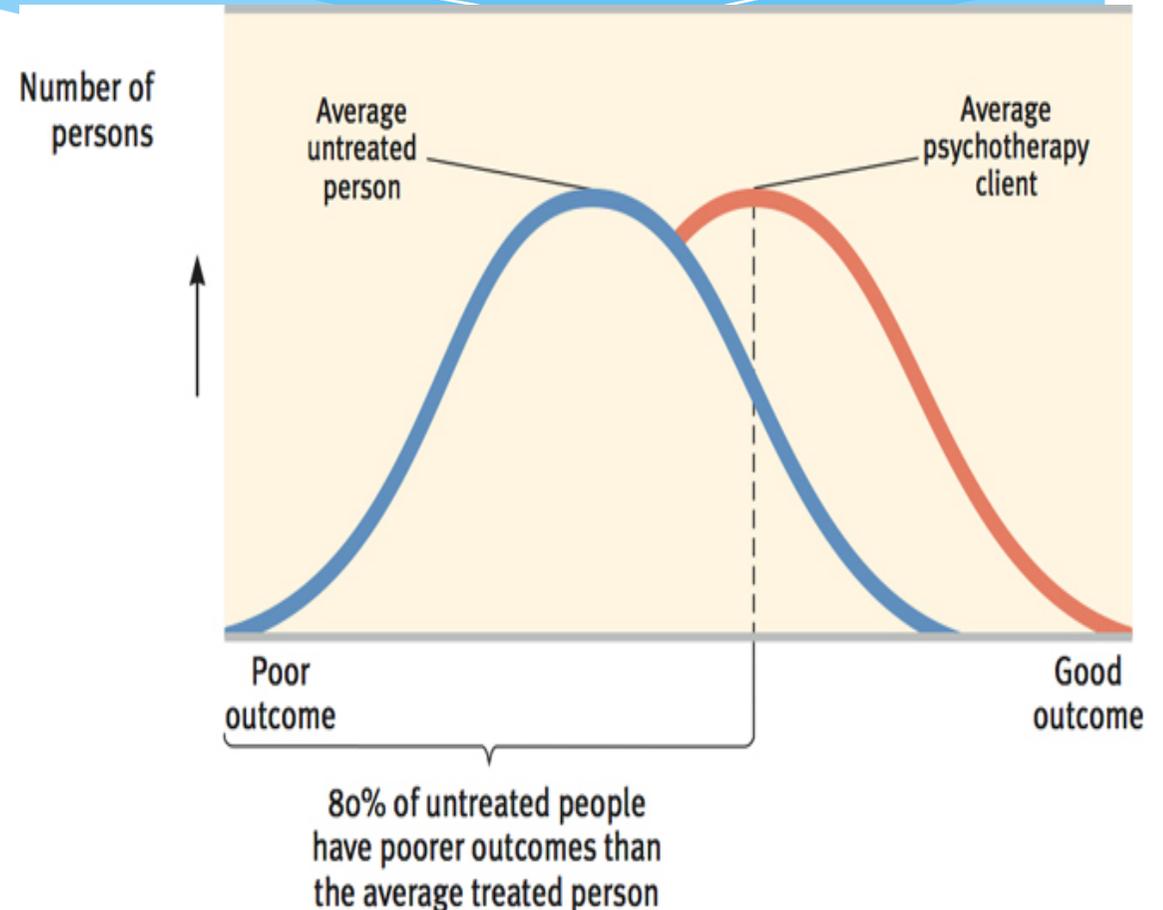


# Is Psychotherapy Effective?

**Meta-analysis** shows us that Psychoanalysis does have some value

Statistical procedure to combine the results of many different research studies

Those not undergoing therapy often improve, but those undergoing therapy are more likely to improve



# Relative Effectiveness of Different Therapies

Research has shown us that some therapies are ineffective

- Energy therapies
- Recovered-memory therapies
- Rebirthing therapies
- Facilitated communication – assistant touching the typing hand of autistic child
- Crisis debriefing – verbalize and rehears their traumas

**Evidence-based practice** – clinical decision-making that integrates best available research w/ clinical expertise & patient characteristics & preferences

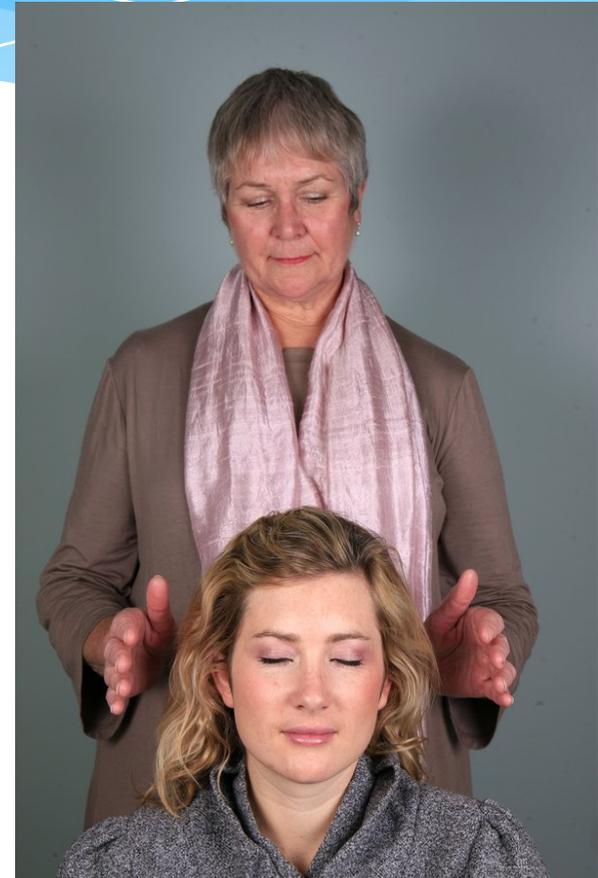


# Evaluating Alternative Therapies

There are many alternative types of therapy

## Therapeutic Touch Therapy

- Move their hands around a person to push their energy fields into balance.
- Many skeptics
- Not currently accepted as a medical practice



# Alternative Therapies

## Eye Movement Desensitization & Reprocessing (**EMDR**)

- Just placebo effect & exposure therapy

## Light Exposure Therapy to treat SAD – Seasonal Affective Disorder

- This is an accepted practice that appears to give some benefit.



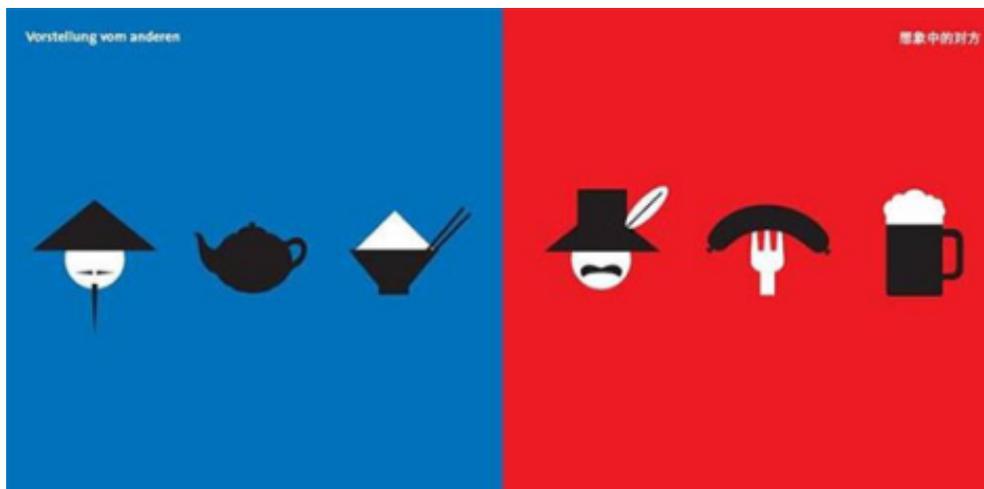
# Commonalities Among Psychotherapies



- Hope for demoralized people
  - Maybe its just the placebo effect, but placebo effect increases healing more than no treatment...
- A new perspective
  - Approach life with a new attitude, open to changes
- An empathic, trusting, caring relationship
  - The *therapeutic alliance*
- But, what other groups or activities offer this same support?

# Culture & Values in Psychotherapy

- Clients prefer therapists from their own culture, their own religion
- Therapists' personal values can effect their practice
- Western therapists emphasize individuality



**TABLE 13.2****THERAPISTS AND THEIR TRAINING**

<b>Type</b>	<b>Description</b>
<i>Counselors</i>	Marriage and family counselors specialize in problems arising from family relations. Pastoral counselors provide counseling to countless people. Abuse counselors work with substance abusers and with spouse and child abusers and their victims.
<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>Clinical psychologists</i>	Most are psychologists with a Ph.D. or Psy.D. and expertise in research, assessment, and therapy, supplemented by a supervised internship and, often, post-doctoral 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 they can prescribe medications. Thus, they tend to see those with the most serious problems. Many have their own private practice.