

# Maximizing Therapeutic Effectiveness: Best Practices

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# Therapist View

Orlinsky & Ronnstad, 2005

- Followed development of 11,000 therapist
- 86% were highly involved and committed
- Most reported well developed capacity to establish rapport, BUT
- 76% lacked skill and confidence in their ability to 1) motivate patients; 2) understand moment to moment process and 3) employ specific techniques to address specific problems

# We are stuck

- Despite 50 years of research and the development of hundreds of new treatments our outcomes have not improved
- Focus on common factors and reliance on RCTs some of the culprits
- Evidence suggests specific factors are crucial, especially in complex, difficult cases
- Need process research and N=1
- Neuroscience is also shedding light

# Common factors aren't so common (Weinberger, 1995)

- Factors include: nature of relationship; revival of hope; confronting what patient has been avoiding; increased sense of mastery and competence; and attributing success to their own efforts
- Most therapies rely on only one or two of the factors most responsible for change
- Suggested that common NEGLECT may be responsible for lack of differences between models
- Most important of these, by far, is helping patients face what they have been avoiding (41%), while relationship contributes 11%

# Specific Factors

- Create and maintain a high level of focus
- Establish trust by demonstrating skill and competence (not just about warmth)
- Build collaborative alliance and get agreement
- Facilitate multiple levels of affective activation
- While helping patient abandon defenses
- And keeping anxiety in moderate range
- Encourage intimacy and profound moments of meeting
- Integrate material - create coherent life narrative