Using practice based evidence to improve outcomes in psychotherapy: A new paradigm in clinical practice

8 – 9 September
Facilitator: Michael J. Lambert, PhD

Day One: Evidence is presented showing that a substantial number of patients treated for psychological problems do not benefit and that therapists routinely fail to identify such cases. Methods of monitoring treatment response are suggested and the demonstrated benefits of applying these methods are outlined. The research evidence suggests that these methods can be applied in routine care and take little therapist time. How these ideas, methods, and results can be applied in the UK will be discussed in dialogue with John Mellor-Clark (Director of CORE-IMS) and Professor Michael Barkham (University of Sheffield), as well as with the workshop participants.

Day Two: Evidence is presented showing that individual therapists account for more of the outcome of treatment than specific techniques or models (in contrast to many current notions of ‘evidence based psychotherapy’). Participants will be shown methods for tracking their patients’ outcomes and for comparing themselves against especially successful therapists. The implications of this work for the field in the UK will again be discussed in dialogue with Michael Barkham and John Mellor-Clark, as well as with the workshop participants. The proposition is that if practitioners want to enhance their effectiveness, they will benefit from monitoring their patients' treatment responses and acting responsively to the feedback provided by outcomes monitoring.

Fees
DCP Members £80+VAT; BPS Members £100+VAT; Non-Members £130+VAT

Further information
- View the event [web page](#).

How to register
- Register online by visiting the [BPS Shop](#).