Question 5: Empirically Supported Treatments, Evidence-Based Practice, and Dissemination

Start a new blue book, on the cover of the blue book or top of the computer page, write: the digits of your student number as listed on the brown envelope, Question 5 Clinical Exam, and Date. Limit blue book answer to sixteen single-sided pages. Computer generated -- no more than five pages (10-point) double-spaced.

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1) Define, compare, and contrast the two major research and accountability models in psychotherapy research: empirically supported treatment (EST), and evidence-based practice (EBP). Describe the strengths and weaknesses of each approach.

2) What are some of the controversies between advocates of the EST versus the EBP model?

3) How might evidence-based approaches be disseminated into practice? How might an individual clinician incorporate an evidence-based approach into his/her practice? How might evidence-based treatments be disseminated on a larger scale (i.e., systems approach)? What factors must be considered to ensure that evidence-based treatments retain their effectiveness when transported to the community?

Note: In your discussion, you may include references to as many of the following concepts as possible, but be sure they form a coherent discussion. Your answer should be balanced and present information from multiple perspectives:

a) Pressures for accountability by third parties like managed care organizations.
b) Efficacy research designs, emphasizing internal validity.
c) Effectiveness research designs, emphasizing external validity.
d) Randomized control studies.
e) The role of the DSM and manuals in treatment.
f) Role of clinical judgment and empirically supported relationships.
g) The perspectives of cognitive behavior therapists versus psychoanalysts.
h) The use of quantitative versus qualitative data.
i) Pragmatic case studies.
j) Don Peterson’s paradigms of applied science versus disciplined inquiry.
k) Efficacy vs. transportability vs. dissemination vs. systems evaluation.