

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.

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

- 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.