

PSY494 Visiting lecturer

Therapeutic intervention (outcome research)

Peter A. Reddy (Aston University, United Kingdom)

November 2008 (One week - will be specified later)

Peter A. Reddy, BSc (Aston), MSc (Open), PGCE (Wolverhampt.) – přednášky, semináře / lectures, seminars
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ABOUT PETER REDDY

Peter's research interests in learning and teaching in psychology include assessment design, approach to study, therapeutic intervention and assessment, assessment criteria, widening participation, work experience, employability and competency development. He began teaching in 1983 and has taught at Aston University part-time since 1992 and full-time since 1999. He is a member of the Write Now CETL Management Committee, the Higher Education Academy Psychology Subject Network Advisory Board, the BPS Division of Teachers and Researchers in Psychology management committee, the European network for psychology learning and teaching working group, an external examiner for University of Worcester and a registered practitioner of the Higher Education Academy (HEA). He has reviewed for *Psychology Teaching Review*, *Psychology Learning and Teaching* and the *Journal of Consumer Behaviour*.

Peter has received many awards and nominations for his teaching qualities. E.g.: School of Life and Health Sciences teaching award, 2005; nomination for BPS award for excellence in the teaching of psychology, 2005; Aston University Teaching Fellowship 2006 and 2007; nomination for National Teaching Fellowship 2006, 2007 and 2008; Aston University Vice-Chancellor's photography project 2007; short listed for the Times Higher Award for The Outstanding ICT Initiative of the Year, 2007.

COURSE DESCRIPTION

"I would like to run the classes with a mixture of lectures (about 60%) and seminar work (about 40%). The seminars use e-journals and books. As students may have to really concentrate to understand a lecture in English it might be helpful if the lectures could be video recorded so that students can watch them again if they wish to."

Peter A. Reddy

AIM

This module offers an introduction to issues in psychotherapy, counselling and clinical psychology and focuses on current issues in outcome research. It is not intended to prepare students for practice of but to introduce them to key academic problems and issues in this applied field.

SUMMARY OF CONTENT

The context of psychotherapy; Theoretical approaches in brief; Critically evaluating outcome research; The efficacy of therapy; Efficacy and the outcome equivalence paradox; Eclecticism and integration; Therapy and its discontents; Therapeutic process; Therapy in specific settings; Efficacy and effectiveness; Evidence-based practice

MODULE OUTCOMES:

Knowledge and understanding of: research into the efficacy of psychological therapies; evaluation of research; issues in research design, interpretation and review; eclectic and integrated therapies; researching therapeutic process; social, ethical and political issues in research and practice; understanding evidence-based therapy; effectiveness and clinical utility.

TIMETABLE:

Tuesday	8.00-12.00	U 23
	16.00-18.00	E 51
Wednesday	8.00-12.00	117
	14.00-18.00	AVC (5th floor)
Thursday	8.00-12.00	U 34
	13.30-16.30	U 34
Friday	8.00-12.00	U 34
	13.30-16.30	U 34

Tuesday

Lecture 1: Introduction; the history and context of psychotherapy

Seminar preparation

Lecture 2: Theoretical approaches in brief: Psychoanalytic and contemporary psychodynamic, behavioural, humanistic, cognitive and cognitive-behavioural

Seminar 1: Introductory questions for debate and discussion (Questions to be supplied)

---- Lunch ----

Lecture 3: Theoretical approaches (continued)

Seminar preparation

Seminar 2:

1. Describe and advocate one of these approaches for three minutes to your seminar group.

Contemporary psychoanalysis

Humanistic / client centred counselling / therapy

Behavioural therapy

Cognitive therapy

Cognitive-behavioural therapy.

2. Then discuss the following questions:

What are the main points of similarity and contrast?

In what ways might each therapy help a person recover from

- **Depression**
- **panic disorder**
- **social phobia**

**Are the approaches compatible or incommensurable?
Which do you prefer and why?**

Wednesday

Lecture 4: Critically evaluating outcome research

Seminar preparation

Seminar 3: Answer the following questions drawing on your own thinking and the reading below. You may wish to divide readings among group members.

- 1. Sketch out a design for a study to identify if a specific therapy (your choice) is effective in the treatment of depression.**
 - What problems and issues emerge in designing it?
 - Include a placebo condition in your study – explain what the placebo is and how effective it will be in isolating active ingredients in the therapy.
 - What issues are you likely to encounter in research with a clinical population.
 - What alternatives are there to using a clinical population and what would be the advantages / disadvantages?

- 2. Overall, is therapy an unproven, overblown, unconvincing western individualist cultural fad or a genuinely enabling, empowering and universal right to essential health care?**

Readings:

Barkham, Michael. (2002) Methods, outcomes and processes in the psychological therapies across four successive research generations, in Dryden, W. (ed) *Handbook of individual therapy*. (4th edn.) London. Sage.

Eysenck, Hans (1992) The outcome problem in psychotherapy in Dryden, W. and Feltham, C. *Psychotherapy and its discontents*. Buckingham. Open University Press.

Epstein, W.M. (1999) The ineffectiveness of psychotherapy. In: Feltham, C. (ed.) *Controversies in counselling and psychotherapy*. London: Sage.

Kendall, P.C., Holmbeck, G. and Verduin, T. (2003). Methodology, design and evaluation in psychotherapy research, in A.E. Bergin, S. L. Garfield, and M.J. Lambert, [*Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*](#). (5th edn.) New York, Wiley.

Nathan, P. E., Stuart, S. P. & Dolan, S. L. (2000). Research on Psychotherapy Efficacy and Effectiveness: Between Scylla and Charybdis?. *Psychological Bulletin*, 126, (6) 964-981.

Saunders, Stephen. (1999). It has been amply demonstrated that psychotherapy is effective. In: Feltham, C. (ed.) *Controversies in counselling and psychotherapy*. London: Sage.

Seligman, M.E.P.(1995). The effectiveness of psychotherapy, the consumer reports study. *American Psychologist*, 50, 965-74

Unattributed - news section, (2006). NICE endorses computerised CBT. *The Psychologist*, 19, 4 (April), 196.

Lecture 5: The efficacy of therapy

---- Lunch ----

Seminar preparation

Seminar 4: Case study

This seminar has no set readings but you are encouraged to read around the questions below that address how the possible benefits of therapy are usually conceptualised and measured.

Case study

Michael aged 32 is a single man who has been living with and looking after his mother who suffered from multiple sclerosis and died last summer. Michael has asked for counselling ten months after his mother's death. He complains of feeling sad, constantly tired and intermittently tearful, he has little interest or pleasure in anything, feels hopeless, empty and apathetic, and is preoccupied with thoughts of illness and death. He is also angry because his older sister, Jane, had not helped at all during his mother's long illness, claiming that she was too busy with her own family (a husband and two small daughters). A recent event has led to a bitter argument. This has been the will in which their mother has left her house and the bulk of her estate to Michael with the remainder to be equally divided between her two grandchildren. Jane is threatening to challenge the will by claiming that Michael unduly influenced his mother while she was so ill, and that she would never have cut her out if she had been of sound mind. Michael is hugely resentful that Jane is now staking a claim on her mother, after having played no part in looking after her. He is finding it difficult to continue functioning as he feels that he will be overtaken by an impulse to actually harm his sister and he is troubled by guilty feelings about resenting his mother in her final few weeks and feels he is going to have a nervous breakdown.

These are the presenting problem when Michael comes to see you, however, some accompanying notes give you the following background information:

- Michael was adopted as a baby of six months when Jane was four. His biological mother had given him up for adoption as she was only fourteen years old when he was born.
- Michael's adopted parents loved him very much but the wider family of aunts, uncles and grandparents were less welcoming and always made the distinction between the two children by referring to Jane as a blood relative.
- Michael grew up feeling second best, a feeling not helped by the fact that Jane was very pretty where he was rather plain and acutely aware of a small birthmark on his forehead.
- Jane flourished at school, making lots of friends and was good at both academic subjects and sports. She achieved good results, went on to university where she met her husband, settled down and had a family.

- Michael, by contrast, had few friends at school, hated sports and was only moderate in academic achievement. He also went to University, but the death of his adoptive father in his third year disrupted his studies so much that he left without a degree.
- Subsequently, he went home and started the long job of looking after his mother, while holding down a job in a local supermarket.
- For the next eleven years, this pattern continued with his mother getting progressively worse and Jane giving no support whatever, even though she lived only a few miles away.

Questions for discussion.

- What are Michael's main problems and symptoms?
- Which of these, or what aspects of this case, would the different theoretical approaches to therapy focus on?
- How might different theoretical approaches to therapy help and in what ways might they bring about therapeutic change?
- How do you think that Michael can best be helped in therapy?
- Would you advocate the same approach in all / most cases and circumstances?
- Why / why not?

If you have time move on to the following questions

- What are the benefits of therapy and how can they be measured?
- How are benefits of therapy conceptualised and measured in relation to evidence-based practice?
- What are the consequences and implications of different ways of thinking about and measuring the benefits of therapy?

Lecture 6: The outcome equivalence paradox

Thursday

Seminar 5: How can the outcome equivalence paradox be resolved?

Readings:

Stiles, W., Shapiro, D. and Elliot, R. (1986). Are all psychotherapies equivalent? *American Psychologist*, 41, 165-180

Beutler, L. (1991) Have all won and must all have prizes? Revisiting Luborsky et al.'s verdict. *Journal of Consulting and Clinical Psychology*, 59, 226-233.

Barkham, M. (1996). Quantitative research on psychotherapeutic interventions, methodological issues and substantive findings across three research generations, in; R. Woolfe and W. Dryden (eds.) *Handbook of counselling psychology*. London, Sage.

Barkham, M. (1996) Individual therapy: process and outcome findings across research generations, in; W. Dryden (ed.) *Handbook of individual therapy*. London. Sage.

Barkham, M. (2002). Methods, outcomes and processes in the psychological therapies across four successive research generations, in; W. Dryden (Ed.) *Handbook of individual therapy*. (4th. Edn.) London, Sage. (See also earlier editions as alternatives).

Eysenck, Hans (1992) The outcome problem in psychotherapy, in; W. Dryden and C. Feltham, *Psychotherapy and its discontents*. Buckingham. Open University Press.

Epstein, W.M. (1999) The ineffectiveness of psychotherapy, in; C. Feltham (ed.) *Controversies in counselling and psychotherapy*. London: Sage.

Lambert, M. J. and Bergin, A. (1994) The effectiveness of psychotherapy, in; A. Bergin and S. Garfield, *Handbook of psychotherapy and behaviour change*. New York. Wiley.

Lambert, M. J. (2001). The Status of Empirically Supported Therapies: Comment on Westen and Morrison's (2001) Multidimensional Meta-Analysis. *Journal of Consulting and Clinical Psychology*, 69, 910-913.

Lambert, M.J. and Ogles, B.M. (2004). The efficacy and effectiveness of psychotherapy, in; A.E. Bergin, S. L. Garfield, and M.J. Lambert, [*Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*](#). (5th edn.) New York, Wiley. Read Pages 171 – 181.

Nathan, P. E., Stuart, S. P. & Dolan, S. L. (2000). Research on Psychotherapy Efficacy and Effectiveness: Between Scylla and Charybdis?. *Psychological Bulletin*, 126, (6) 964-981.

Nathan, P. E. (2001). Deny Nothing, Doubt Everything: A Comment on Westen and Morrison (2001). *Journal of Consulting and Clinical Psychology*, 69, 90-903.

Saunders, Stephen. (1999). It has been amply demonstrated that psychotherapy is effective, in; C. Feltham, (ed.) *Controversies in counselling and psychotherapy*. London: Sage.

Seligman, M.E.P. (1995). The effectiveness of psychotherapy, the consumer reports study. *American Psychologist*, 50, 965-974.

Lecture 7: Eclecticism and integration

Seminar preparation

Seminar 6: Should practitioners eclectically pick and mix therapies to suit themselves, their clients and their problems? Are integrated model of therapy possible and desirable?

Readings:

Barkham, Michael (1992). Research on integrative and eclectic therapy, in Dryden, W. *Integrative and eclectic therapy, a handbook*. Buckingham. Open University Press.

Beutler, L.E. and Baker, M. (1998). The movement towards empirical validation: At what level should we analyse and who are the consumers? In: Dobson, K.S. and Craig, K.D. *Empirically supported therapies, best practice in professional psychology*. Thousand Oaks. Sage.

Clarkson, P. (1996) The eclectic and integrative paradigm: Between the Scylla of confluence and the Charybdis of confusion. In Woolfe, R and Dryden, W, (Eds) *Handbook of counselling psychology*. London. Sage.

Clarkson, P. (1997). Integrative psychotherapy, integrating psychotherapies, or psychotherapy after 'schoolism'? In Feltham, C. *Which Psychotherapy?* London, Sage.

Culley, Sue (1992) Counselling skills: an integrative framework. In Dryden, W. *Integrative and eclectic therapy, a handbook*. Buckingham. Open University Press.

Hollanders, H. (1999) Eclecticism / integration: Historical developments. In Woolfe, R. and Palmer, S. (Eds) *Integrative and eclectic counselling and psychotherapy*. London. Sage.

Hollanders, H. (1999) Eclecticism / integration: Some key issues and research. In Woolfe, R. and Palmer, S. (Eds) *Integrative and eclectic counselling and psychotherapy*. London. Sage.

Horton, I. (1999) Integration. In; Feltham, C. and Horton, I. (Eds.) *Handbook of counselling and psychotherapy*. London. Sage.

Lambert, M.J. (2004). *Bergin and Garfield's Handbook of psychotherapy and behaviour change*. New York, Wiley.

McLeod, J. (1993). An introduction to counselling. Buckingham: Open University Press. Read Chapter 5; *Understanding theoretical diversity; brand names and special ingredients*.

McLeod, J. (2003). An introduction to counselling. (3rd. Edn.) Buckingham: Open University Press. Read Chapter 3; *Counselling theories; diversity and convergence*.

Norcross, John and Arkowitz, Hal (1992) The evolution and current status of psychotherapy integration, in Dryden, W. *Integrative and eclectic therapy, a handbook* Buckingham. Open University Press.

Scaturro, D. J. (2001). The Evolution of Psychotherapy and the Concept of Manualization: An Integrative Perspective. *Professional Psychology: Research and Practice*, 32, 522-530.

Westen, D. & Morrison, K. (2001). A Multidimensional Meta-Analysis of Treatments for Depression, Panic, and Generalized Anxiety Disorder: An Empirical Examination of the Status of Empirically Supported Therapies. *Journal of Consulting and Clinical Psychology*, 69, 875-899.

---- Lunch ----

Lecture 8: Therapy in specific settings

Student seminar preparation and available for student consultation

Seminar 7: How useful and effective is therapy when viewed in specific settings? What issues are raised in the application of therapy and therapeutic models outside private practice with individual clients?

Readings

Curtis Jenkins, G. (2002). 'Good money after bad? The justification for the expansion of counselling services in primary health care'. In: Feltham, C. (ed.) *What's the good of counselling and psychotherapy?* London: Sage.

Feltham, C. (2002). 'Consumers views of the benefits of counselling and psychotherapy'. In: Feltham, C. (ed.) *What's the good of counselling and psychotherapy?* London: Sage.

Hooper, D. (2002). 'Relationship difficulties; causes and cures'. In: Feltham, C. (ed.) *What's the good of counselling and psychotherapy?* London: Sage.

Livingstone Smith, D. (1999). 'Maintaining boundaries in psychotherapy: A view from evolutionary psychoanalysis'. In: Feltham, C. (ed.) *Controversies in counselling and psychotherapy?* London: Sage.

Marchington-Yeoman, C. and Cooper, C. (2002). 'The benefits of counselling and employee assistance programmes to British industry'. In: Feltham, C. (ed.) *What's the good of counselling and psychotherapy.* London: Sage.

McLeod, J. (2003). *An introduction to counselling* (3rd Edn.) Buckingham. Open University Press. Read [chapter 2](#); Cultural and historical origins of counselling. Pages 20 – 40.

Palmer, I. (2002). 'Psychotherapy, the psychology of trauma and army psychiatry since 1904'. In: Feltham, C. (ed.) *What's the good of counselling and psychotherapy.* London: Sage.

Friday

Lecture 9: Evidence-based practice, efficacy and effectiveness

Seminar preparation

Seminar 8: Is evidence-based practice feasible? How might it change therapeutic practice? What are its potential positive and negative effects?

Readings

Barkham, M. and Mellor-Clark, J. (2003). Bridging evidence-based practice and practice-based evidence: developing a rigorous and relevant knowledge for the psychological therapies. [Clinical Psychology & Psychotherapy](#), 10, 319-327

Department of Health. *Treatment choice in psychological therapies and counselling, evidence based clinical and practice guideline.* Department of Health publications.

DeRubeis, R. J. & Stirman, S. W. (2001). Determining the Pertinence of Psychotherapy Outcome Research Findings for Clinical Practice: Comment on Westen and Morrison (2001). *Journal of Consulting and Clinical Psychology*, 69, 908-909.

http://ft.csa.com/ids70/resolver.php?sessid=bd58172468fb977c3f4a01f8dafc01a9&server=wwwuk1.csa.com&check=0710c154d243ad3f7f4799319fb71b17&db=psycarticles-set-c&key=CCP%2F69%2Fccp_69_6_908&mode=pdf

Goss, S. and Rose, S, (2002). Evidence-based practice: a guide for counsellors and psychotherapists. *Counselling and Psychotherapy Research*, 2 (2), 147-151

Lambert, M. J. (2001). Psychotherapy Outcome and Quality Improvement: Introduction to the Special Section on Patient-Focused Research. *Journal of Consulting and Clinical Psychology*, 69, 147-149

Margison, F., Barkham, M., Evans, C., McGrath, G., Mellor-Clark, J., Audin, K. and Connell, J. (2000). Measurement and Psychotherapy. Evidence-based practice and practice-based evidence. *British Journal of Psychiatry*, 177, 123-130.

Marzillier, J. (2004). The myth of evidence-based psychotherapy. *The Psychologist*, 17, 7, 392-395.

Parry, G. (2000). Evidence based psychotherapy: special case or special pleading? *Evidence Based Mental Health*, 3, 35-37.

Seligman, M. (1995) The effectiveness of psychotherapy, the consumer reports study. *American Psychologist*, 50, 12, 965 - 974.

Tantam, D. (2002). 'The philosophical and ethical basis of benefit.' In Feltham, C. (ed.) *Controversies in counselling and psychotherapy*. London: Sage.

Lecture 10: Therapeutic process

---- Lunch -----

Lecture 11: Psychotherapy and its discontents

Seminar preparation

Seminar 9: What are the problems and issues facing researchers in counselling and psychotherapy? What should be the aims of research? What methodologies should be used?

Readings

Barkham, M., Margison, F., Leach, C., Lucock, M., Mellor-Clark, J., Evans, C., Benson, L., Connell, J., Audin, K. & McGrath, G. (2001). Service Profiling and Outcomes Benchmarking Using the CORE-OM: Toward Practice-Based Evidence in the Psychological Therapies. *Journal of Consulting and Clinical Psychology*, 69, 184-196.

Beutler, L. E. (2001). Comparisons Among Quality Assurance Systems: From Outcome Assessment to Clinical Utility. *Journal of Consulting and Clinical Psychology*, 69, 197-204.

DeRubeis, R. J. & Stirman, S. W. (2001). Determining the Pertinence of Psychotherapy Outcome Research Findings for Clinical Practice: Comment on Westen and Morrison (2001). *Journal of Consulting and Clinical Psychology*, 69, 908-909.

Hill, C. E. and Lambert M. J. (2004). Methodological issues in studying psychotherapy processes and outcomes. Chapter 4 in; A.E. Bergin, S. L. Garfield, and M.J. Lambert, [*Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*](#). (5th edn.) New York, Wiley. Read Pages 84 – 135.

Kline, P. (1992). Problems of methodology in studies of psychotherapy. In W. Dryden and C. Feltham *Psychotherapy and its discontents*. Buckingham: Open University Press.

Lambert, M. J. (2001). Psychotherapy Outcome and Quality Improvement: Introduction to the Special Section on Patient-Focused Research. *Journal of Consulting and Clinical Psychology*, 69, 147-149

Marzillier, J. (2004). The myth of evidence-based psychotherapy. *The Psychologist*, 17, 7, 392-395.

Nathan, P.E., Stuart, S.P. and Dolan, S.L. (2000). Research on psychotherapy efficacy and effectiveness: Between Scylla and Charybdis? *Psychological Bulletin*. 126 (6) pp. 964–981.

Saunders, S. (2002). The clinical effectiveness of psychotherapy. In Feltham, C. (ed.) *Controversies in counselling and psychotherapy*. London: Sage.

Seligman, M. (1995) The effectiveness of psychotherapy, the consumer reports study. *American Psychologist*, 50, 12, 965 - 974.