



SPR - WORKSHOP



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The Society for Psychotherapy Research - Italian Chapter and University of Bergamo together present this workshop & streaming event

What Makes Psychotherapy Work: The Evidence for Outcomes, Common Factors, and Practice-Research Networks

*** 26 maggio 2015 ***

La partecipazione ai workshops è gratuita. Il numero di posti in presenza è limitato.
I video dei workshops verranno caricati sulla piattaforma  <https://goo.gl/xuS8Di>
È richiesta una mail d'iscrizione da inviare a: seminari.unibg@gmail.com



SOCIETY FOR
PSYCHOTHERAPY
RESEARCH

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Introduction

The goal of this seminar is to review the evidence base for psychotherapy and the barriers to translating psychotherapy research into practice. Psychotherapy is an effective means of treating many mental disorders, yet its efficacy is sometimes debated. There is also good evidence for the common factors that lead to specific therapist behaviors that can improve patient outcomes. Yet, despite the evidence, psychotherapy research is often not used by clinicians to inform their practices. In this seminar I will review: (1) the evidence for the efficacy of psychotherapy; and (2) the evidence for common factors in psychotherapy (alliance, alliance ruptures and repairs, client expectancies, therapist empathy, progress monitoring). Then I will discuss the practice research divide in psychotherapy and the effects it has on patient outcomes. I will review the development of a practice-research network as a means of bridging the divide by including clinicians as partners in developing a psychotherapy research agenda. Results of a large scale survey of clinicians will be presented.

Selected References

- Lambert, M.J. (2013). The efficacy and effectiveness of psychotherapy. In M.J. Lambert (Ed.) Bergin and Garfield's handbook of psychotherapy and behavior change (chapter 6). New York: Wiley.
- Norcross, J. C. (2011). Psychotherapy relationships that work: Therapist contributions and responsiveness to patients. (2nd ed.). New York: Oxford University Press.
- Tasca, G. A., Sylvestre, J., Balfour, L., Chyurlia, L., Evans, J., Fortin-Langelier, B., ... & Wilson, B. (2015). What clinicians want: Findings from a psychotherapy practice research network survey. *Psychotherapy*, 52, 1-11.
- Wampold, B. E., & Imel, Z. E. (2015). The great psychotherapy debate: The evidence for what makes psychotherapy work. New York: Routledge.

Learning Objectives

The learner will be able to:

- 1) To understand the relative efficacy of psychotherapies in treating common mental disorders
- 2) To be able to identify and use common factors in psychotherapy to improve patient outcomes
- 3) To understand the research priorities of clinicians in order to bridge the practice-research divide in psychotherapy.

Intended Audience

Ph.D. and M.A. students in clinical psychology. Intermediate level.

Where

h. 13.30-16.00 - AULA 15 CANIANA (UNIBG via dei Caniana)

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