

Accessible Evidence- based Practice

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Audience Poll

- Turn on your iclicker
- Choose the answer that best applies to you.

Question 1

I have been in practice ____years post-graduation (with highest degree).

- A.** Less than 1 year
- B.** 1-5 years
- C.** 6-10 years
- D.** 11-19 years
- E.** 20 years +

Question 2

In graduate school I did most of my research by:

- A.** Searching the library catalog/stacks (the internet was not invented yet)
- B.** Scanning microfilm/microfiche
- C.** Using an electronic library catalog
- D.** Using online data bases (PubMed, PsychInfo, Social Service abstracts)
- E.** Google/Google scholar or other search engine

Question 3

I last consulted the literature (journal article, practice manual, systematic review, meta-analysis, tool kit) in my work with clients. . .

- A.** in the last week
- B.** in the last month
- C.** in the last six months
- D.** in the last year
- E.** it has been more than one year

Question 4

I do not consult the literature more often because. . .

- A.** I don't have the time.
- B.** I depend on my practice experience/knowledge
- C.** there are too many flaws in the research
- D.** my clinic requires that specific treatment models be utilized
- E.** I don't know how to find relevant research

Question 5

In developing a treatment plan I most rely on. . .

- A.** my own practice experience/knowledge
- B.** my clinic's policies/procedures
- C.** my supervisor/trusted consultant
- D.** a review of literature, practice manual /guide
- E.** A combination of two or more of these

Question 6

When did you start implementing EBP?

- A.** In the 1990's
- B.** In the 2000's
- C.** In the 2010's
- D.** I haven't due to lack of resources
- E.** I haven't due to incompatibility with my work environment.

Question 7

Evidence-based practice is. . .

- A.** Manualized psychotherapy meant for specific problems and populations
- B.** Interventions supported by professional associations and experienced professionals
- C.** A combination of best available research evidence, client preference and professional expertise.
- D.** Interventions that meet the highest standards of research

Question 8

I currently use the Evidence-based practice process in my clinical practice.

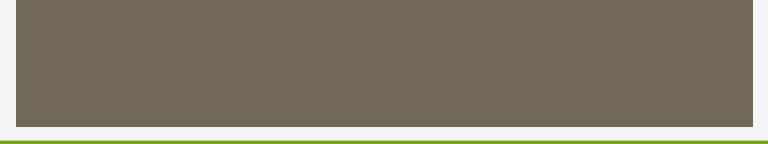
- A.** Strongly agree
- B.** Agree
- C.** Neutral
- D.** Disagree
- E.** Strong Disagree

Program Objectives

1. *Define Evidenced-based practice.*
2. *Identify and discuss the pros and cons of evidenced-based practice.*
3. *Identify problems/diagnosis in college counseling centers where evidenced-based practice might be applicable.*
4. *Review research evidence for at least one individual problem and one campus problem.*
5. *Identify resources where practice guidelines, recommendations and manuals can be found.*

History of EBP

- EBP is relatively new
- 1972 Archie Cochrane wrote *Effectiveness and Efficiency: Random reflections on health services*
- 1980 First use and references to Evidence-based Medicine (EBM) at McMaster's University in Canada
- Evidence-based psychotherapy emerged in 1990's



“Professionals have an obligation to inform clients about services found to be effective and to avoid harm. Concerns that practitioners were continuing to use methods found to be harmful was a key reason for the development of EBP. . .”

Eileen Gambrill, Ph.D., Professor of Social Work at the University of California at Berkley

Evidenced-based practice (EBP) is not

- Only a cost-saving measure
- Something invented by insurance companies
- Only results of randomized controlled trials
- A “cookbook” approach to treatment
- An approach that supersedes clinical judgment

EBP



Spring, B. & Hitchcock, K. (2009) Evidence-based practice in psychology. In I.B. Weiner & W.E. Craighead (Eds.) *Corsini's Encyclopedia of Psychology*, 4th edition (pp. 603-607). New York: Wiley.

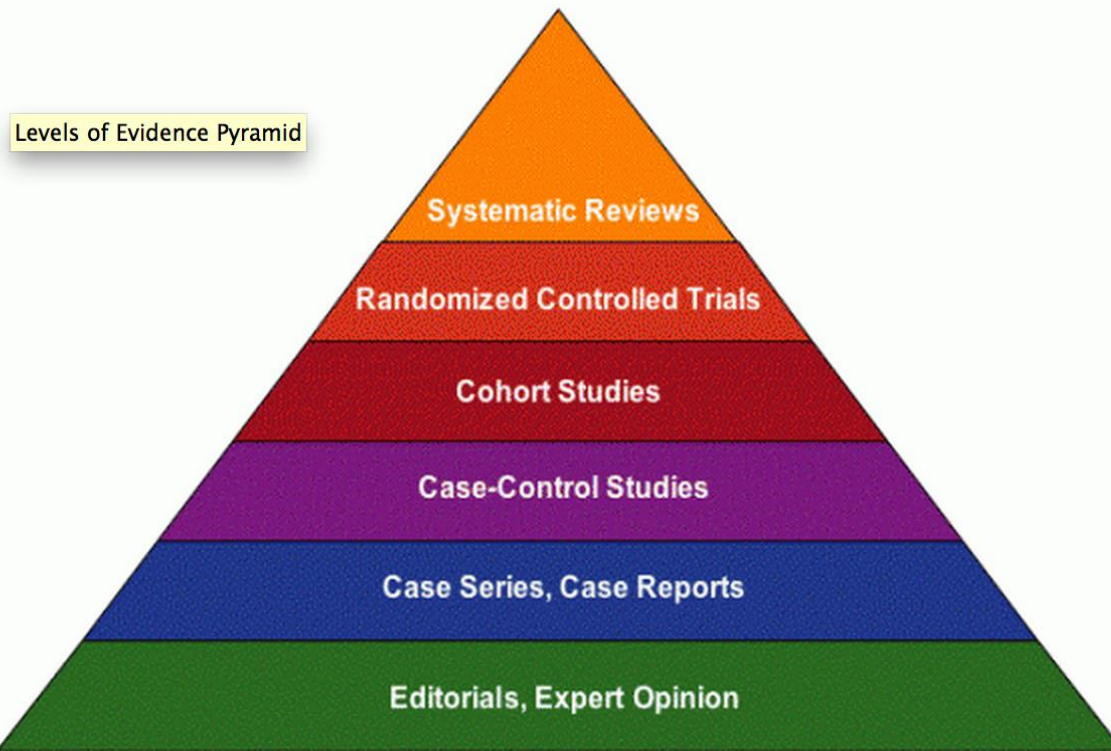
Pros

- Emphasis on client benefit
- Collaborative decision-making
- Harm reduction
- Honors ethical obligations & professional standards
- Enhances quality
- Develops thoughtful and skilled practitioners

Cons

- Shortage of evidence
- Application of results to individuals in practice
- Training and resources
- Time
- Can take 1-2 decades to become routine practice
- Lack of evidence that is culturally/ethnically inclusive

Hierarchy of Evidence



Seemed like a good idea...

- Critical Incident Stress Debriefing
- “Scared Straight” interventions
- Rebirthing therapy
- Recovered memory techniques
- Grief counseling for individuals with normal bereavement reactions
- Boot camps for Conduct Disorder
- DARE programs

EBP Process

1. Ask
2. Acquire
3. Appraise
4. Apply
5. Analyze & Adjust

*Best Available Research
Client population
Available resources*

5 Step Process



EBP and Cultural Competence

Incorporate the most effective treatment approaches while responding to individual cultural backgrounds and social context

Cultural Competency Challenges

- Research samples not reflective of diversity in US, practice populations
- Culture effects presentation and conceptualization of mental illness.
- Cultural and social factors (e.g. poverty, racism) impact mental health and well-being
- Validity of the measures used
- Cultural impact of seeking and utilizing services

Clicker question

- Select which best applies
 - A. I have used the Cochrane and/or Campbell Collaboration libraries.
 - B. I have heard of the Cochrane and/or Campbell Collaboration library but never used either.
 - C. I have never heard of the Cochrane and/or Campbell Collaboration libraries.

Cochrane Collaboration

- Founded in 1992
- Named after Archie Cochrane
- International clinical researchers
- Systematic Reviews of health problems, including mental health
- <http://www.thecochranelibrary.com>

Campbell Collaboration

- Founded in 2000
- Systematic Reviews on education, crime, justice and social welfare
- International reviews of social interventions
- <http://www.campbellcollaboration.org/lib/>

Other Resources

- <http://libguides.hsl.washington.edu/ebp>
- <http://www.ebbp.org/index.html>
- Evidenced-based Mental Health
- Brief Treatment and Crisis Intervention
- Journal of Clinical Psychology
- Research on Social Work Practice

College Counseling Center Resources

- <http://www.collegecounseling.org/>
- <http://www.cmhc.utexas.edu/clearinghouse/index.html>
- <http://ccvillage.buffalo.edu/wip/Version6/index.htm>

EBP College Counseling Centers

- Borderline Personality Disorder
 - RCT Evidence
 - DBT
 - Pistorello, J., Fruzzetti, A. E., MacLane, C., Gallop, R., & Iverson, K. M. (2012). Dialectical behavior therapy (DBT) applied to college students: A randomized clinical trial. *Journal of Consulting and Clinical Psychology, 80*(6), 982-994. doi:<http://dx.doi.org/10.1037/a0029096>
- PTSD
 - Systematic Review Evidence
 - Prolonged Exposure Therapy, Cognitive Processing Therapy, Eye Movement Desensitization and Reprocessing Therapy
 - **Interventions to Reduce Distress in Adult Victims of Sexual Violence and Rape: A Systematic Review**
 - <http://campbellcollaboration.org/lib/project/97/>

EBP for Campus Communities

- Suicide
 - Suicide Prevention and Goals
 - Expert Consensus (based on research) evidence
<http://store.samhsa.gov/product/National-Strategy-for-Suicide-Prevention-2012-Goals-and-Objectives-for-Action/PEP12-NSSPGOALS>
- Depression
 - Penn Resiliency Training for College Students
 - Case Study
 - <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=50>
- Sexual Assault
 - Sexual Assault Awareness/Prevention
 - Expert Consensus/Tool Kit
 - <http://taasa.org/images/materials/SAAPM%202013%20Online%20Version%201.pdf>

Turn on your clicker again

Post-evaluation

Evidence-based practice is. . .

- A.** Manualized psychotherapy meant for specific problems and populations
- B.** Interventions supported by professional associations and experienced professionals
- C.** A combination of best available research evidence, client preference and professional expertise.
- D.** Interventions that meet the highest standards of research

I am aware of several problem, concerns or diagnoses where EBP might be applicable

- A.** Strongly Agree
- B.** Agree
- C.** Neutral
- D.** Disagree
- E.** Strongly disagree

Question 2

I am more aware of resources to find evidence for clinical practice.

- A.** Strongly Agree
- B.** Agree
- C.** Neutral
- D.** Disagree
- E.** Strongly disagree

Question 3

I plan to use the Evidenced-based practice process in my clinical practice.

- A.** Strongly Agree
- B.** Agree
- C.** Neutral
- D.** Disagree
- E.** Strongly disagree

Thank you

- Please return your iclicker
- Presentation will be available on TUCCC website