

Wright State University
School of Professional Psychology
Continuing Education Workshop

Facilitating & Measuring Effective Outcomes in Clinical Practice: Methods of Preventing Treatment Failure & Maximizing Patient Outcome

June 17, 2011 8:30 AM–4:30 PM
WSU Nutter Center Berry Room, Dayton, OH

PRESENTER



Michael J. Lambert, Ph.D. is a Professor of Psychology and holds the Susa Young Gates University Professorship at Brigham Young University, teaching in the Clinical Psychology Program. He has been in private practice as a psychotherapist throughout his career. His teaching includes classes in psychotherapy, psychotherapy supervision, and clinical research methods. His research spans 40 years and has emphasized psychotherapy outcome, process, and the measurement of change. He has edited, authored, or co-authored 9 academic research-based books, and 50 book chapters, while publishing over 150 scientific articles on treatment outcome. He is co-author of the Outcome Questionnaire a measure of treatment effects that is growing in popularity. He has given over 200 presentations across the world, many of them invited addresses. He was the recipient of the Distinguished Psychologist Award from Division 29 (psychotherapy) of the American Psychological Association, and the Academic Excellence Award from the Utah Psychological Association. In 2003, he was the recipient of the Distinguished Career Research award by The Society of Psychotherapy Research for his lifetime contributions to professional practice. He recently completed a 5-year appointment as Associate Editor of the *Journal of Consulting and Clinical Psychology*, making editorial decisions on 100 manuscripts per year. In 2004, he edited *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*, the most authoritative summary of the effects of psychological treatments. His current program of research focuses on reducing treatment failure and non response through the use of advanced statistical methods and computer applications. His latest book: *Prevention of treatment failure: Measuring, Monitoring, & Feedback*.

OVERVIEW

Cost savings practices within behavioral healthcare and medicine have given rise to the need for quality management and accountability—the need to make certain that quality and effectiveness of care remain high in the face of cost cutting measures.

Despite the fact that a large minority of patients do not benefit from psychological and medical interventions few effective methods have been implemented to assure positive outcomes for these patients. The emergence of scientific advances in statistics, information technology, and demands for accountability in behavioral healthcare have resulted in effective, real time, interventions aimed at improving patient outcomes. Research on the consequences of these

advanced technologies has shown that patients whose progress is likely to lead to treatment failure can be identified before treatment ends, and that speedy feedback to clinicians and patients can reduce failure by two-thirds.

Research shows that outcome management that involves speedy feedback has more impact on quality of patient care than implementation of treatment guidelines and best practices. The program will focus on what these methods entail, what evidence supports their use, and how to effectively implement them in routine practice.

Morning Presentation

Alerting Clinicians to Patients Who Are at Risk for Treatment Failure and Its Consequences: The case for formally monitoring client treatment response will be made. The application of a system (OQ-Analyst Software) to deliver providers with real-time progress feedback with alarm-signals for predicted failure will be presented along with instructions on how to make real time feedback a part of routine practice. In addition, results showing a persistent, repetitive pattern of patient benefit and reduction of treatment failure in patients seeing providers who received feedback compared to treatment-as-usual outcomes will be provided. Special attention will be directed to Community Mental Health Center clientele

Learning Objectives:

- 1) Participants will be able to specify a positive and negative treatment outcome based on a standardized scale.
- 2) Participants will be able to list steps that need to be taken in order to implement an effective feedback system.
- 3) Participants will be able to summarize the results of providing progress feedback to therapists about non responding patients.

Afternoon Presentation

Real-time Problem-Solving Strategies for Clients Predicted to be Treatment Failures: Participants will become familiar with Clinical Support Tools and cut scores that trigger the use of specific interventions that enhance treatment outcomes. This set of tools is based on the use of a 40-item scale (Assessment for Signal Clients) that is given to a select subset of clients whose positive treatment outcome is in doubt. Clinician reports including a decision tree to organize problem-solving will be presented and discussed. Empirical findings will be presented showing that this evidence-based practice increases rates of positive outcome and decreases deterioration rates in clients. Individual differences between therapists' effects on patient treatment response will be highlighted.

Learning Objectives:

- 1) Participants will be able to state the rationale for using an assessment device that measures the therapeutic alliance, motivation, social supports, and life events to problem-solve and prevent treatment failure.
- 2) Participants will be able to use an assessment-based problem solving strategy and brief psychological test to prompt changes in the course of psychotherapy.
- 3) Participants will be able to state the degree of benefit likely if they change routine care by adding feedback and Clinical Support Tools to routine care.

AGENDA

8:00 -- 8:30am	Registration/Check-in
8:30 --12:30pm	Morning Session with 15 minute break
12:30 -- 1:30pm	Lunch
1:30 -- 4:00pm	Afternoon Session with 15 minute break
4:00 -- 4:30pm	Wrap-up/Evaluations

REGISTRATION

The workshop fee is \$65.00; \$20.00 for students & interns with documentation. Please complete Registration Form ([hyperlink](#)) and return with payment. Registration priority and reduced fee of \$25.00 will be extended to the WSU-SOPP core, current supervising clinical faculty, and postdoctoral fellows only if registered by June 3rd. Registration is required for all workshop participants. Lunch and morning/afternoon refreshments are included with registration. Space is limited, so register early. The workshop will be held at the WSU Nutter Center (<http://www.nuttercenter.com/>) Berry Room, 3640 Colonel Glenn Hwy., Dayton, Ohio. 45435.

All registrations must be completed online. For additional information, call: 937\775-4308 or write to Wright State University, CE Director, WSU-SOPP, Ellis Institute, 9 N. Edwin C. Moses Blvd., Dayton, OH 45402. Registration will not be accepted without payment. No refunds after Friday, June 10th.

Register now at:

https://epay.wright.edu/C21810_ustores/web/product_detail.jsp?PRODUCTID=1174&SINGLESTORE=true

More information:

<http://www.wright.edu/sopp/news/continuingeducation.html>

CONTINUING EDUCATION

Six (6) CE credits for Psychologists (APA & OPA) and six (6) CE credits for Counselors and Social Workers. CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes late or leaving before the workshop is completed will not receive CE credits. WSU-SOPP is approved by the American Psychological Association and by the Ohio Psychological Association-MCE (Approved Provider #310732831) to offer CE for psychologists. The Wright State University Department of Social Work (Provider#: RSX048807) is approved by the Counselor, Social Worker, and Marriage and Family Therapist Board to provide continuing education credits for Social Workers, and the Wright State University College of Education and Human Services (Provider#: RCX128811) is approved by the Counselor, Social Worker, and Marriage and Family Therapist Board to provide continuing education credits for Counselors. Wright State University School of Professional Psychology maintains responsibility for the program and its content.

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