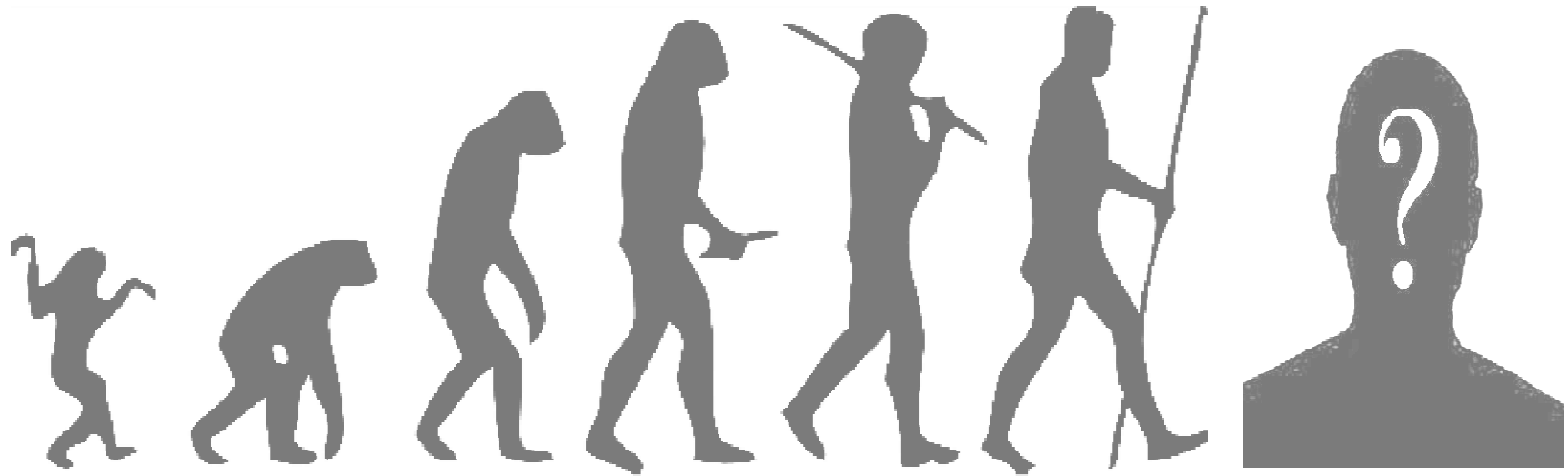


# The Evolution of Psychotherapy:

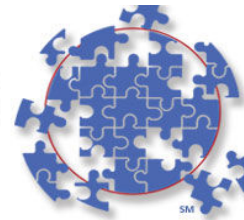
## An Oxymoron



**Scott D. Miller, Ph.D.**

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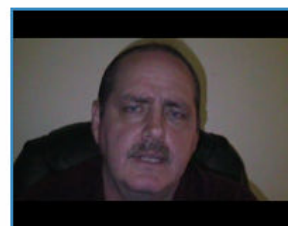
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### About Us

The International Center for Clinical Excellence (ICCE) is a world-wide community of practitioners, healthcare managers, educators and researchers dedicated to promoting excellence in behavioral healthcare services. Our online community facilitates the sharing of best practices and innovative ideas that are specifically designed to improve behavioral healthcare practice and allow practitioners and managers to achieve their personal best as helping professionals.



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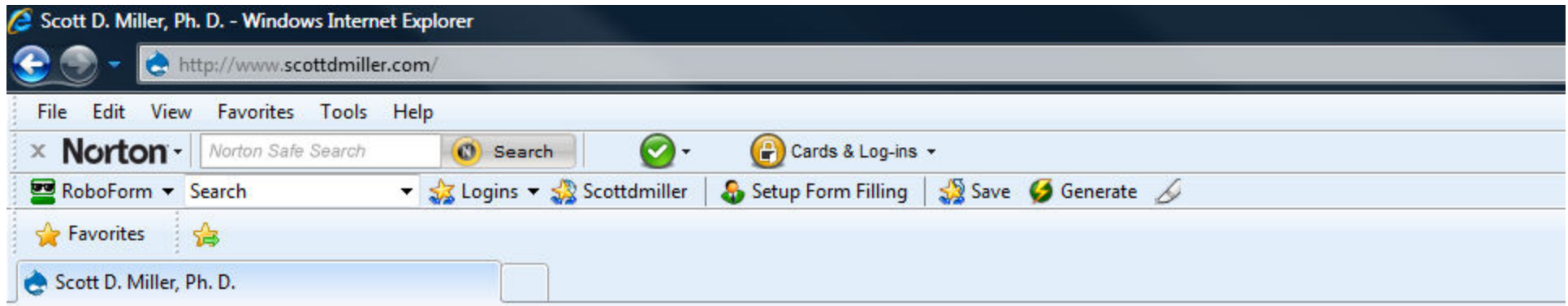


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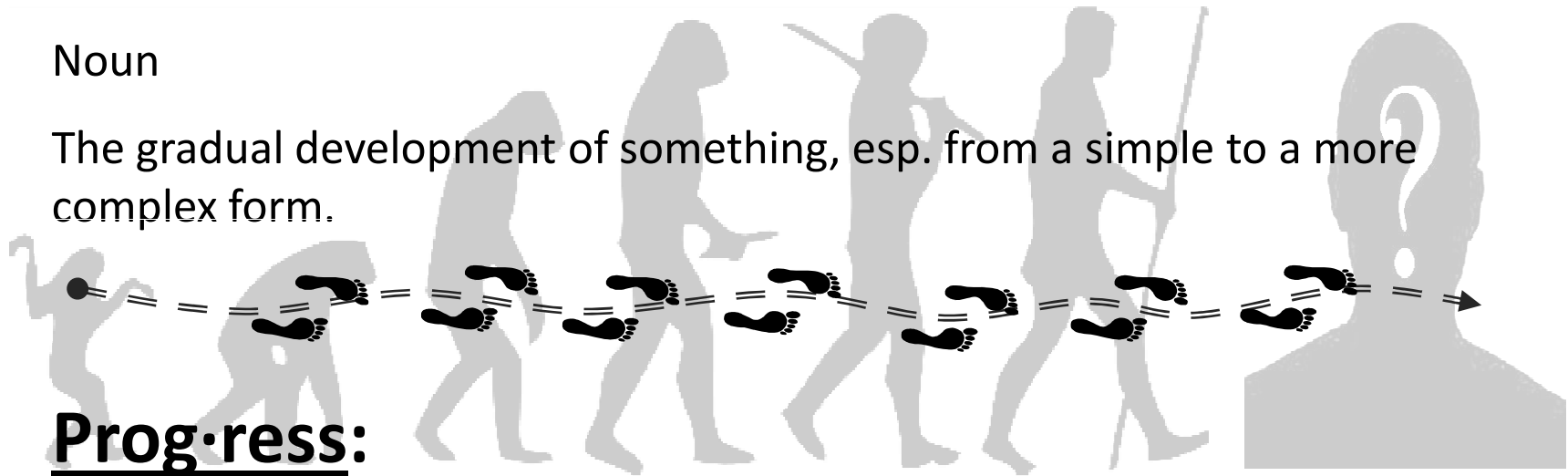
# The Evolution of Psychotherapy:

## Ev·o·lu·tion:

/,evə'looSHən/

Noun

The gradual development of something, esp. from a simple to a more complex form.



## Prog·ress:

/'prägrəs, 'präg, res, 'prō, gres/

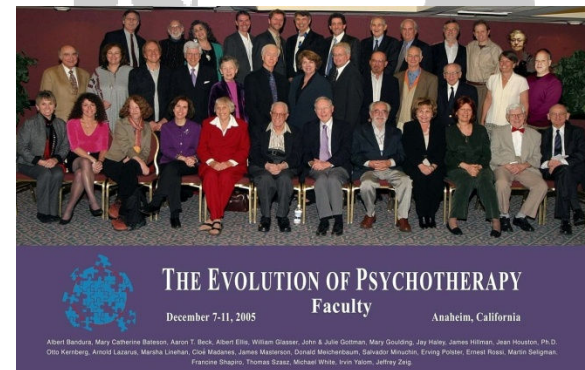
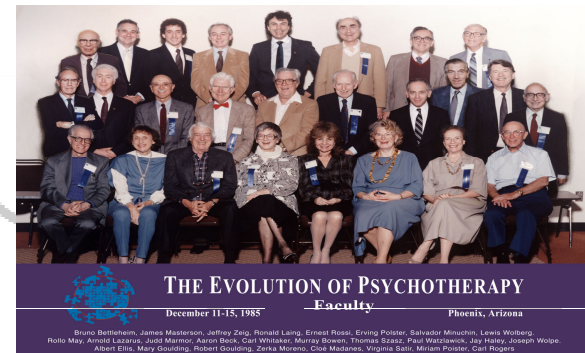
Noun

Forward or onward movement toward a destination.

# The Evolution of Psychotherapy:

So, what's happened?

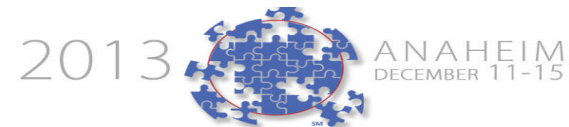
- Since the 1960's:
  - *Number of treatment approaches grown from 60 to 400+;*
  - *10,000+ “how to” books published on psychotherapy;*
  - *145 manualized treatments for 51 of the 297 possible diagnostic groups in DSM.*



Duncan, B., Miller, S., Wampold, B., & Hubble, M. (eds.) (2009). *The Heart and Soul of Change: Delivering What Works*. Washington, D.C.: APA

Miller, S.D., Hubble, M.A., Chow, D.L., & Seidel, J.A. (2013). The outcome of psychotherapy: yesterday, today, and tomorrow. *Psychotherapy*, 50, 88-97.

Wampold, B.L. (2001). *The great psychotherapy debate*. Mahwah, NJ: LEAPress.





# The Evolution of Psychotherapy:

## Progress?

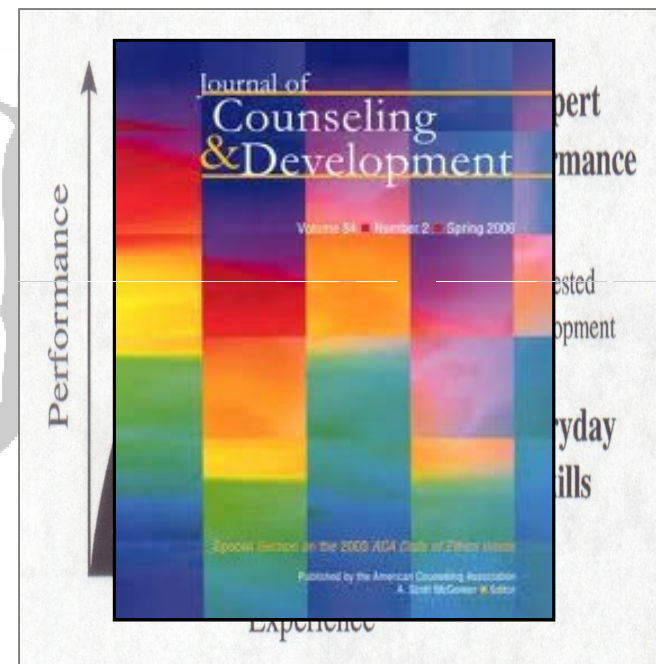
- In most studies of treatment conducted over the last 40 years, the average treated person is better off than 80% of the untreated sample.
- The outcome of behavioral health services equals and, in most cases, exceeds medical treatments.
- On average, mental health professionals achieve outcomes on par with success rates obtained in randomized clinical trials (with and without co-morbidity).



# The Evolution of Psychotherapy:

## Progress?

- The effectiveness of the “average” helper plateaus very early.
- Little or no difference in outcome between professionals, students and para-professionals.



Ericsson, K.A., Charness, N., Feltovich, P. & Hoffman, R. (eds.). (2006). *The Cambridge Handbook of Expertise and Expert Performance* (pp. 683-704). New York: Cambridge University Press.

Nyman, S. et al. (2010). Client outcomes across counselor training level within multitiered supervision model. *Journal of Counseling and Development*, 88, 204-209.

Malouff, J. (2012). The need for empirically supported psychology training standards. *Psychotherapy in Australia*, 18(3), 28-32.

Miller, S.D., & Hubble, M.A. (2011). The road to mastery. *The Psychotherapy Networker*, 35(2), 22-31, 60.

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# The Evolution of Psychotherapy:

## Progress?



- *Practitioners incomes in serious decline;*
- *Factoring in inflation, therapists earning one-third of what they did 10-15 years ago.*
- *Increasingly, direct services provided by minimally-trained, support personnel.*



APA (2010). Psychology salaries decline. *APA Monitor*, 41(4), 11.

Carr, C. (March 26, 2006). Mental health theapists face financial stress as fees stagnate. *New York Times*. [http://www.nytimes.com/2006/03/26/jobs/26jmar.html?\\_r=0](http://www.nytimes.com/2006/03/26/jobs/26jmar.html?_r=0). Retrieved November 27, 2013.

Grodzki, L. (September/October 2013). Yesterday's patients are today's educated consumers.

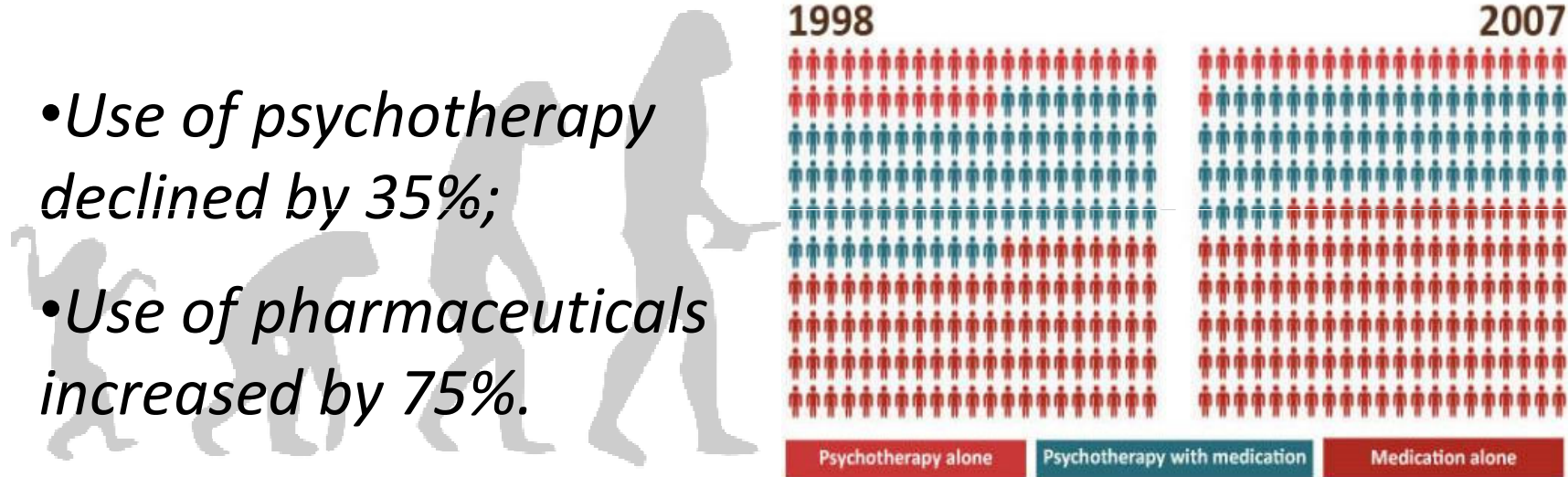
<http://www.psychotherapynetworker.org/magazine/recentissues/2013-sep/oct/item/2242-shopping-for-therapy>. Retrieved December 2, 2013.



# The Evolution of Psychotherapy:

## Progress?

- *Use of psychotherapy declined by 35%;*
- *Use of pharmaceuticals increased by 75%.*

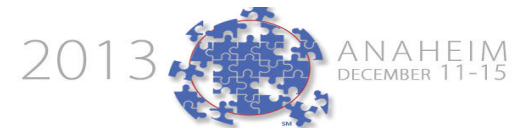


Ferro, S. (August 21, 2013). Three ways to save psychotherapy. *Popular Science*.

<http://www.popsoci.com/science/article/2013-08/3-ways-save-psychotherapy>. Retrieved November 27, 2013.

Grohol, J.M. (2009). Antidepressant use up 75 percent.

<http://psychcentral.com/news/2009/08/03/antidepressant-use-up-75-percent/7514.html>. Retrieved November 27, 2013.



# The Evolution of Psychotherapy:

Progress?

## Ex·tinc·tion

ik'stiNG(k)SHən/

Noun

The state or process of a species, family, or larger group being or becoming extinct.

**Synonyms: dying out, disappearance, vanishing.**



# The Evolution of Psychotherapy:

My Practice is Thriving!

Lack of Funding/Parity

Societal Changes

Big Pharma Dollars

Insurance Companies

The Field is "Good Enough"

More Complex Problems

Emphasis on the "Quick Fix"

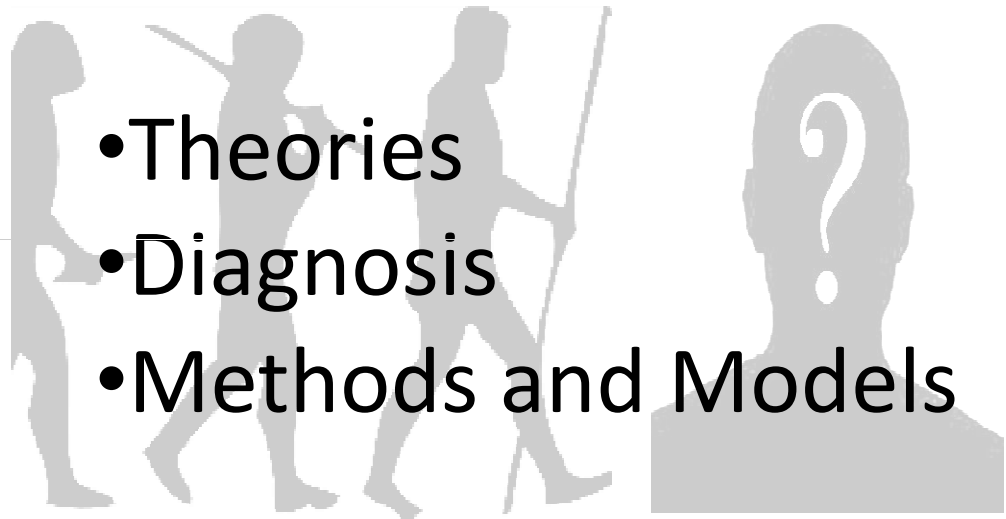
The Research is WRONG: The Field IS More Effective



# The Evolution of Psychotherapy:



- Theories
- Diagnosis
- Methods and Models



# The Evolution of Psychotherapists:






# The Evolution of Psychotherapists:

- Some therapists achieve consistently better results than others;
- Differences between therapists consistently accounts for 5-9% of variability in treatment outcome;
- Differences persist when therapist competence is held constant and treatments are manualized;
- Difference is unrelated to age, gender, caseload, theoretical orientation, social skills, professional degree, years of experience, and time spent conducting therapy.



**Miller, S., Hubble, M., & Duncan, B. (2007).** Supershrinks: Learning from the field's most effective practitioners. *Psychotherapy Networker*, 31(6), 26-35, 56

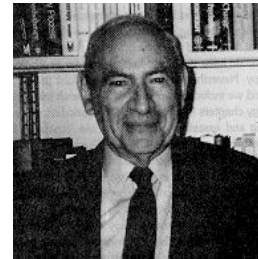
**Chow, D., Miller, S. D., Kane, R., & Thornton, J. (n.d.).** The study of supershrinks: Development and deliberate practices of highly effective psychotherapists. Manuscript in preparation.

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# The Evolution of Psychotherapists:



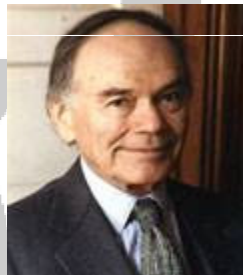
**Richard Bandler & John Grinder**



**Sol Garfield**



**Michael Lambert**



**David F. Ricks**



**Lester Luborsky**



**Don Meichenbaum**



**David Orlinsky & Michael Ronnestad**

**Bandler, R., & Grinder, J. (1975).** *The structure of magic*. Palo, Alto, CA: Science and Behavior Books.

**Orlinsky, D.E., & Rønnestad, M.H.** *How Psychotherapists Develop: A Study of Therapeutic Work and Professional Growth*. Washington, D.C.: American Psychological Association.

**Luborsky, L. et al. (1971).** Factors influencing the outcome of psychotherapy. *Psychological Bulletin*, 75(3), 145-185.

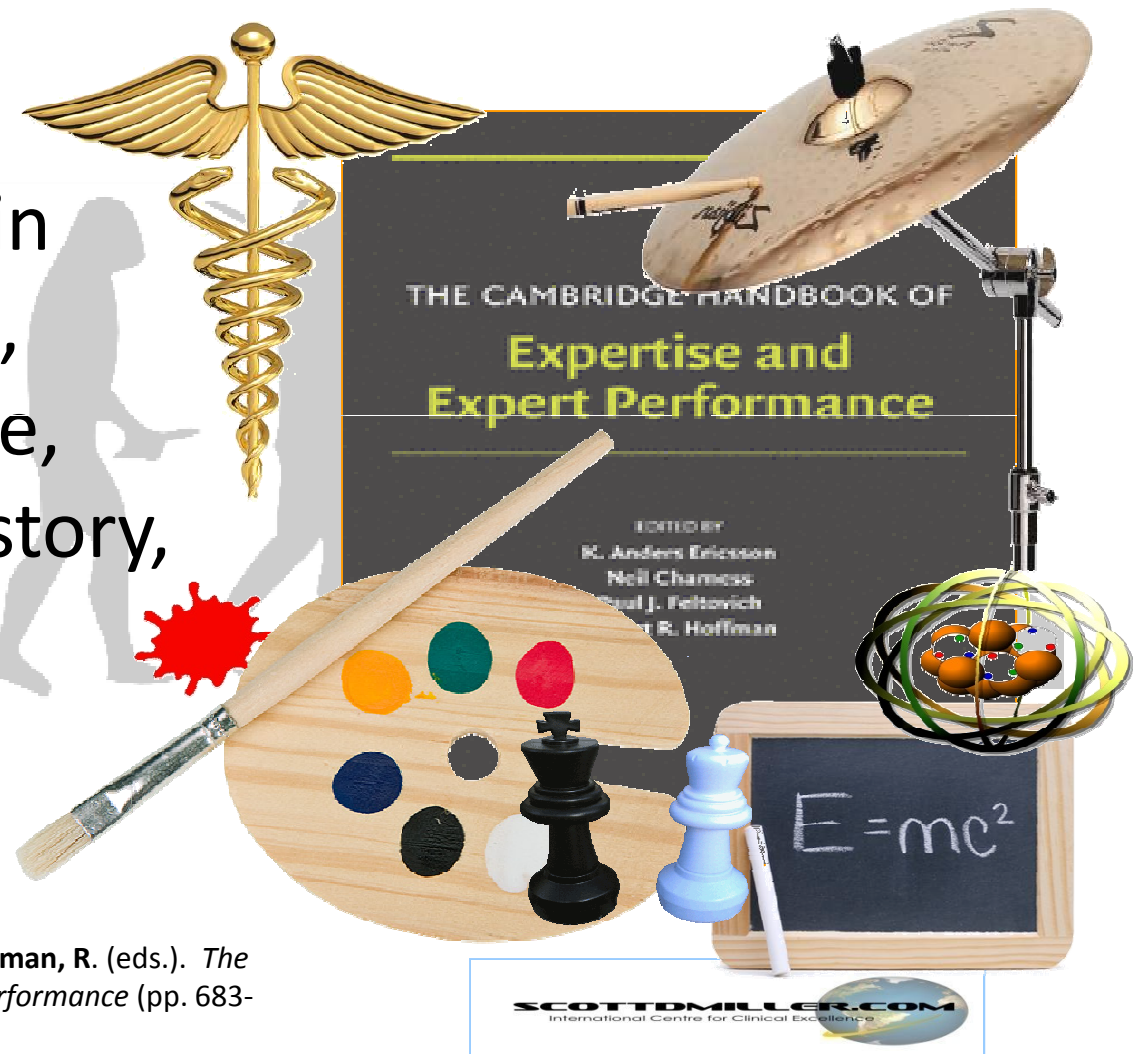
**Meichenbaum, D. (2004).** What "expert" psychotherapists do. *International journal of Existential Psychology & Psychotherapy*, 1(1), 50-55.

**Ricks, D.F. (1974).** Supershrink: Methods of a therapist judged successful on the basis of adult outcomes of adolescent patients. In D.F. Ricks, M. Roff, & A. Thomas (eds.). *Life History in Research in Psychopathology*. Minneapolis, MN: University of Minnesota Press.

**Okiishi, J., Lambert, M., Nielsen, S., Ogles, B. (2003).** Waiting for supershrink. *Clinical Psychology & Psychotherapy*, 10(6), 361-373.

# The Evolution of Psychotherapists:

- Studied experts in chess, music, art, science, medicine, mathematics, history, computer programming.



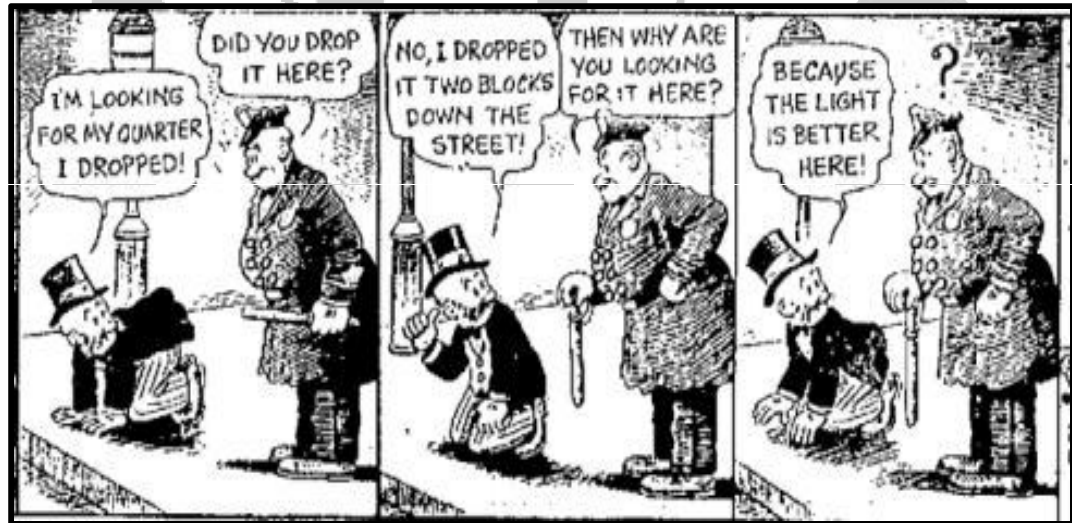
Ericsson, K.A., Charness, N., Feltovich, P. & Hoffman, R. (eds.). *The Cambridge Handbook of Expertise and Expert Performance* (pp. 683-704). New York: Cambridge University Press.

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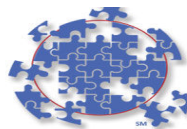
# The Evolution of Expertise:

How Top Therapists Improve?

The Streetlight  
Effect



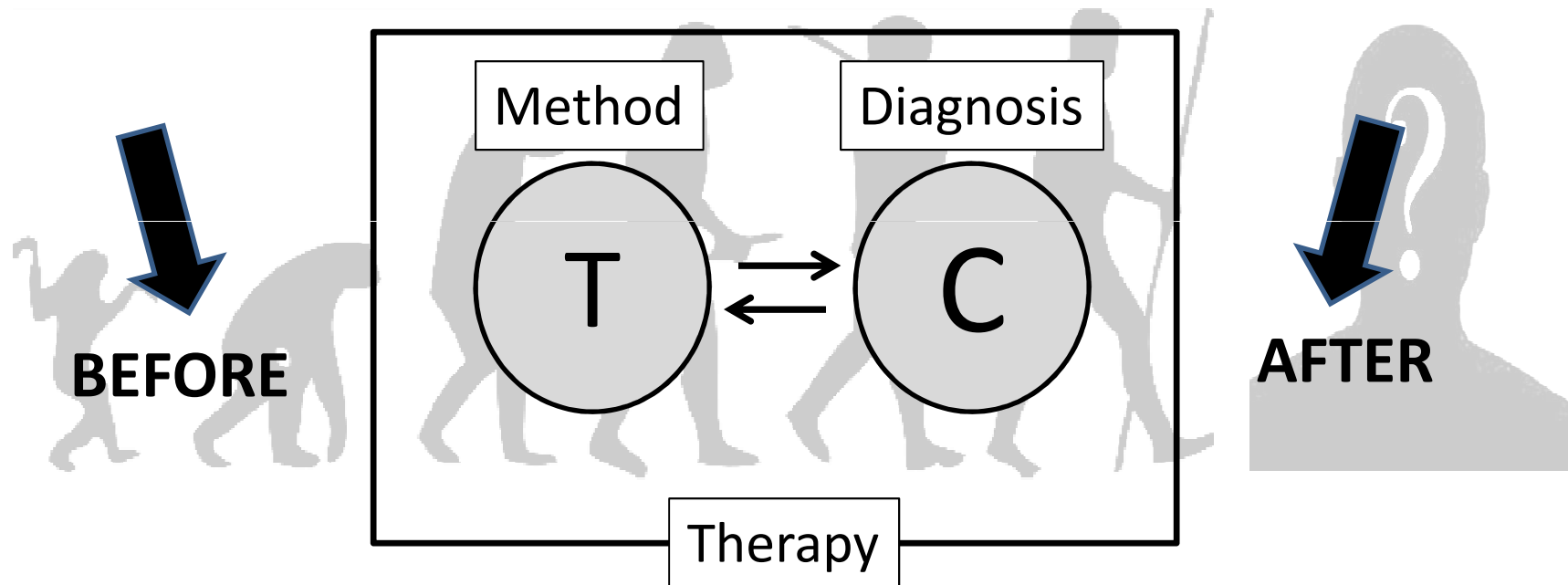
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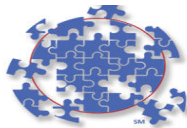
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# The Evolution of Psychotherapy:

How can Therapists Improve?



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# The Evolution of Expertise:

How Top Therapists Improve?

## De·lib·er·ate

di'libərit/

Adjective

Done consciously and intentionally

## Prac·tice

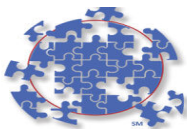
'praktəs/

Noun

To carry out a particular activity regularly

Hours per week  
spent alone seriously  
engaging in activities  
related to improving  
therapy skills

2013

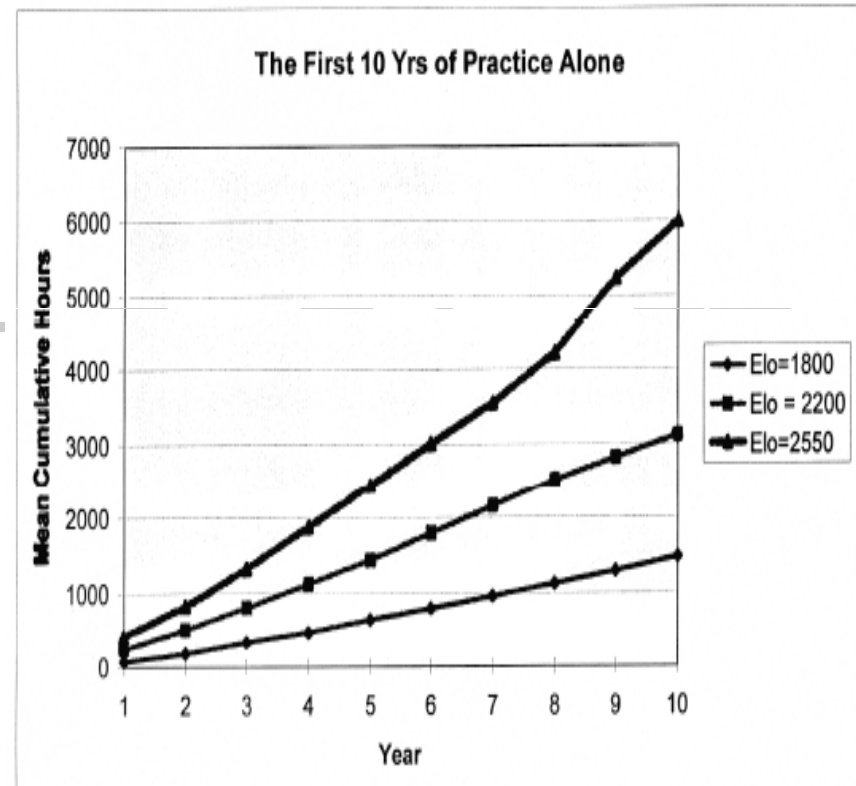
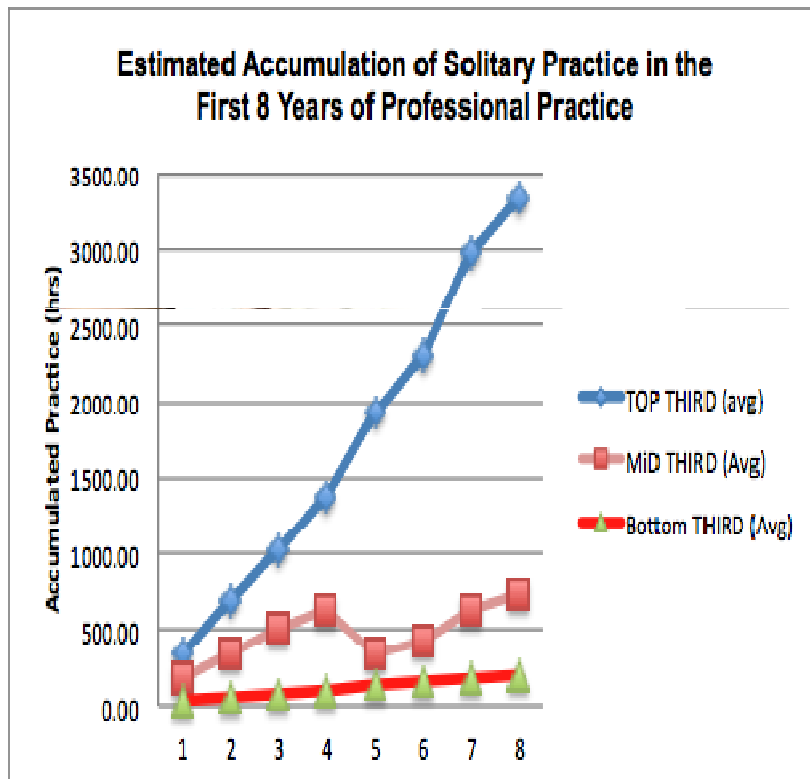


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# The Evolution of Expertise:

## How Top Therapists Improve?



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**Charness, N., Krampe, R., & Mayu, U. (1996).** The role of practice and coaching in entrepreneurial skill domains. In K.A. Ericsson (ed.). *The road to excellence: The acquisition of expert performance in the arts and sciences, sports, and games* (pp. 51-80). Hillsdale, NJ: LEA.

# Deliberate Practice



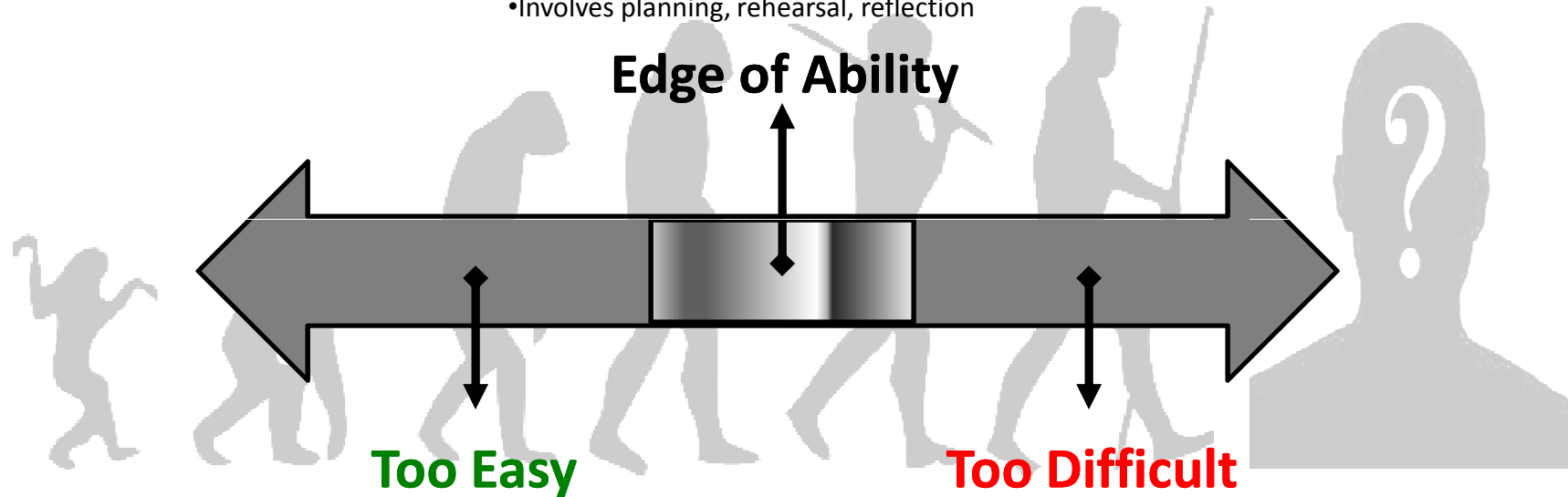
Miller, S.D., & Hubble, M.A. (2011). The road to mastery. *The Psychotherapy Networker*, 35(2), 22-31, 60.

# Deliberate Practice

## Zone of “Proximal Development”:

- Reliable performance inconsistent
- Identification of errors, misperceptions
- Setting small process and outcome objectives
- Involves planning, rehearsal, reflection

## Edge of Ability



## Realm of “Reliable” Performance:

- Processes executed quickly, automatically
- Involves recognition, retrieval, execution

## Ambit of Admiration:

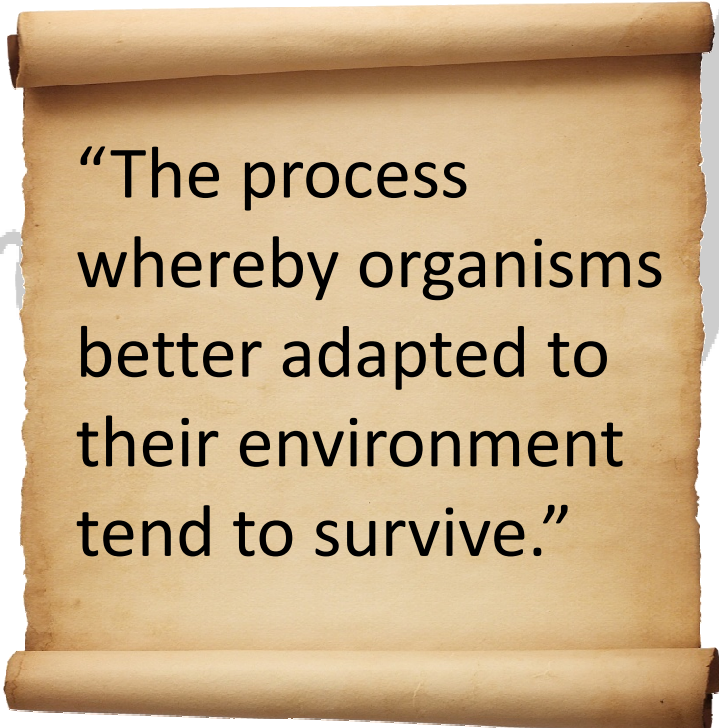
- Abilities of others appear flawless, magical, dramatic
- Effort and attention focused on easily recognized, but non-causal factors and/or processes (superstition)
- Risk of failure and injury high



# The Evolution of Psychotherapy:

## Nat·u·ral Se·lec·tion

'naCHərəl/ sə'lekSHən/



“The process whereby organisms better adapted to their environment tend to survive.”

### Top Performing Clinicians:

- *Deliver more reliably effective treatment;*
- *Achieve 50% better outcomes;*
- *Suffer 50% fewer dropouts;*
- *Provide more value per dollar spent.*