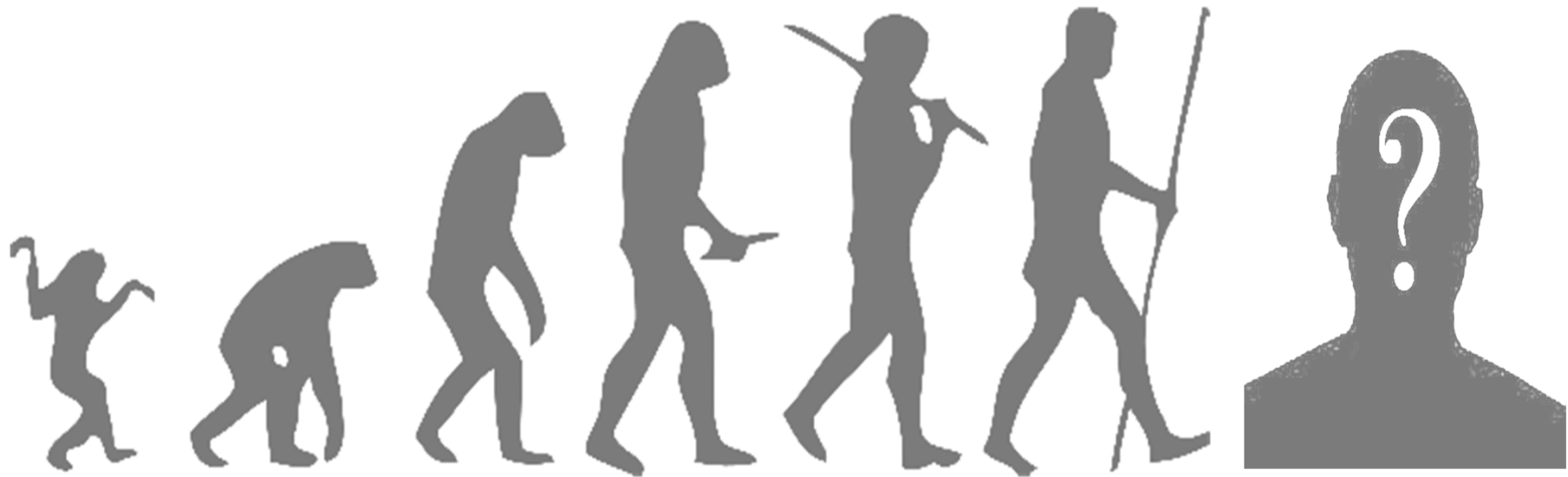


# Psychotherapy: Art or Science?



**Scott D. Miller, Ph.D.**  
International Center for Clinical Excellence



The Evolution of Psychotherapy

ANAHEIM

12/13/17 - 12/17/17

# The Evolution of Psychotherapy

- Since the 1960's:
  - Number of treatment approaches grown from 60 to 400+;
  - 55,000 “how to” books published on psychotherapy;
  - 80 psychological treatments for 27 of the 157 official diagnoses in DSM V.



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.

Society of Clinical Psychology (2017). Psychological treatments. <https://www.div12.org/psychological-treatments/treatments/>. Retrieved October 6, 2017.

Wampold, B.L., & Imel, Z. (2015). *The great psychotherapy debate*. New York: Routledge.

SCOTTMILLER.COM  
International Centre for Clinical Excellence



# The Evolution of Psychotherapy:

## The Science



• Nearly sixty years and 1000's of studies:

• *“The best research evidence conclusively shows that individual, group and couple/family psychotherapy are effective for a broad range of disorders, symptoms and problems with children, adolescents, adults, and older adults.”*



The Evolution of Psychotherapy

ANAHEIM

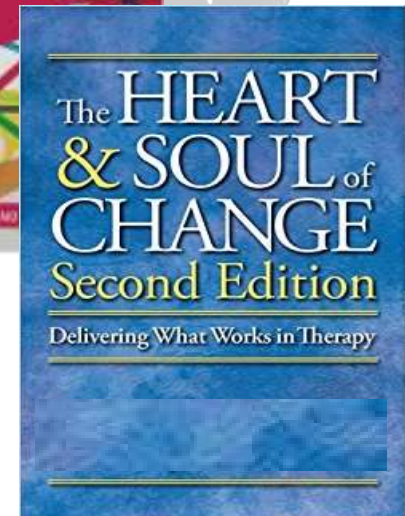
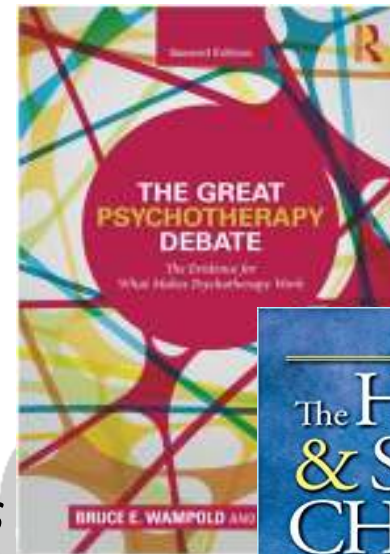
12/10/12 - 12/12/12

American Psychological Association. (2012). Recognition of psychotherapy effectiveness. <http://www.apa.org/about/policy/resolution-psychotherapy.aspx> Retrieved December 1, 2013.  
Miller, S.D., Hubble, M.A., Chow, D.L., & Seidel, J.A. (2013). The outcome of psychotherapy: Yesterday, Today, and Tomorrow. *Psychotherapy*, 50(1), 88-97.

# The Evolution of Psychotherapy:

## More Science

- *No difference in outcome between treatment approaches;*
- *Taken together, comparative, component (dismantling), mediating variable, & aptitude-by-treatment studies all show that specific ingredients are NOT needed to achieve a good outcome.*



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

Wampold, B.E., & Imel, Z. (2017). *The Great Psychotherapy Debate*. New York: Routledge.

# The Evolution of Psychotherapy:

## The Evidence



“Decades of psychotherapy research have failed to find a scintilla of evidence that any specific ingredient is necessary for therapeutic change.”

**Ahn, H., & Wampold, B.** (2001). Where oh where are the specific ingredients: A meta-analysis of component studies in counseling and psychotherapy. *Journal of Counseling Psychology, 48*(3), 251-257.  
**Duncan, B., Miller, S.D., Wampold, B., & Hubble, M.** (2009). *The Heart and Soul of Change: Delivering What Works in Therapy*. APA: Washington, D.C.  
**Wampold, B., & Imel, Z.** (2015). *The Great Psychotherapy Debate*. New York: Routledge.



The Evolution of Psychotherapy

ANAHEIM  
12/18/17 - 12/19/17

# The Evolution of Psychotherapy: What Does Matter?



# The Evolution of Psychotherapy:

## What Does Matter?

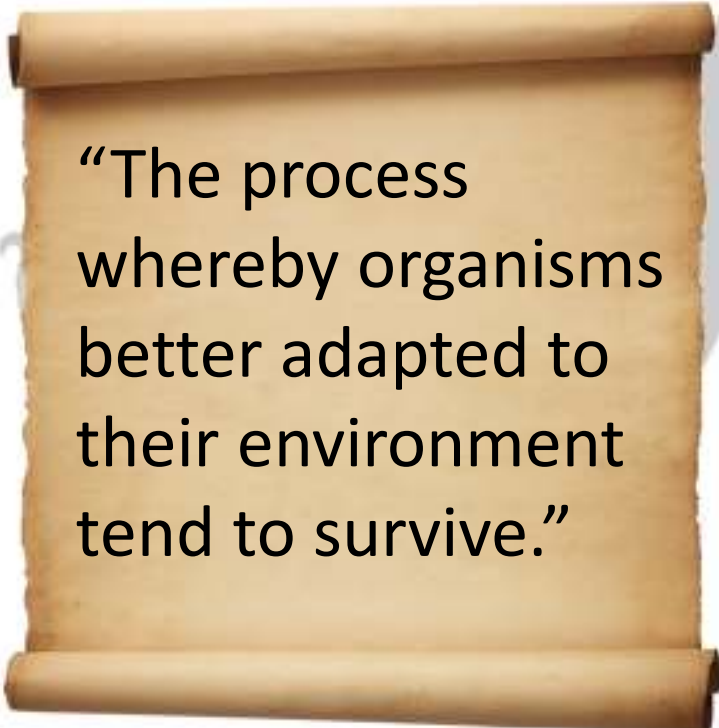
- Some therapists achieve consistently better results than others;
- Differences between therapists consistently accounts for 5-9% of variability in treatment outcome;
- Differences persist when therapist competence is held constant and treatments are manualized;
- Difference is unrelated to age, gender,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



The Evolution of Psychotherapy

ANAHEIM  
12/18/17 - 12/19/17

# The Evolution of Psychotherapy



“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.*



# 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

# Psychotherapy:

---

**CRAFT**

*Noun.* \ 'kraft \

A skill in doing or making something proficiently.



# The Evolution of Psychotherapy

## What Does Make a Difference ?

Factor	# Studies	# Patients	Effect Size d	% of variability in outcomes
Common Factors				
Alliance <sup>a</sup>	190	2630	.57	.075
Empathy <sup>a</sup>	59	3599	.63	.090
Goal Consensus/collaboration <sup>a</sup>	15	1302	.72	.115
Positive Regard/Affirmation <sup>a</sup>	18	1067	.56	.073
Congruence/Genuiness <sup>a</sup>	16	863	.49	.057
Specific Ingredients				
Differences between treatments <sup>b</sup>	295	>5900	<.20	<.010
Adherence to protocol <sup>c</sup>	28	1334	.04	<.001
Rated competence in delivering particular treatment	18	633	.14	.005

<sup>a</sup>Norcross, J. C., & Lambert, M. J. (2011). Psychotherapy relationships that work II. *Psychotherapy*, 48(1), 4-8. doi: 10.1037/a0022180

<sup>b</sup>Wampold, B. E. (2001b). *The great psychotherapy debate: Model, methods, and findings*. Mahwah, NJ: Lawrence Erlbaum Associates.

<sup>c</sup>Webb, C. A., DeRubeis, R. J., Amsterdam, J. D., Shelton, R. C., Hollon, S. D., & Dimidjian, S. (2011). Two aspects of the therapeutic alliance: Differential relations with depressive symptom change. *Journal of Consulting and Clinical Psychology*, 79(3), 279-283. doi: 10.1037/a0023252

# The Evolution of Psychotherapy:

## What Does Make a Difference ?

Factor	# Studies	# Patients	Effect Size d	% of variability in outcomes
Common Factors				
Alliance <sup>a</sup>	190	2630	.57	.075
Empathy <sup>a</sup>	59	3599	.63	.090
Goal Consensus/collaboration <sup>a</sup>	15	1302	.72	.115
Positive Regard/Affirmation <sup>a</sup>	18	1067	.56	.073
Congruence/Genuiness <sup>a</sup>	16	863	.49	.057
Specific Ingredients				
Differences between treatments <sup>b</sup>	295	>5900	<.20	<.010
Adherence to protocol <sup>c</sup>	28	1334	.04	<.001
Rated competence in delivering particular treatment	18	633	.14	.005

<sup>a</sup>Norcross, J. C., & Lambert, M. J. (2011). Psychotherapy relationships that work II. *Psychotherapy*, 48(1), 4-8. doi: 10.1037/a0022180

<sup>b</sup>Wampold, B. E. (2001b). *The great psychotherapy debate: Model, methods, and findings*. Mahwah, NJ: Lawrence Erlbaum Associates.

<sup>c</sup>Webb, C. A., DeRubeis, R. J., Amsterdam, J. D., Shelton, R. C., Hollon, S. D., & Dimidjian, S. (2011). Two aspects of the therapeutic alliance: Differential relations with depressive symptom change. *Journal of Consulting and Clinical Psychology*, 79(3), 279-283. doi: 10.1037/a0023252



# The Evolution of Psychotherapy:

## What Does Make a Difference ?

Factor	# Studies	# Patients	Effect Size d	% of variability in outcomes
Common Factors				
Alliance <sup>a</sup>	190	2630	.57	.075
Empathy <sup>a</sup>	59	3599	.63	.090
Goal Consensus/collaboration <sup>a</sup>	15	1302	.72	.115
Positive Regard/Affirmation <sup>a</sup>	18	1067	.56	.073
Congruence/Genuiness <sup>a</sup>	16	863	.49	.057
Specific Ingredients				
Differences between treatments <sup>b</sup>	295	>5900	<.20	<.010
Adherence to protocol <sup>c</sup>	28	1334	.04	<.001
Rated competence in delivering particular treatment	18	633	.14	.005

<sup>a</sup>Norcross, J. C., & Lambert, M. J. (2011). Psychotherapy relationships that work II. *Psychotherapy*, 48(1), 4-8. doi: 10.1037/a0022180

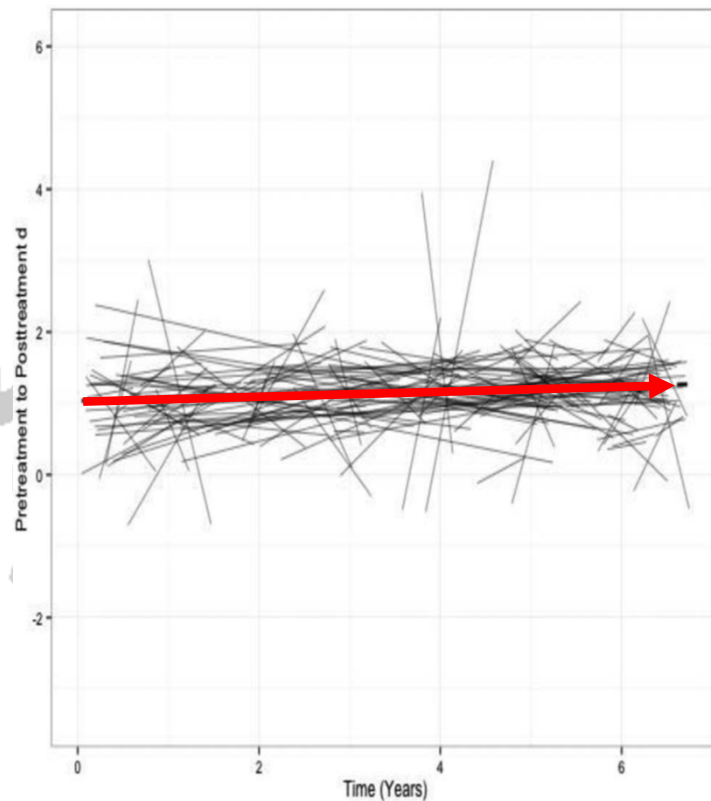
<sup>b</sup>Wampold, B. E. (2001b). *The great psychotherapy debate: Model, methods, and findings*. Mahwah, NJ: Lawrence Erlbaum Associates.

<sup>c</sup>Webb, C. A., DeRubeis, R. J., Amsterdam, J. D., Shelton, R. C., Hollon, S. D., & Dimidjian, S. (2011). Two aspects of the therapeutic alliance: Differential relations with depressive symptom change. *Journal of Consulting and Clinical Psychology*, 79(3), 279-283. doi: 10.1037/a0023252



# THE EVIDENCE

## How Do Therapists Develop?



The only study to date documenting individual therapist improvement:

- 153 therapists;
- 5000+ clients.

Outcomes improved year after year.

Goldberg, S. et al. (2016). Creating a climate for therapist improvement. *Psychotherapy*, 53, 367-375.

