

Practice Based Evidence as Evidence Based Practice

Course Description

Despite the overwhelming support for the dodo bird verdict (that no one approach has reliably proved superior to any other) and all the research endorsing client and alliance factors, the mental health field remains dangerously enamored of flashy techniques and the promise of miracle cures. The latest form of this pursuit of the Holy Grail is *evidence based practice (EBP)*. This is the empirically bankrupt notion that for a particular problem, there is a specific treatment that is best—as defined by but two studies showing that a given approach is better than placebo. The problem here, besides the fact that superiority over placebo is not the same as superiority over another approach, is that the client is totally excluded from consideration. The client is equated with the problem and the treatment is described as if it is isolated from the most powerful factors that contribute to change--the client's resources, perceptions, and participation. In this course, the "evidence" regarding EBP will be exposed to be lacking and a different, far more empirically sound approach will be advocated: *practice based evidence (PBE)*—the systematic collection of data about client progress generated during treatment to enhance the quality and outcome of care. Unlike EBP, PBE actively utilizes the known sources of variance in psychotherapy outcome by providing therapists with ongoing, real-time feedback regarding the two most potent predictors of success: the client's experience of the alliance and progress in treatment. The availability of this practice-based evidence not only results in higher retention rates but also as much as doubles overall effect size of services offered. Paradoxically, practice-based evidence—at least when judged on the basis of measurable improvements in outcome alone—may be the most effective evidence-based practice identified to date.

Course Objectives:

1. Participants will explore the meaning of the most robust finding of all psychotherapy research—the dodo bird verdict
2. Participants will learn what evidence based practice really means and identify three arguments against evidenced based practice.
3. Participants will examine the evidence based practice research and learn how to consider the validity of EBP arguments.
4. Participants will learn the empirical rationale for practice based evidence
5. Participants will explore the benefits of practice based evidence

Course Outline:

Introduction	2 Minutes
Any financial disclosures	0 Minutes
Course Objectives	1 Minute
Overview of Course	2 Minutes
The Pitfalls of Evidence Based Practice	5 Minutes
The Dodo Bird Verdict	5 Minutes
The Sources of Variability of Outcome	10 Minutes
How to Critically Examine the EBP Research	10 Minutes
Practice Based Evidence: Rationale	10 Minutes
Practice Based Evidence: Benefits	10 Minutes
Summary	5 minutes

PLEASE NOTE: Many state boards accept offerings accredited by national or other state organizations. For example, the National Association of Social Workers, Georgia Chapter will grant credit for activities approved by the California Board of Behavioral Sciences. If your board is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted. **It is your responsibility to check with your licensing board regarding their specific requirements. The below checked Boards will accept CE credit for this course:**

Psychologists

- X** United Behavioral Health is approved by the American Psychological Association to offer continuing education for psychologists. United Behavioral Health maintains responsibility for the program.

Social Workers

- X** This program was approved by the National Association of Social Workers (provider # 886366512) for one continuing education contact hour.

X This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).

Certified Counselors

X This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).

X United Behavioral Health is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to the NBCC continuing education guidelines. United Behavioral Health maintains responsibility for the program. (Provider #5922)

Registered Nurses

X Provider approved by the California Board of Registered Nursing (Provider # CEP 10225).

X UBH is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation