

Practice Based Evidence: Maximizing Patient Outcomes in Treatment

Brief Bio of Faculty: Gary Burlingame, PhD

Dr. Gary M. Burlingame is currently a Professor of Clinical Psychology at Brigham Young University. He regularly contributes to the group psychotherapy and measurement literature accumulating over 100 book chapters and peer reviewed articles and 180+ international, national and regional presentations. Dr. Burlingame has served as a consultant to over 20 federal, state and private entities including the White House, Department of Labor, Food & Drug Administration and HMO's that cover over 30+ million U.S. lives. He has served as a consultant to private and state agencies in implementing changes in practice patterns increasing the use of group and outcomes-informed treatment. This consultation includes direct training with clinicians, line administrators and executive staff. He has maintained a clinical practice for over 20 years and supervises clinicians in both private and public settings. Dr. Burlingame received career awards for his contributions to training and clinical practice from the American Psychological Association in 2001 & 2006 as well as the American Group Psychotherapy Association in 2003.

Course Description:

Today's mental health treatment climate has been called the age of accountability. Clinicians are expected to provide "evidence-based" treatments and document patient progress. These evidence-based expectations are driven by several forces including regulatory bodies, public and private funding sources, as well as professional associations. However, defining and delivering evidence-based treatment in daily practice can be a "squishy" and somewhat imprecise undertaking. Methods range from using manualized treatment protocol for specific disorders to assessing pre-to-post patient change on a standardized outcome measure.

A review of the three dominant models of evidence-based practice will be provided with particular focus on how to implement practice-based evidence into daily office procedures. A decade of randomized clinical trials along with "real life" application with hundreds of thousands of patients will be summarized to support this evidence-based practice. More specifically, the application of a system to deliver providers with real-time feedback on patient progress 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 presented. Participants will be provided with an overview of clinical support tools that trigger the use of specific interventions to enhance treatment outcomes. Finally, input from consumer advocacy groups will be summarized regarding their perspective on practice-based evidence.

Course Objectives:

Participants will be able to identify:

1. Different major models of evidence based treatment.
2. How to use practice-based evidence methods to identify potential treatment failures and maximize outcomes
3. Steps that need to be taken in order to implement an effective practice-based feedback system.
4. A summary of the results of providing practice-based feedback to therapists about non responding patients.
5. A decision tree problem solving strategy and brief questionnaires to prompt changes in the course of psychotherapy.

Course Outline:

Introduction	2 minutes
Financial Disclosures	1 minute
Course Overview and Agenda	2 minutes
Major models of evidence based treatment	12 minutes
Identifying potential treatment failures and maximize outcomes	8 minutes
Implementation of an effective practice-based feedback system	11 minutes
Practice-based feedback summary results	7 minutes
Problem solving strategy and brief questionnaires	12 minutes
Summary	5 minutes
Questions and Answers	15 minutes

Continuing Education credits

1 Credit Hour of CE

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.** To receive CE credit, registrants must attend the entire session. **The below *checked* Boards will accept CE credit for this course:**

One Credit Hour of CE

Psychologists

X United Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. United Behavioral Health maintains responsibility for this program and its content.

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 and an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For professionals credentialed by organizations other than those *checked* above, please check with your respective boards to verify the acceptability of the continuing education credit earned through this event.