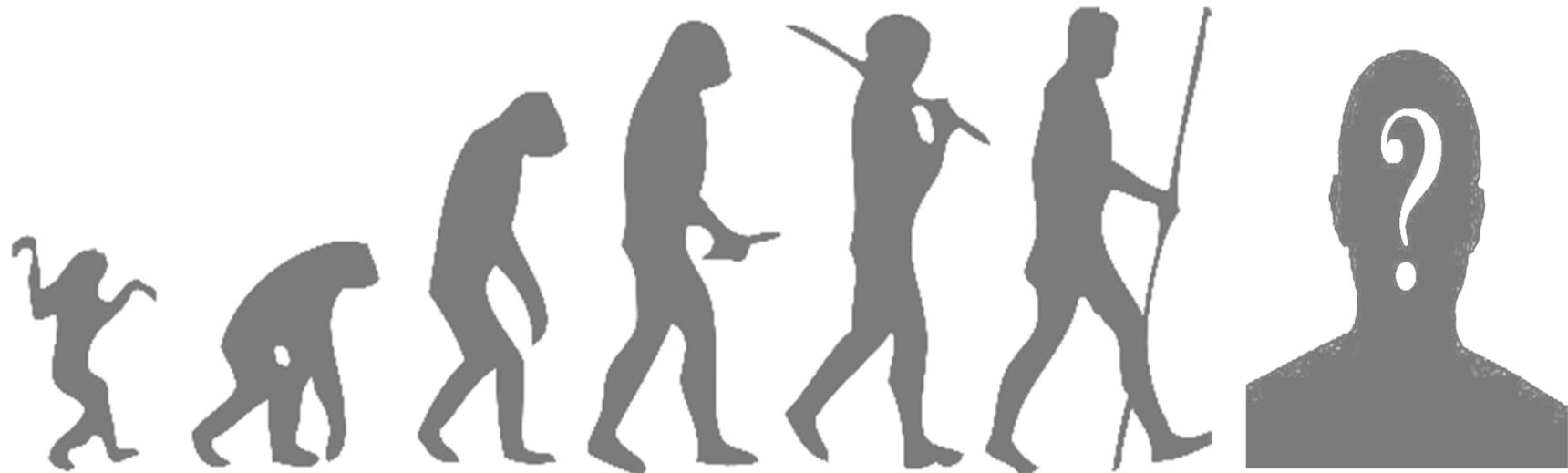


The Missing Link:

Why the vast majority who would benefit
choose not to see a therapist?



Scott D. Miller, Ph.D.

International Center for Clinical Excellence





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CONSULTATION

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PUBLICATIONS

Improving Therapist Effectiveness: What Does and Does Not Work?

OCTOBER 13, 2016 BY SCOTTD – 5 COMMENTS

One year ago, colleagues and I released the largest, longitudinal study of therapist effectiveness ever published. The study examined outcomes of 6500 clients treated by 170 practitioners whose results had been tracked an average of 5 years—some as long as 17 years!

The result? Clinician outcomes, on average, not only did *not* improve, but actually slowly and inexorably worsened with time and experience—and this, despite the fact that

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The Evolution of Psychotherapy

What's happened?



 THE EVOLUTION OF PSYCHOTHERAPY
Faculty

2013 Anaheim, California

Albert Bandura, Mary Catherine Bateson, Aaron T. Beck, Albert Ellis, William Glasser, John & Julie Gottman, Mary Goulding, Jay Haley, James Hillman, Jean Houston, Ph.D. Otto Kernberg, Arnold Lazarus, Marsha Linehan, Cloé Madanes, James Masterson, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Martin Seligman, Francine Shapiro, Thomas Szasz, Michael White, Irvin Yalom, Jeffrey Zeig.

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., and Imel, Z. (2015). *The great psychotherapy debate*. Mahwah, NJ: LEAPress.

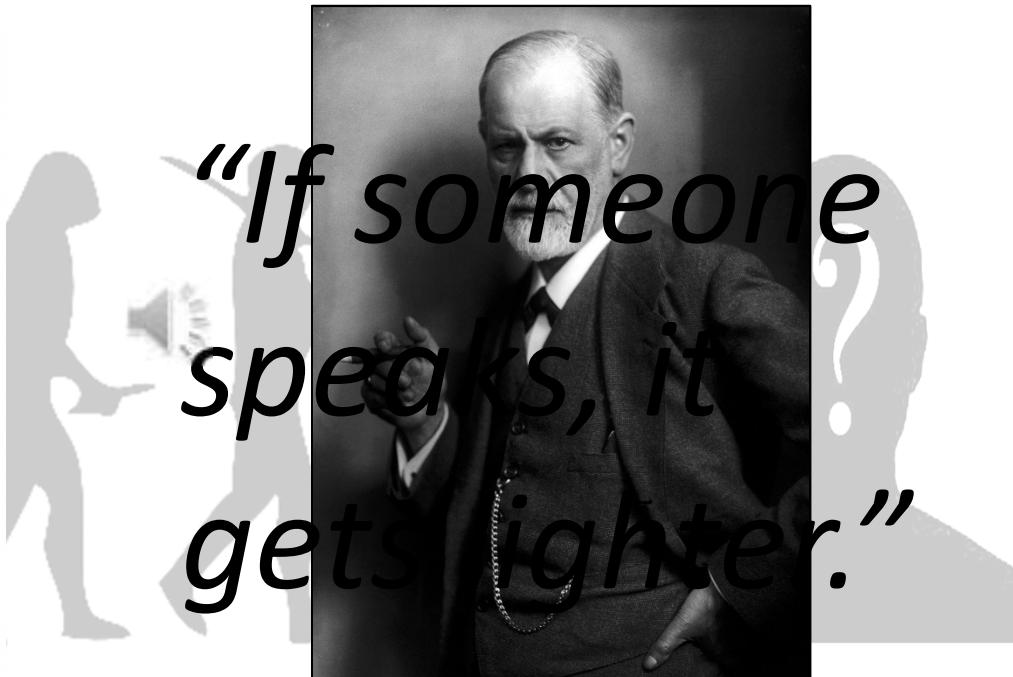
Zeig, J. (2013). The history of the evolution of psychotherapy conference.

https://www.youtube.com/watch?time_continue=1&v=aCttEcArGJ4. Retrieved September 24th, 2017.



The Evolution of Psychotherapy

Origins of the “Talking Cure”



Freud, S. (1920). *A General Introduction to Psychoanalysis*. New York, N.Y.: Boni and Liveright.

The Evolution of Psychotherapy



“Psychoanalysis is not a fad; It is a science. Do *not* underestimate it. It can help...

Davis, M. (1942). A good look at psychoanalysis. *Good Housekeeping*, 114 (1), 24-25, 122

The Evolution of Psychotherapy:

The Missing Link?

- In 1952, Eysenck publishes a review of 24 studies of psychotherapy and concludes:

“The results...fail to support the hypothesis that psychotherapy facilitates recovery.”

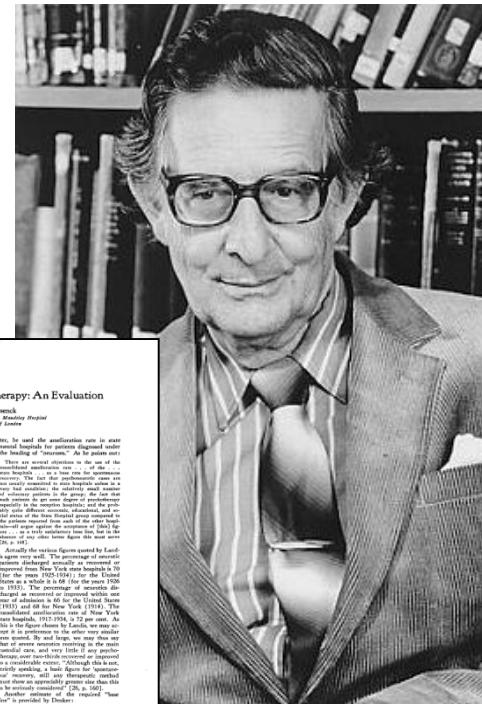
The Effects of Psychotherapy: An Evaluation
H. J. Eysenck
Journal of Consulting Psychology

The communication of the Committee on Training in Clinical Psychology of the American Psychological Association in their field of interest has been summarized by Landis in a series of papers (10, 11, 12). Of the many contributions to this discussion, the one which I have found most useful and which I have selected to be presented here is the one by Landis. As he pointed out, the most cogent one against the hypothesis that psychotherapy is effective is the finding that, although there is no question that the skills possessed by the psychotherapist can be used effectively in the treatment of mental illness, it seems worth while to examine the question of whether or not the patient can benefit from the attempt to seek alleviation on a patient of fact.

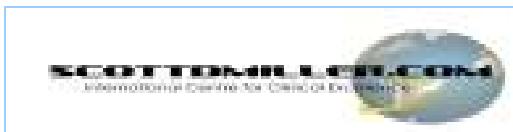
Base Line and Units of Measurement

In his article, Landis makes a very good argument on evaluation. Landis has pointed out that it is necessary to establish a base line and a comparison group before any claim can be made. The measure available is the report made by the patients themselves concerning their own improvement. This can be probably as satisfactory as any type of measurement, but it is not necessarily so. Both the one and had points of such little value that Landis suggests "that of experiencing therapeutic improvement" as a base line. He also suggests that "the number of cases which have been recovered or improved per 100 cases admitted to hospital" as a base line. Landis also suggests that "the percentage of patients who improve from New York state hospitals is 70 percent, and the percentage of patients who improve from private hospitals is 60 percent." Landis states as a whole it is 66 percent for the year 1926 and 70 percent for the year 1950. Landis also states that "the percentage of patients who improve as measured or recovered within one year after admission to hospital is 66 percent." Considering the information given by Landis, we may say that the figure chosen by Landis is probably quite good. By and large, we may say that our present knowledge of the effectiveness of psychiatric care, and very little of any psychiatric treatment, is based on the base line of self-reports. Strictly speaking, a base figure for "spontaneous recovery" would be better, but this is not available and must show an apparently greater size than this figure. Another estimate of the required "base line" is provided by Becker.

339



Hans Eysenck, Ph.D.



Eysenck, H. (1952). The effects of psychotherapy: An evaluation. *Journal of consulting Psychology*, 16, 319-324.

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 the Species

The Missing Link

“Species undergo modification, and ...existing forms of life are the descendants...of pre existing forms.”

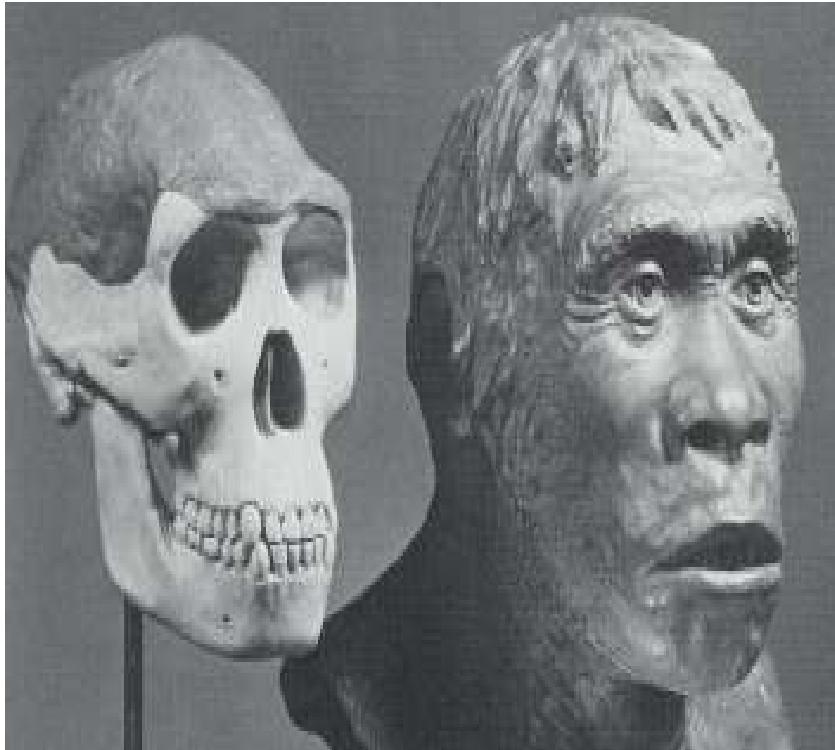
The absence of “intermediate links...is the most obvious and grave threat against my theory...”



Darwin, C. (1859). *On the Origin of the Species*. London, England: John Murray, p. 249.

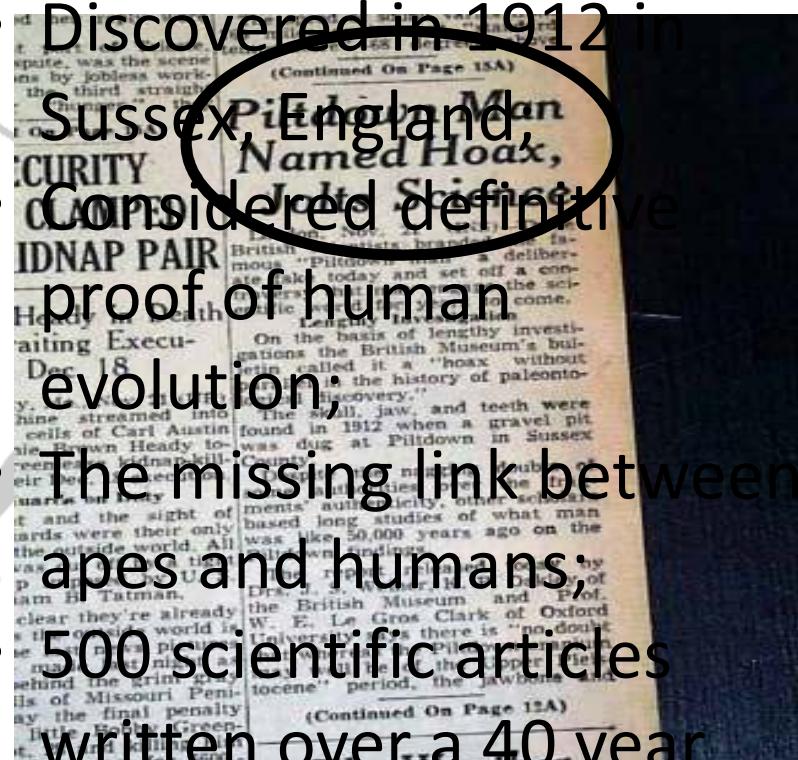
The Evolution of Psychotherapy

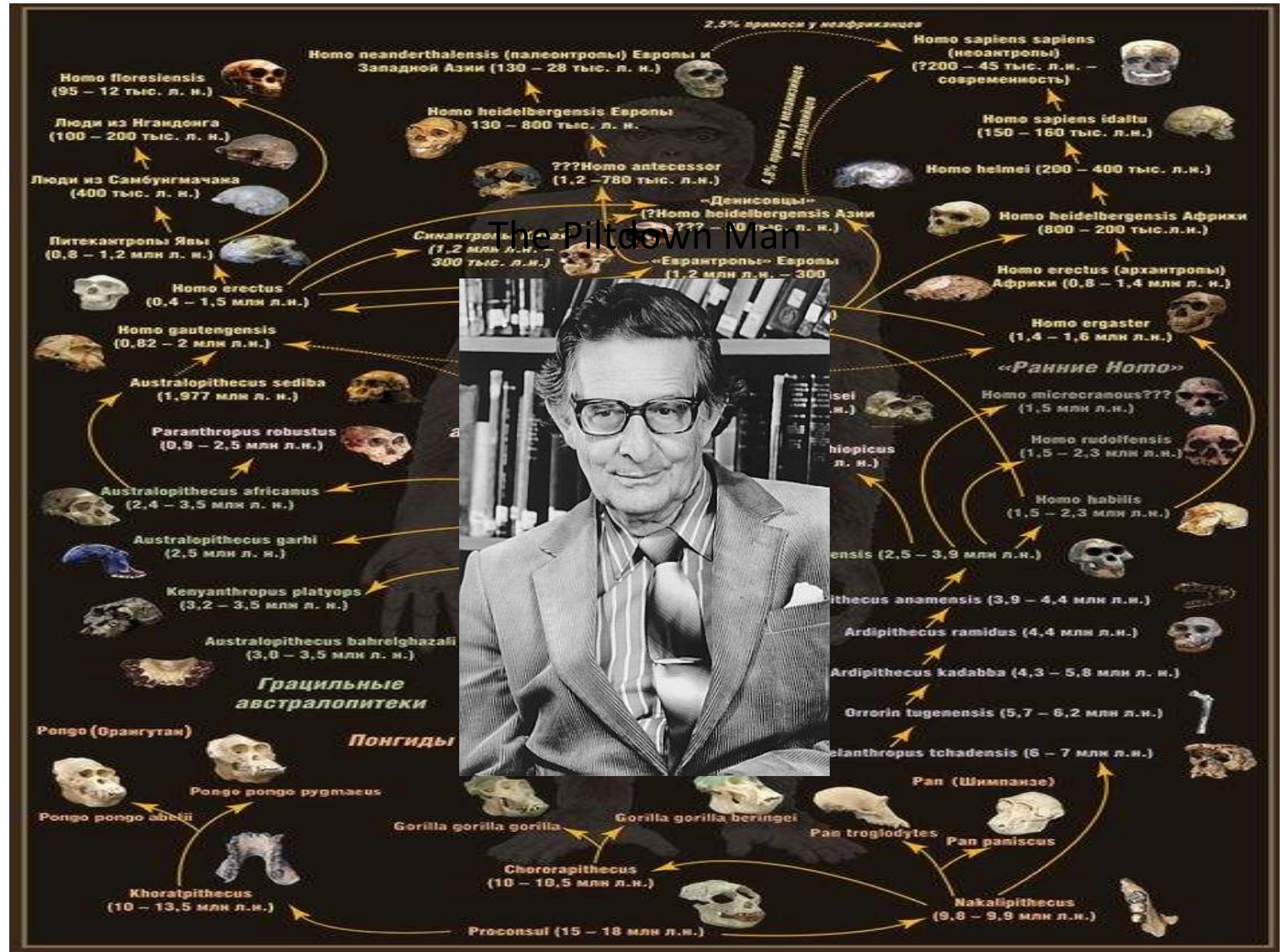
The Missing Link



Eoanthropus Dawson

- Discovered in 1912 in Sussex, England,
- Considered definitive proof of human evolution;
- The missing link between apes and humans;
- 500 scientific articles written over a 40 year period.





The Evolution of Psychotherapy:

The Evidence



- Sixty years and 1000's of studies later:

“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.”

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 Evidence

- 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).

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

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.

Minami, T., Wampold, B., Serlin, R., Hamilton, E., Brown, G., Kircher, J. (2008). Benchmarking for psychotherapy efficacy. *Journal of Consulting and Clinical Psychology*, 75 232-243.

The Evolution of Psychotherapy:

The Missing Link

Despite being on the scene for nearly 150 years, psychotherapy does not, and has never had mass appeal:

- *The majority of people who could benefit (~25%), do not go (75-85%)*
- *Fewer and fewer are turning to psychotherapy—33% less than did 20 years ago;*
- *Most never return after the first appointment (~57%).*

Swift, J. & Greenberg, R. (2015). Premature termination in psychotherapy. Washington, D.C.: APA Press.

Guadiano, B., Miller, I. (2013). The evidence-based practice of psychotherapy. *Clinical Psychology Review*, 33, 813-824.

World Health Organization (2001). Mental disorders affect 1 in 4 people. http://www.who.int/whr/2001/media_centre/press_release/en/ Retrieved October 29, 2015

World Health Organization (May, 2017). Three out of four people suffering from depression do not receive adequate treatment.

<http://www.euro.who.int/en/media-centre/sections/press-releases/2017/3-out-of-4-people-suffering-from-major-depression-do-not-receive-adequate-treatment>. Retrieved September 27, 2017.

The Evolution of Psychotherapy: The Missing Link



£1,000,000,000

*"Fifty years of research
has shown people
better methods for
engaging and retaining
people in therapy..."*

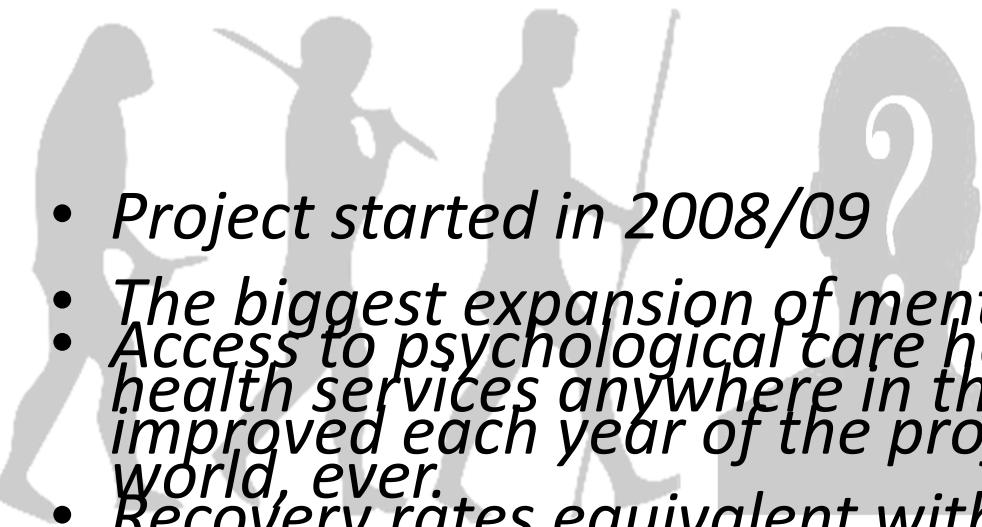
Marshall, D., Quinn, C., Child, S. et al. (2016). What IAPT services can learn from those who do not attend. *Journal of Mental Health*, 25 (5), 410-415.



iapt

Improving Access to Psychological Therapies

The “Good News”



- Project started in 2008/09
- The biggest expansion of mental health services anywhere in the world, ever.
- Access to psychological care has improved each year of the project.
- Recovery rates equivalent with data from randomized controlled trials.

Clark, D. et al. (2009). Improving access to psychological therapy: Initial evaluation of two UK demonstration sites. *Behaviour Research and Therapy*, 47, 910-920.

Marshall, D., Quinn, C., Child, S. et al. (2016). What IAPT services can learn from those who do not attend. *Journal of Mental Health*, 25 (5), 410-415.





Improving Access to Psychological Therapies

The “Bad News”



Despite the 1 billion pound investment over 9 years:

- *85% of those in need do not get treatment;*
- *56% did not engage or discontinued after a single visit;*

Marshall, D., Quinn, C., Child, S. et al. (2016). What IAPT services can learn from those who do not attend. *Journal of Mental Health*, 25 (5), 410-415.

Community and Mental Health Team, NHS Digital (October, 2016).

Improving access to psychological therapies, Executive summary.

<http://content.digital.nhs.uk/catalogue/PUB23186/IAPT-month-oct-2016-exec-sum.pdf>. Retrieved September 27, 2017.

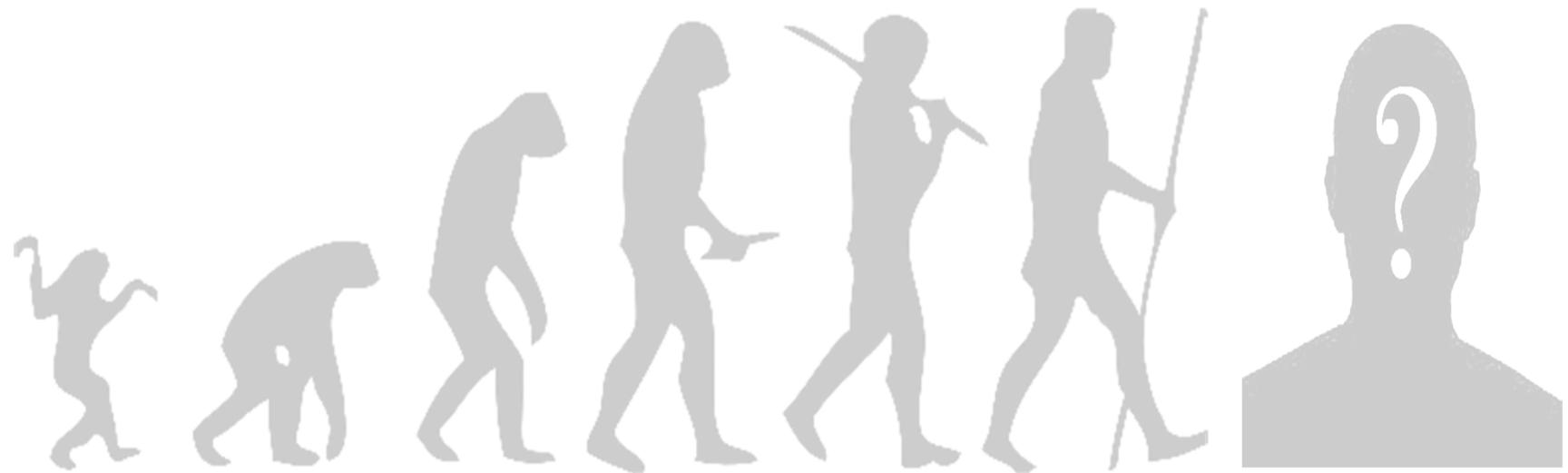


The Evolution of Psychotherapy

ANAHEIM
12/13/17 - 12/17/17

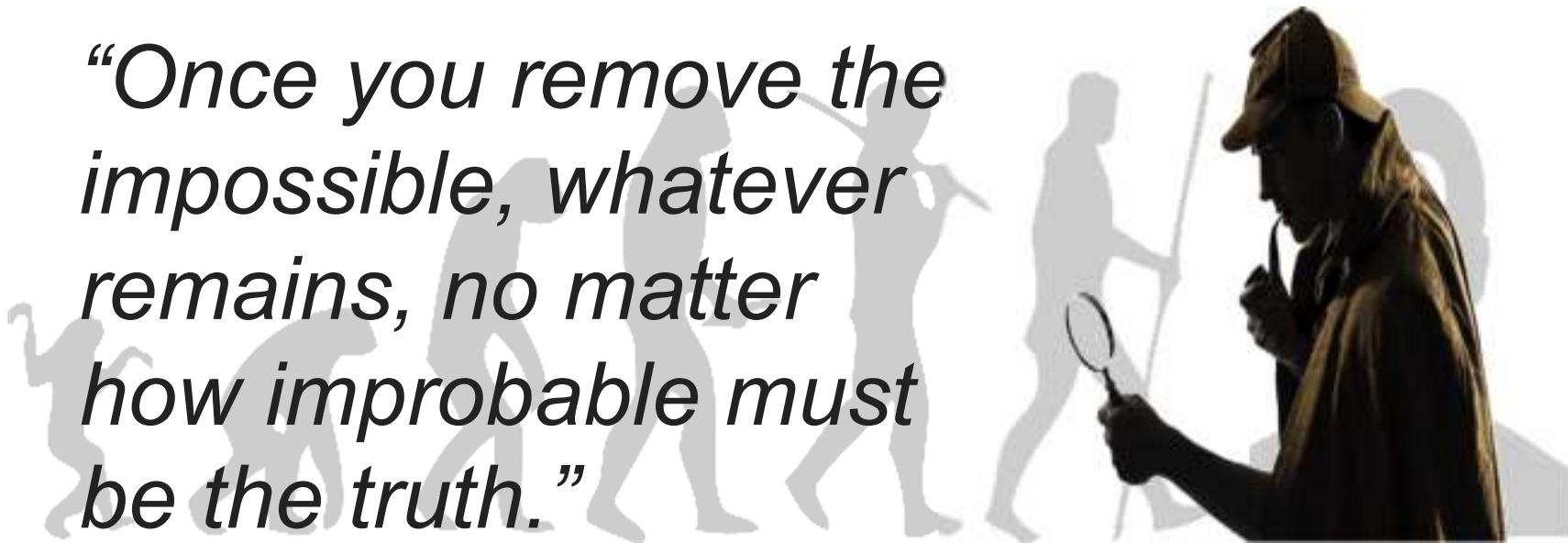
The Evolution of Psychotherapy:

The “Usual Suspects”

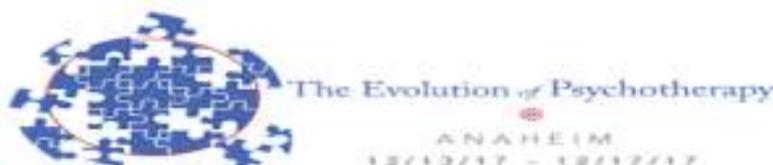


The Evolution of Psychotherapy

“Once you remove the impossible, whatever remains, no matter how improbable must be the truth.”



Sherlock Holmes



The Evolution of Psychotherapy



P• Apparently, more people attend clairvoyants out of pocket to work throughout the “Great Recession” and continuing to be more clairvoyant than see mental health practitioners.
*Psychic services industry has grown at an annual rate of 2-3%;
In the U.S., from 2007-2012, spiritual advisors raked in 2.1 billion dollars.*

Miller, S.D., and Hubble, M.A. (March/April, 2017). How psychotherapy lost its magic. *Psychotherapy Networker*, 41(2), 28-37, 60.

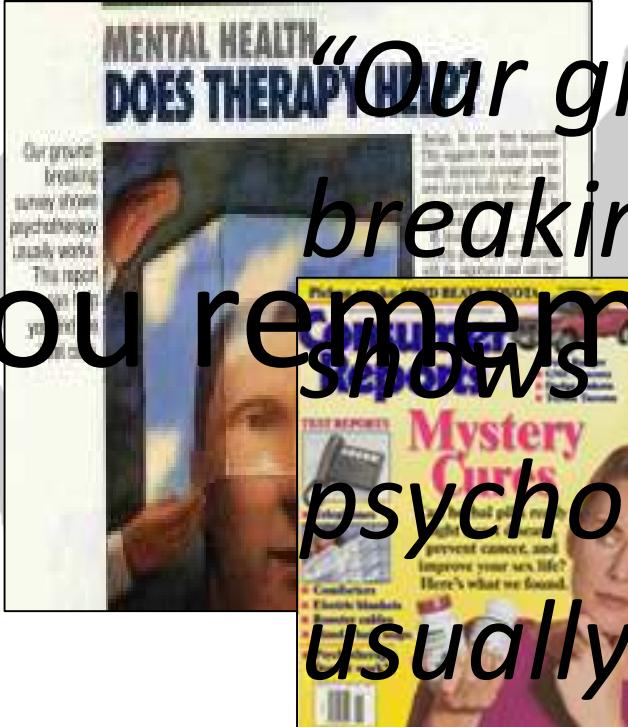
Giang, V. (2013). Psychic consultants are making a killing during the bad economy.
<https://tinyurl.com/y9nxpr5m>. Retrieved October 3, 2017.

Marinova, P. (September 21, 2015). These execs say psychics are helping them make a fortune. *Fortune*.
<http://fortune.com/2015/09/21/psychic-business-advice/>. Retrieved October 3, 2017.



The Evolution of Psychotherapy

Do you remember? “Our ground breaking survey shows that psychotherapy usually works...”



Consumer Reports (November, 1995). Mental health: Does Therapy Help? 734-739.

Seligman, M. (1995). The effectiveness of psychotherapy: The Consumer Reports study. *American Psychologist*, 50, 12, 965-974.

The Evolution of Psychotherapy



Farhall, J., Pepping, C., Miller, S.D., and Johnson, L.D. (in preparation).
Psychics, doctors, psychologists and friends: consumer rated effectiveness of
consultations for stress and emotional problems.



Helpfulness, Satisfaction, Improvement



Helpfulness, Satisfaction, Improvement & The Therapeutic Relationship

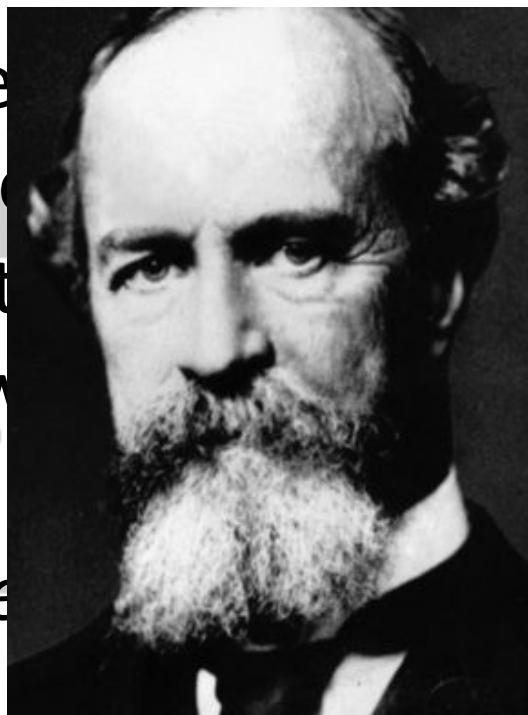
*“The powerful sense
that there are
patterns, forces,
energies, and entities
operating in the world
that...go beyond the
boundaries of natural
phenomena...”*



Hood, B. (2008). *SuperSense*. New York: Harper Collins, p. 8

The Evolution of Psychotherapy

"They [psychic healers] are proving by the most recent new results that the relation may be well present described as the relation of one person to another person."



William James



The Evolution of Psychotherapy
An International Journal

James, W. *Essays, Comments, and Reviews*. Boston, Massachusetts: Harvard University Press, p. 148.

The Evolution of Psychotherapy



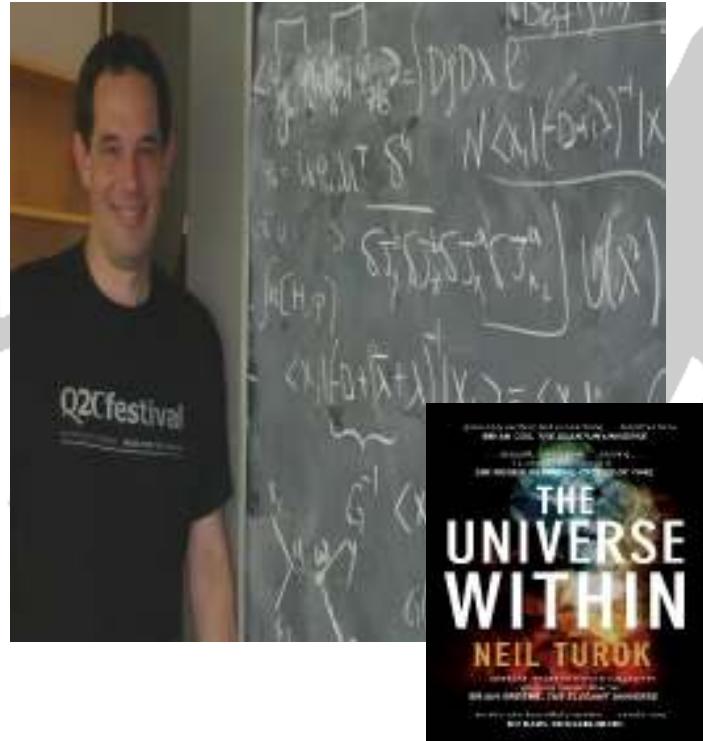
Schmeidler, G. (1945). Separating the sheep
from the goats. *Journal of the American Society
for Psychical Research*, 39, 46-49

The Evolution of Psychotherapy





The Evolution of Psychotherapy:

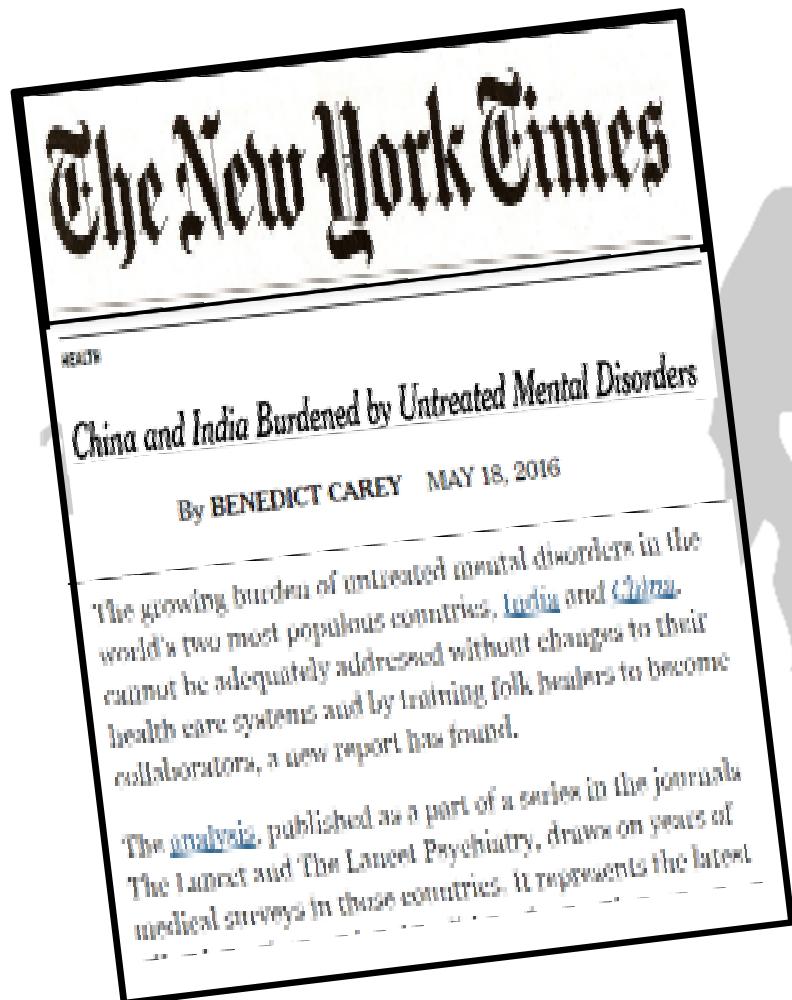


"It is time to connect our science to our humanity, and in doing so to raise the sights of both"

Physicist Nick Turok

Tallis, R. (May 27, 2013). Philosophy isn't dead yet. *The Guardian*.
<https://www.theguardian.com/commentisfree/2013/may/27/physics-philosophy-quantum-relativity-Einstein>. Retrieved September 27, 2017.

The Evolution of Psychotherapy:



"In the past decade China and India have taken steps to expand access...includ[ing] traditional healers, herbalists, and spiritual guides.

Carey, B. (May 18th, 2016). China and India burdened by untreated mental disorders.

<https://www.nytimes.com/2016/05/19/health/china-and-india-burdened-by-untreated-mental-disorders.html>.

Retrieved October 11, 2017.