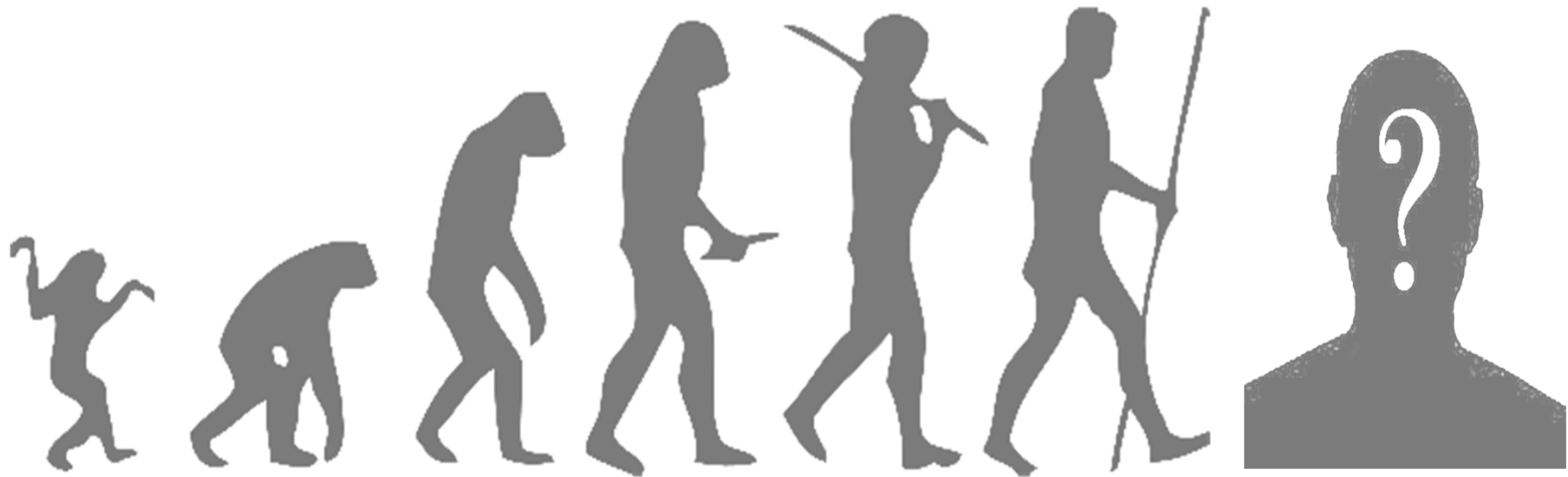


The Missing Link:

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



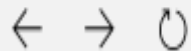
Scott D. Miller, Ph.D.

International Center for Clinical Excellence



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scottdmiller.com



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ABOUT SCOTT

PUBLICATIONS

TRAINING AND
CONSULTATION

WORKSHOP CALENDAR

FIT MEASURES LICENSING

FIT SOFTWARE TOOLS

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TOP PERFORMANCE BLOG

CONTACT SCOTT

Improving Therapist Effectiveness: What Works and does not Work?

OCTOBER 13, 2016 BY SCOTTD M – 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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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.



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Origins of the “Talking Cure”



*“If someone
speaks, it
gets lighter.”*



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

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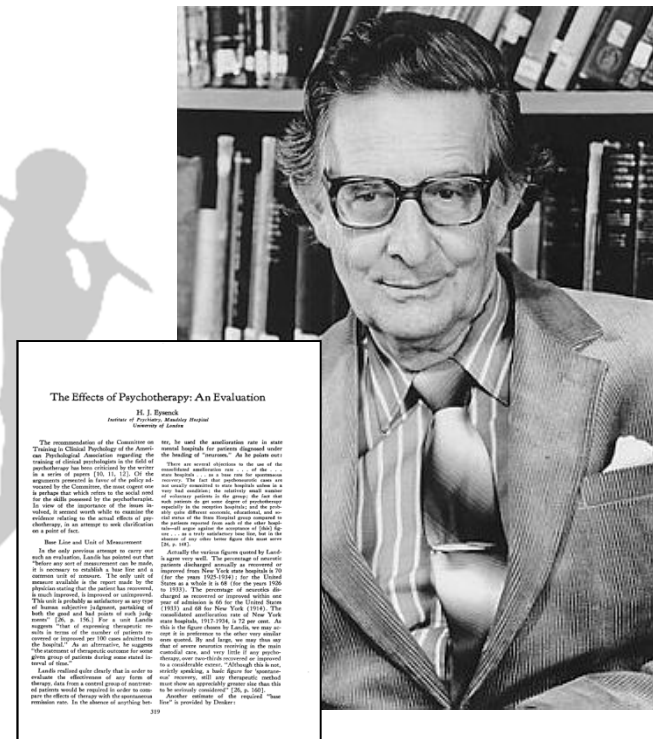
“Psychoanalysis is not a fad; It is a science. Do *not* underestimate it. It can help...

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.”



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...”

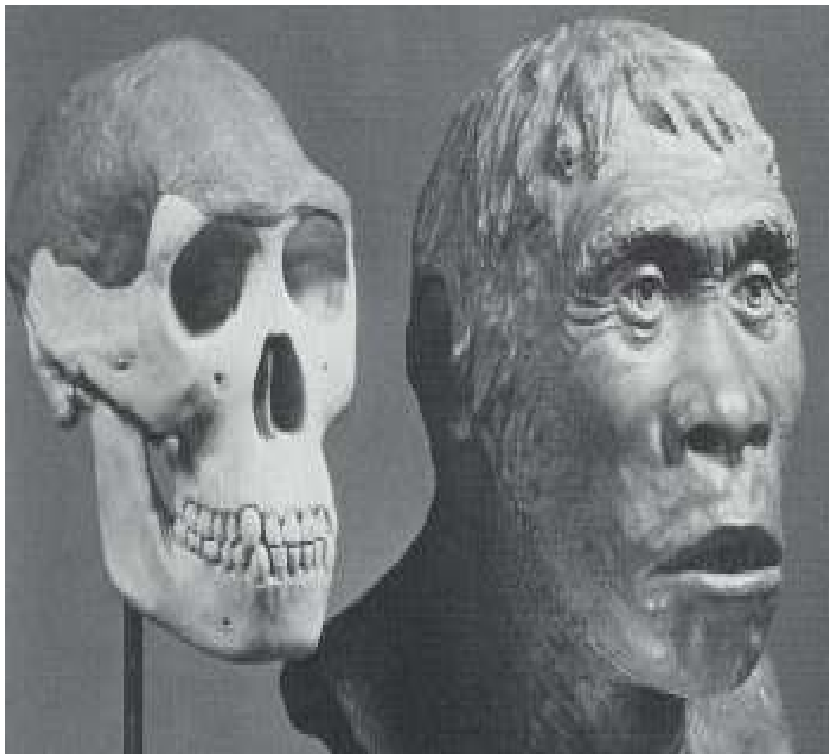


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Darwin, C. (1859). *On the Origin of the Species*. London, England: John Murray, p. 249.

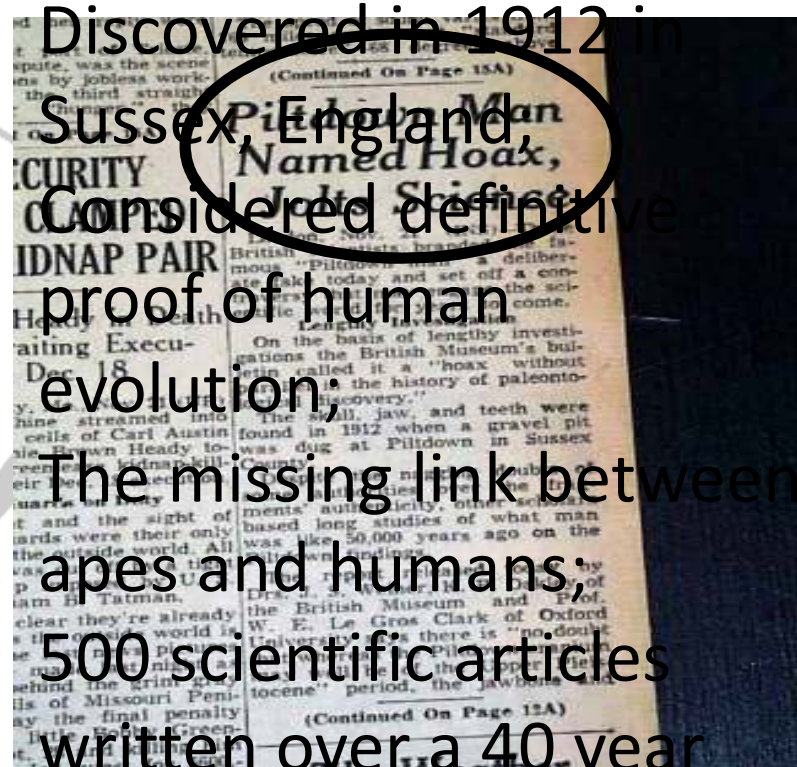
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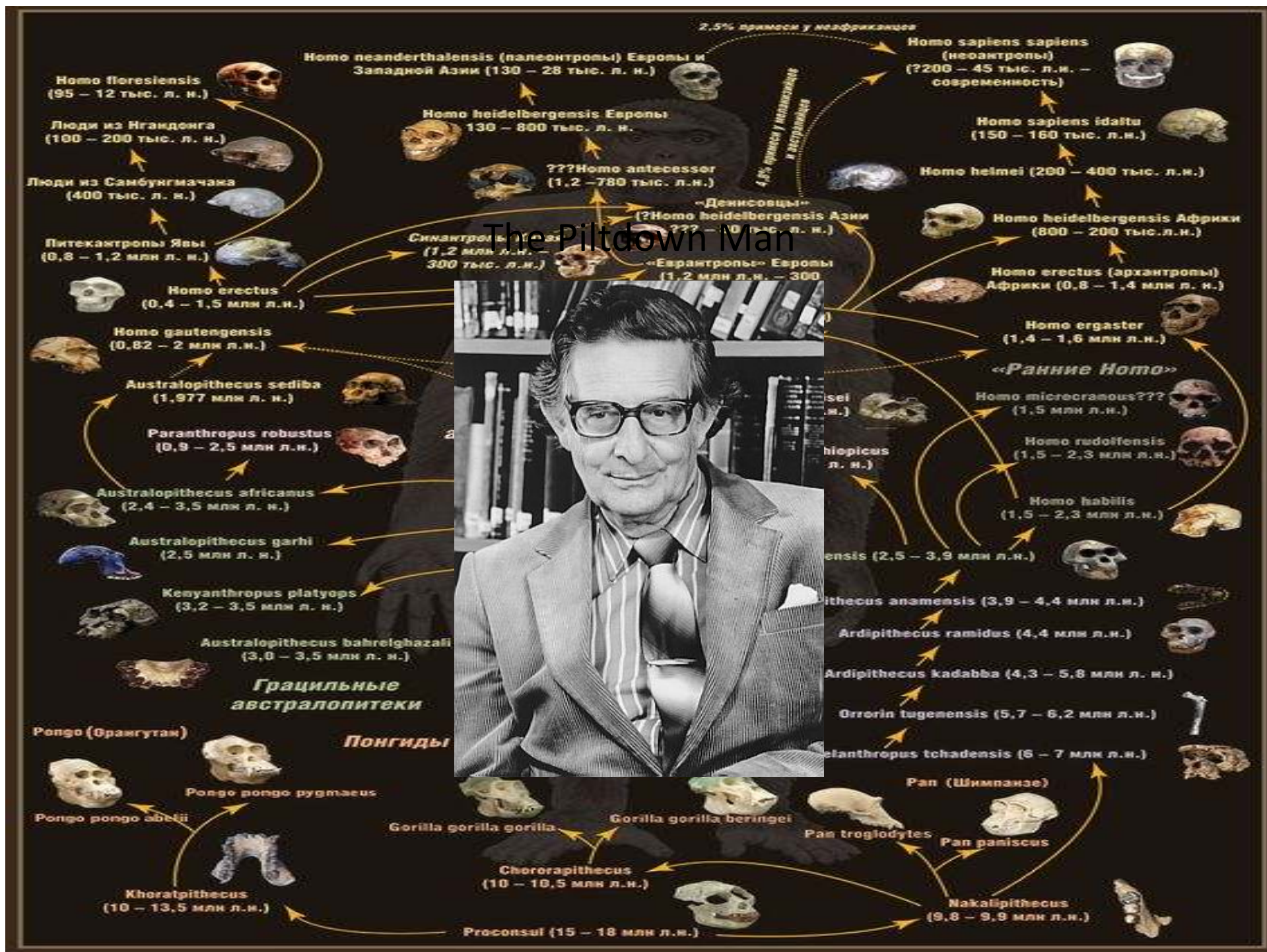
The Missing Link



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.



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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 still not produced
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.



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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.

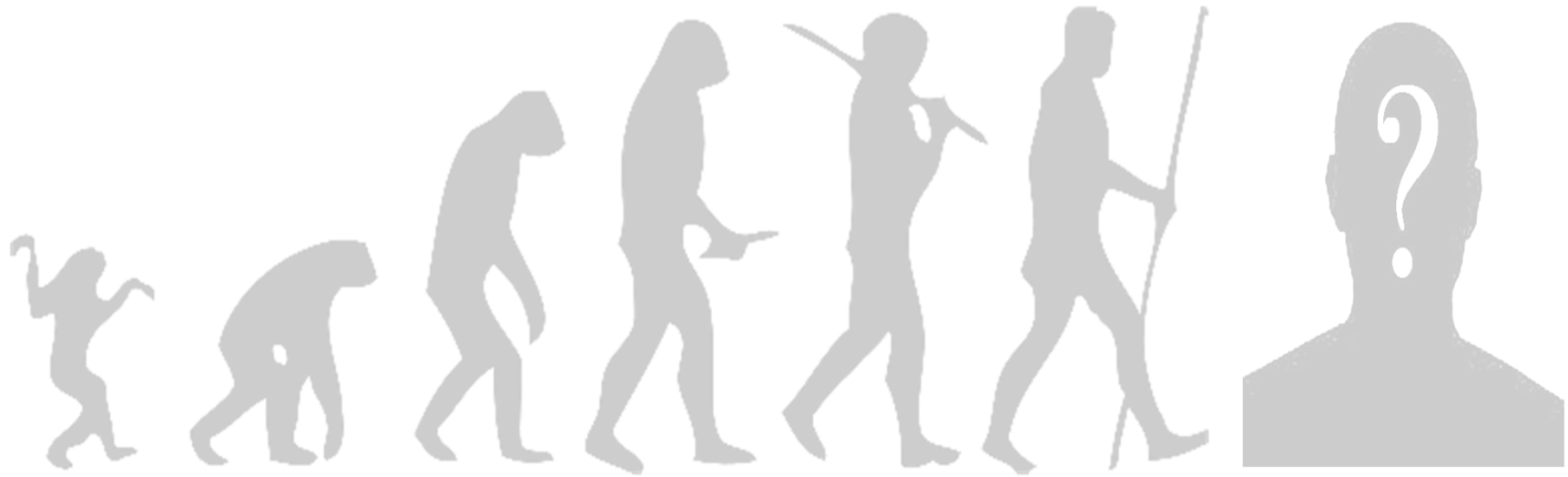


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The Evolution of Psychotherapy: The “Usual Suspects”



The Evolution of Psychotherapy

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

Sherlock Holmes

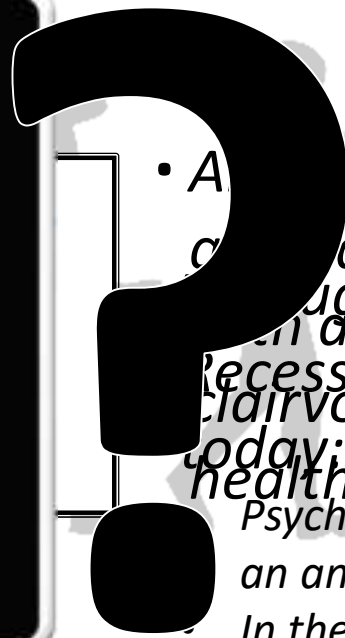


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- Actually, more people attend therapy out of pocket to work through the “Great Recession” and continuing today; health practitioners.

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.



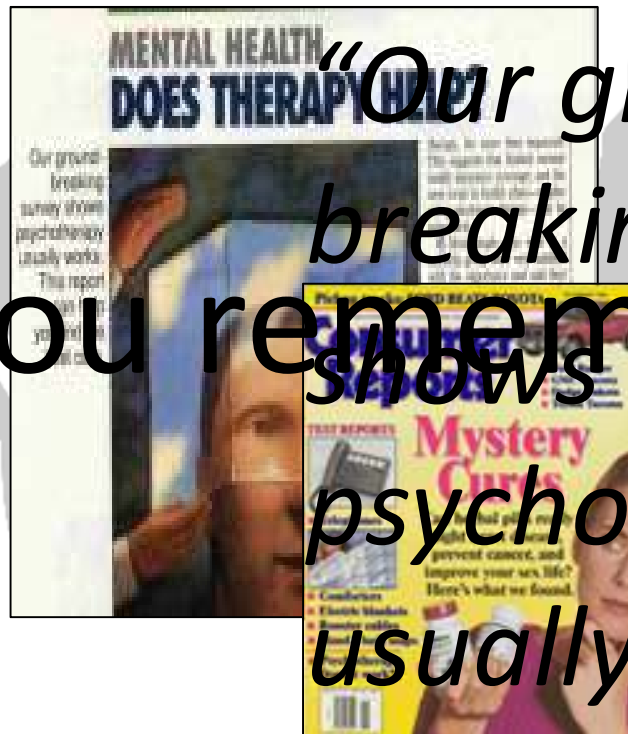
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1970-1971 - 1971-1972

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“Our ground breaking survey shows that psychotherapy usually works...”

Do you remember?



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.

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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.



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1971/1972 - 1977/1978

Helpfulness, Satisfaction, Improvement



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

Helpfulness, Satisfaction, Improvement & The Therapeutic Relationship

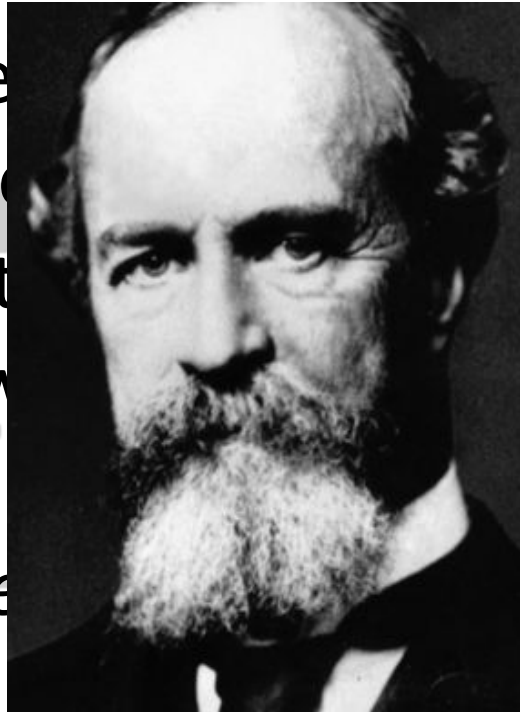
*“The powerful sense
that there are
patterns, forces,
energies, and entities
operating in the world
that...go beyond the
boundaries of natural
phenomena...”*



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

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



William James



The Evolution of Psychology

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

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

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The Evolution of Psychotherapy:



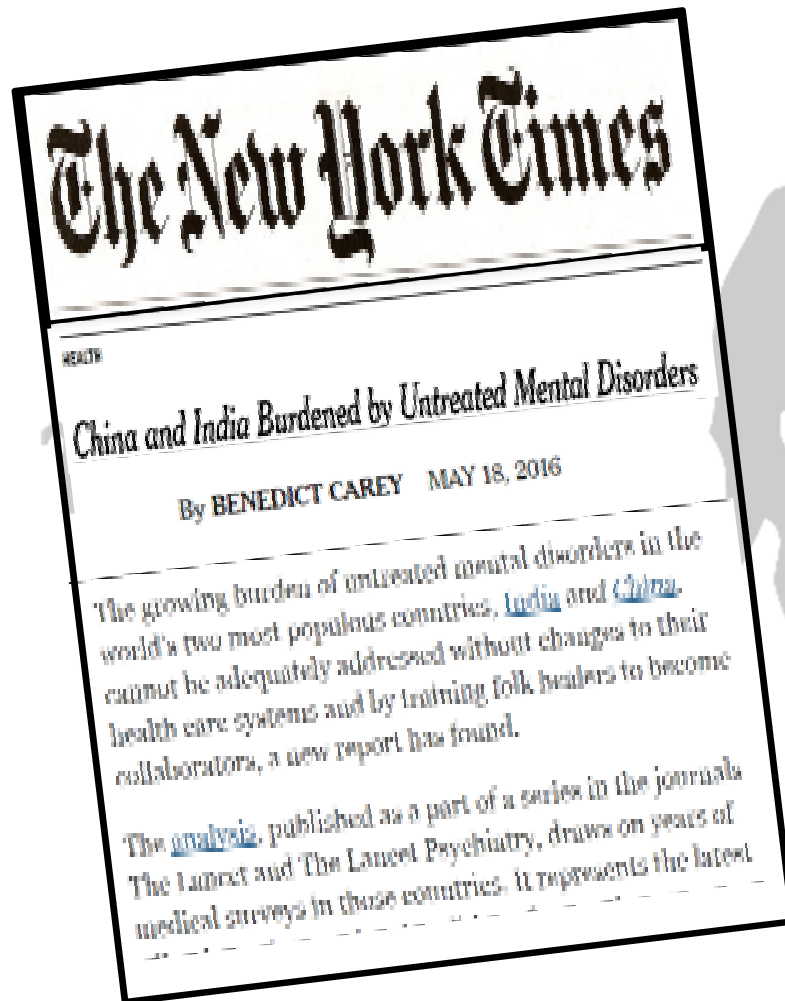
"It is time to connect our science to our humanity, and in doing so to raise the sights of both"

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.