Practice Models and Outcomes

Two Models and a Framework

Systems Framework
- Psychoanalytic Model
- Behavioral Model

Effect Sizes for Therapy Types

<table>
<thead>
<tr>
<th>Therapy Type</th>
<th>Mean Effect Size</th>
<th>N</th>
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<tbody>
<tr>
<td>Cognitive</td>
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<tr>
<td>Cognitive Behavioral</td>
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<td>Developmental</td>
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What Are Negative Outcomes?

*(Strupp & Hadley)*

- Exacerbation of Presenting Problems
- Appearance of New Problems
- Misuse/Abuse of Therapy
- Undertaking Unrealistic Tasks or Goals
- Loss of Trust in Therapy and the Therapist

1. Exacerbation of Existing Problems

- Heightened Resistance or Defensiveness Associated with Increase in Problems
- Generalization of Problems to New Areas
- Loss of Previously Exhibited Equilibrium
- Increased Cognitive Rigidity

2. Appearance of New Problems

- Erosion of Solid Interpersonal Relationships
- Decreased Ability to Experience Pleasure
- Suicidality
- Psychotic Breaks
- Withdrawal, Rage, Dissociation
- Alcohol/Other Drug Abuse
- Criminal Behavior
3. Misuse/Abuse of Therapy

- Substituting Intellectualized Insights for Other Obsessional Thoughts
- Using Insights to Rationalize Feelings of Smugness over Others
- Using Insights to Aggressively Comment on Other’s Behaviors
- Preoccupation with Intrapsychic Phenomena over Solving Problems
- Being a “Good Patient” is Primary Goal

Factors Associated with Negative Effects

- Inaccurate/Deficient Assessment
- Therapist Variables
- Client Variables
- Misapplied and Deficient Technique
- Problems in the Client-Worker Relationship
- Communication Problems

1. Inaccurate/Deficient Assessment vs. Appropriate Assessment

- Cognitive Flexibility, Reality Testing, Coping Skills
- A General Baseline, including
  - Age
  - Capacities
  - Family History
  - Life Situation
- Natural History of Difficulties
- Functional Assessment of Problem Behaviors (How are they adaptive?)

2. Therapist Variables

- Deficiencies in Training and Skills
  - Loose performance criteria in training
  - Inadequate supervision in training
  - Limited available knowledge for training
  - Limited knowledge of therapist
- Therapist’s “Personality”
  - Incompatibility between worker & client
  - Ignorance, incompetence, & the need to exploit the patient
  - Sadomasochism, voyeurism, & faddism
  - Narcissism, greed, seductiveness

3. Client Variables

   (Mays & Franks)

- Impaired or Conflicted Social Support
- Disturbances in the Ability to Communicate with Others
- Disturbances in Mood or Affect
- Disturbances in Identity and Sense of Self
- Disturbances in Impulse Control

3.a. Social Support Difficulties

- Social Isolation
- Intense, Unstable Interpersonal Relations
- Poor Interpersonal Rapport due to Poor Interpersonal Skills
- Important Dependence/Autonomy Conflicts
- Inability to Accept Social Support due to:
  - Hopelessness;
  - Suspiciousness, Ideas of Reference, Paranoia
  - Conflicts About the Meaning of Accepting Help
3.b. Disturbed Communication
- Overuse of Distorted or Indirect Communication
- Digressive, Vague, Overelaborate, Circumstantial, or Metaphorical Speech
- Undue Social Anxiety or Hypersensitivity to Criticism (real or imagined)

3.c. Mood/Affect Disturbances
- Depression
- Inappropriately Intense Anger or Lack of Control over Anger
- Labile Affect (rapid shifts from normal mood to depression, anger, or anxiety)
- Chronic Feelings of Emptiness or Boredom

3.d. Disturbances of Identity & Sense of Self
- Disturbed Identity
  - Self-Image (including body image)
  - Gender Identity
  - Long-Term Goals
- Recurrent Illusions, Depersonalization, or Derealization (not associated with panic attacks)

3.e. Impulse Control
- Impulsive Suicide Attempt
- Actually/Potentially Self-Damaging Behavior
- Eating Disorders
- Impulsive Sexual Patterns
- Alcohol/Other Drug Abuse
- Stealing
- Self-Mutilation

4. Misapplied/Deficient Techniques
- False Assumptions About Scope/Potency of Treatment
- Problems with Goals of Treatment (lack of goals or unrealistic goals)
- Misplaced Focus of Therapy
- Mismatch of Technique to Patient
- Technical Rigidity in Therapy
- Overly Intense Intervention
- Misuse of Interpretation/Insight
- Dependency-Fostering Techniques

5. Client-Worker Relationship Problems
- “Too Little” or “Too Much” Rapport
- Hostile Countertransference (Goldberg)
  - blocking working alliance
  - lack of respect for client’s pain
  - restricting client choice
  - aggressive assault on client defenses
  - disappointed attitude toward client
- Failure to Maintain Appropriate Professional Distance (Dual Relationships)
6. Communication Problems

- Worker’s Inability to Communicate Clearly
- Worker’s Failure to Determine Whether Client Understands
- Client Distortions, Omissions, Falsifications
- Worker’s Failure to Understand Client Communications (especially Nonverbal)