

What works for whom?

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"It is sometimes much more important to know what sort of a patient has a disease than what sort of disease a patient has"

(Osler, 1906)

"What treatment, by whom, is most effective for this individual with that specific problem, and under what set of circumstances?"

(Paul, 1967)

What works for whom?

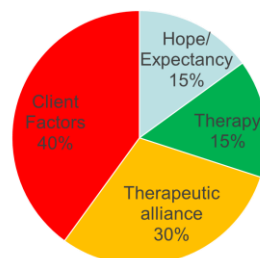
- Evidence based practice
 - Best treatment for symptoms/disorders
- RCT for efficacy of treatments
 - Do not control for individual characteristics
- Transdiagnostic characteristics
- Goal: enhance treatment effectiveness
 - Tailor to individual circumstances

Adapting therapy

- Therapy selection
- Therapeutic alliance
- Adapting therapy to client characteristics
- 200 client variables / 400+ therapies
 - Small to medium effect sizes on outcomes

Therapeutic Outcome

Lambert (1992)



Treatment adaptation

- Norcross & Wampold (2011)
- Meta-analysis for each variable

Demonstrably Effective	Probably Effective	Promising
Reactance/resistance	Stage of change	Expectations
Preferences	Coping style	Attachment style
Spirituality		
Culture		

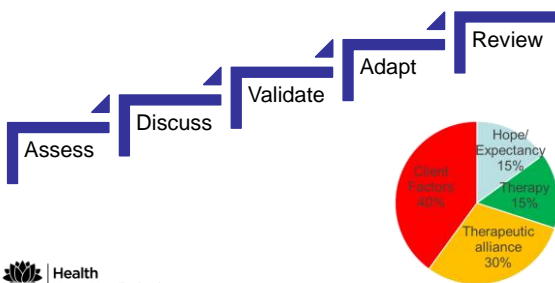


Summary of meta-analysis

Client variable	Clinical tips
Resistance	Therapist directiveness
Preferences	role, therapist, treatment preferences
Religion/Spirituality	Religious, humanistic, nature, cosmos
Culture	Language, client, metaphors, content,
Stage of change	20% in action, adapt style
Coping style	I – interpersonal, insight, E – skill building
Expectations	Match client statements, discuss research
Attachment style	Type, use therapeutic relationship



Clinical process



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