



Presents:

Transitioning from Intuitive Psychotherapy, and Evidence-Based Practice, to Practice-Based Evidence

Friday Morning, December 5

Michael J Lambert, PhD, presenter

Abstract Summary: Methods for collecting, analyzing, and using outcome data as a means of improving psychotherapy outcome will be presented. How such procedures can provide valuable research on theories of change, treatment dosage, cost, and methods for maximizing outcome will be provided for the purpose of illustrating integration of practice and research, thus enhancing the practitioner-scholar model of training. The application of a system to deliver providers with real-time feedback on client 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 client benefit and reduction of treatment failure in clients seeing providers who received feedback compared to treatment-as-usual outcomes will be discussed.

Learning Objectives: At the end of this session, participants will be able to:

- 1) Summarize the steps necessary to produce viable research results from routine practice.
- 2) Describe procedures that need to be adopted in order to integrate research into practice.

Michael J. Lambert, Ph.D., is a Professor and holds an Endowed Chair in Psychology at Brigham Young University, teaching in the Clinical Psychology Program. He has been in private practice as a psychotherapist throughout his career. His teaching includes classes in psychotherapy, psychotherapy supervision, and clinical research methods. His research spans 35 years and has emphasized psychotherapy outcome, process, and the measurement of change. He has edited, authored, or co-authored 9 academic research-based books, and 40 book chapters, while publishing over 150 scientific articles on treatment outcome. He is co-author of the Outcome Questionnaire a measure of treatment effects that is growing in popularity. He has given over 200 presentations across the world, many of them invited addresses.

Dr Lambert received the Brigham Young University's highest honor for faculty research, the Maeser Award, in recognition of his cumulative research accomplishments. He was the recipient of the Distinguished Psychologist Award from Division 29 (psychotherapy) of the American Psychological Association, and the Academic Excellence Award from the Utah Psychological Association. In 2003 he was the recipient of the Distinguished Career Research Award by The Society of Psychotherapy Research for his lifetime contributions to research on professional practice. He recently completed a 5-year appointment as Associate Editor of the *Journal of Consulting and Clinical Psychology*, making editorial decisions on 100 manuscripts per year. In 2004, he edited *Bergin and Garfield's Handbook of*

Psychotherapy and Behavior Change, the most authoritative summary of the effects of psychological treatments.

His current program of research focuses on reducing treatment failure and non response through the use of advanced statistical methods and computer applications. In 2003-5 PacifiCare Behavioral Health honored 100 therapists with a cash award of \$1000, The Michael Lambert Award for Excellence in Practice. Award recipients were identified based on their client's exceptional outcomes. Such an award demonstrates that client treatment outcomes can be routinely measured and that unusually effective providers can be identified and reinforced for their excellence. He is a co-developer of the OQ-Analyst software.

Dates and times: Friday, December 5, 2008 9:00 am – 12:00 pm

Location: Multi Media Room - The School of Professional Psychology at Forest Institute
2885 W. Battlefield Rd, Springfield, MO 65807

Target Audience: ***Required*** for Forest Institute Core Faculty
Adjunct Faculty also invited and encouraged to attend

Registration Fee: No charge

Continuing Education: This workshop is offered for three Continuing Education credits.
Participants must attend the entire session to receive CE credits. No partial credit will be issued.

The School of Professional Psychology at Forest Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Forest Institute maintains responsibility for the program and its content.

Registration for Morning, December 5, 2008

Core Faculty: Notify Dr Wood if you will not be able to attend

Adjunct Faculty: Notify Dr Jaberg by December first if you will attend



Presents:

What is Meant by Empirically Supported Treatment and How We Can Be More Responsive Psychotherapists

Friday Afternoon, December 5
Michael J Lambert, PhD, presenter

Abstract Summary:

The effective ingredients of psychotherapy will be discussed and methods for ensuring their use in enhancing psychotherapy outcomes will be presented. Participants will be exposed to the use of clinical decision support tools based on common factors research. A Clinical Support Tool Manual that includes a questionnaire and normative data with cut scores that trigger the use of specific interventions that enhance treatment outcomes will be presented. Applications with adults and children will be discussed.

- 3) Participants will be able to use a decision tree problem solving strategy and brief psychological test to prompt changes in the course of psychotherapy.
- 4) Participants will be able to generate further ideas for decision support tools in psychotherapy.

Michael J. Lambert, Ph.D., is a Professor and holds an Endowed Chair in Psychology at Brigham Young University, teaching in the Clinical Psychology Program. He has been in private practice as a psychotherapist throughout his career. His teaching includes classes in psychotherapy, psychotherapy supervision, and clinical research methods. His research spans 35 years and has emphasized psychotherapy outcome, process, and the measurement of change. He has edited, authored, or co-authored 9 academic research-based books, and 40 book chapters, while publishing over 150 scientific articles on treatment outcome. He is co-author of the Outcome Questionnaire a measure of treatment effects that is growing in popularity. He has given over 200 presentations across the world, many of them invited addresses.

Dr Lambert received the Brigham Young University's highest honor for faculty research, the Maeser Award, in recognition of his cumulative research accomplishments. He was the recipient of the Distinguished Psychologist Award from Division 29 (psychotherapy) of the American Psychological Association, and the Academic Excellence Award from the Utah Psychological Association. In 2003 he was the recipient of the Distinguished Career Research Award by The Society of Psychotherapy Research for his lifetime contributions to research on professional practice. He recently completed a 5-year appointment as Associate Editor of the *Journal of Consulting and Clinical Psychology*, making editorial decisions on 100 manuscripts per year. In 2004, he edited *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*, the most authoritative summary of the effects of psychological treatments.

His current program of research focuses on reducing treatment failure and non response through the use of advanced statistical methods and computer applications. In 2003-5 PacifiCare Behavioral Health honored 100 therapists with a cash award of \$1000, The Michael Lambert Award for Excellence in Practice. Award recipients were identified based on their client's exceptional outcomes. Such an award demonstrates that client treatment outcomes can be routinely measured and that unusually effective providers can be identified and reinforced for their excellence. He is a co-developer of the OQ-Analyst software.

Dates and times: Friday, December 5, 2008 1:30 – 3:30 pm

Location: Multi Media Room - The School of Professional Psychology at Forest Institute
2885 W. Battlefield Rd, Springfield, MO 65807

Target Audience: **Required** for Forest Institute Core Faculty
Adjunct Faculty also invited and encouraged to attend

Registration Fee: No charge

Continuing Education: This workshop is offered for two Continuing Education credits.
Participants must attend the entire session to receive CE credits. No partial credit will be issued.

The School of Professional Psychology at Forest Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Forest Institute maintains responsibility for the program and its content.

Registration for Afternoon, December 5, 2008

Core Faculty: Notify Dr Wood if you will not be able to attend

Adjunct Faculty: Notify Dr Jaberg by December first if you will attend