

MODULE 72 EVALUATING PSYCHOTHERAPIES AND PREVENTION STRATEGIES

EVALUATING PSYCHOTHERAPIES

- **META-ANALYSIS** is a statistical procedure that combines the conclusions of a large number of different studies.
- To encourage **EVIDENCE-BASED PRACTICE** in psychology, the APA and others clinical decision making that integrates the best available research with clinical expertise and patient characteristics and preferences.
- **THERAPEUTIC ALLIANCE** is a bond of trust and mutual understanding between a therapist and client, who work together constructively to overcome the client's problem.

Therapists and their training

**TABLE 51.2
THERAPISTS AND THEIR TRAINING**

| Type | Description |
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| Clinical psychologists | Most are psychologists with a Ph.D. and expertise in research, assessment, and therapy, supplemented by a supervised internship. About half work in agencies and institutions, half in private practice. |
| Clinical or psychiatric social workers | A two-year Master of Social Work graduate program plus post-graduate supervision prepares some social workers to offer psychotherapy, mostly to people with everyday personal and family problems. About half have earned the National Association of Social Workers' designation of clinical social worker. |
| Counselors | Marriage and family counselors specialize in problems arising from family relations. Pastoral counselors provide counseling to countless people. Abuse counselors work with substance abusers and with spouse and child abusers and their victims. |
| Psychiatrists | These physicians specialize in the treatment of psychological disorders. Not all psychiatrists have had extensive training in psychotherapy, but as M.D.s they can prescribe medications. Thus, they tend to see those with the most serious problems. Many have a private practice. |

PREVENTING PSYCHOLOGICAL DISORDERS

- **RESILIENCE** is the personal strength that helps most people cope with stress and recover from adversity and even trauma.

BE ABLE TO ANSWER: What is the difference between preventive mental health and psychological or biomedical therapy?

PRACTICE FRQ: Explain the three sides of evidence-based clinical decision making.