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INSTITUTE
Evidence-Based
Psychological Treatment

Ways of using research which help clinicians, patients and commissioners


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Stewart & Chambless (2007)

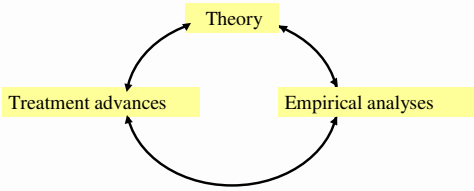
- Approx 600 psychologists in independent practice
- Reported they rely primarily on clinical experiences to inform treatment decisions although they often consult EST literature
- Enduring research-practice gap




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Clinical observation and existing practice
+
(Existing literature)

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Clark, 2004



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1970s

"Instead of teaching obsessional patients to curtail their ruminations, we should encourage them to produce the thoughts to request" (Rachman, 1971)

ABNORMAL AND NORMAL OBSESSIONS

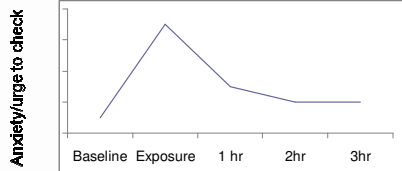
S. RACHMAN and P. DE SILVA

Psychology Department, Institute of Psychiatry, De Crespigny Park, London, SE5 8AF



1980s - Exposure and response prevention

"Interested in the pattern of spontaneous decay of compulsive urges for a number of other theoretical reasons - hopefully it might also reveal something of importance for the design and implementation of therapy for this type of problem" (



1990s Thought Action Fusion Experiment

Think of someone you care about....

I hope that _____ will be in a car accident today



2000s

Tolin DF, Worhunsky P, Maltby N. (2004)



Radomsky, Gilchrist and Dussault (2006)



Beutler, 2009

The well-known chasm that exists between science and practice may be maintained less by the intransigence of practitioners than by the failure of scientists to offer a workable model of how to integrate science to clinicians.