

Evidence and Experience: What do they tell us?

---

---

---

---

---

---

---

---

Evidence based practice

- “The conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients, based on skills which allow the doctor to evaluate both *personal experience* and *external evidence* in a systematic and objective manner”

(Sackett et al, 1997)

---

---

---

---

---

---

---

---

Evidence

“Psychological Therapies in the NHS: **Science, Practice and Policy**”

Research activity can be seen on a continuum

1. Basic science – how, why? Curiosity driven.
2. Translation to development of treatments
3. Treatment efficacy and effectiveness– what works, what works for whom? What works in routine practice?
  - Highly contested
  - What counts as evidence?
  - What is good evidence?
4. Translation to development of policy and implementation
5. NHS delivery

---

---

---

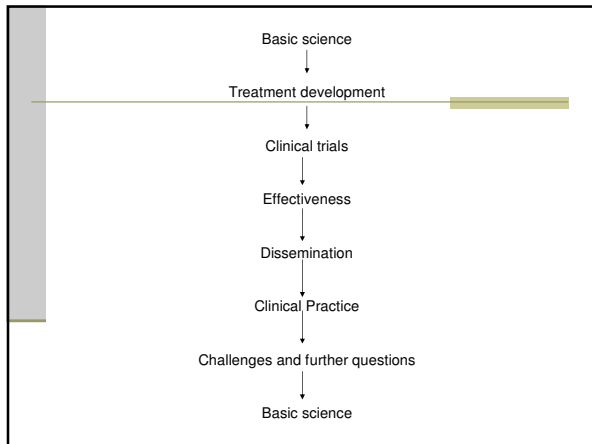
---

---

---

---

---




---

---

---

---

---

---

---

---

**Evidence and experience?**

---

**Children's mental health**

Why is it that the treatment of depression in young people is less effective (on average) than treatment of depression in adults? This is in marked contrast to treatment of anxiety /OCD in children and young people.

What are the key processes or mechanisms which promote recovery in young people? And which ones interfere with recovery.

We know something about outcomes but virtually nothing about processes and change mechanisms– why?

How should we change our current practise to improve our effectiveness working with vulnerable young people?

Do we need different / better psychological theories and models?  
 Are our theoretical models developmentally sensitive and appropriate?  
 Is this an issue of service delivery systems or perhaps of therapist skills?

---

---

---

---

---

---

---

---

**Experience and evidence?**

---

**Culture issues in psychotherapy**

Sensitivity – to difference, to diversity, to assumptions and attitudes, accessibility, training.....

Specificity – theory based, i.e. are there specific cultural differences which create fundamental differences in how disorder is experienced?

PTSD – theoretical models underlie the development of cognitive behavioural treatment. Effective treatment involves working with memories of the trauma and the appraisals made about the event

- How is culture implicated?
- Models of the self – self as individual vs self in a collective context
- Autobiographical memory and appraisal

---

---

---

---

---

---

---

---