

# Evidence Based Therapies

Psychological treatments that have been studied and have been found to be effective

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The following paragraphs will describe cognitive therapy, evidence based therapies for psychological disorders and the process to become a certified cognitive therapist and how to locate certified cognitive therapist.

### Evidence based therapies

Evidence based therapies for psychological disorders are defined as therapeutic protocols that have been subjected to randomized control studies

and have been found to be effective and efficacious treatments. The Division 12 (Clinical Psychology division) of American Psychological Association has further classified the support for efficacious treatments as strong, modest or non supportive ([www.div12.org/PsychologicalTreatments/index](http://www.div12.org/PsychologicalTreatments/index)).

Table 1 contains a list of evidence based psychological therapies with strong support for the treatment of various psychological disorders.

<b>Psychological disorder</b>	<b>Evidence based therapies- strongly supported</b>
<b>Depression</b>	<b>Cognitive therapy</b> <b>Behaviour Activation</b>
<b>Panic disorder</b> <b>Social phobia</b> <b>Generalized anxiety disorder</b>	<b>Cognitive behaviour therapy (CBT)</b>
<b>Post traumatic stress disorder</b>	<b>Cognitive processing therapy</b> <b>Prolonged exposure therapy</b>
<b>Borderline Personality Disorder</b>	<b>Dialectical behavior therapy</b> <b>Schema focused therapy</b>
<b>Bipolar</b>	<b>Psycho education</b>
<b>Schizophrenia</b>	<b>Social skills training</b>
<b>Substance abuse</b>	<b>Motivational interviewing</b>

Table 1

# The principles of Cognitive Therapy

The Division 12 guidelines for efficacious treatments have identified cognitive therapy and cognitive behaviour therapy as being a highly effective treatment for several disorders. Cognitive therapy was developed by Aaron T. Beck in the 1960's as a

structured, short term therapy for the treatment of depression, (Beck, 1995).

In the past fifty years cognitive therapy (CT) has evolved to become the treatment of choice for a variety of emotional disorders. When cognitive therapy incorporates a behavioural component in the conceptualization and treatment of emotional

disorders it is called cognitive behavioural therapy (CBT).

Cognitive therapy is guided by ten principles (Beck, 1995) see box 1.1. These principles inform consumers and referrers about the structure and nature of cognitive therapy, the aims of therapy and the change techniques used in cognitive therapy.

Cognitive therapy is informed by the cognitive model of emotional disorders. The cognitive model suggests that it is how an individual thinks about a situation which influences the emotions they experience and their behaviours. It is the interpretation of the situations, expressed as automatic thoughts, that predisposes the person to depression and anxiety disorders (see fig. 1). The therapist informed by theory, evidence based treatment protocols; clinical experience collaborates with the client to develop a cognitive case conceptualization of their problems.

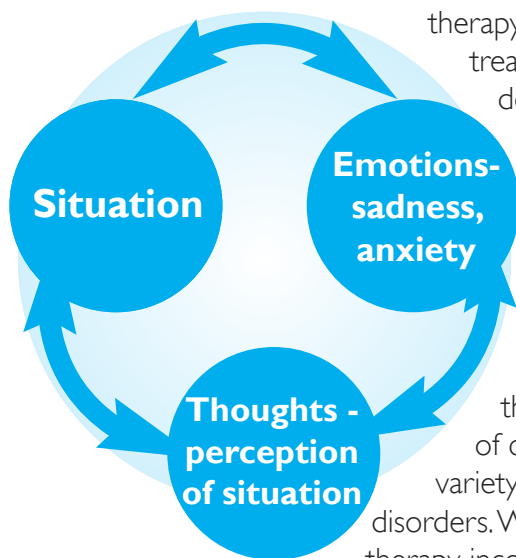


Fig. 1 Cognitive Model

## Box 1.1

### 10 principles of cognitive therapy

1. Cognitive therapy is based on case formulation
2. Cognitive therapy requires therapeutic alliance
3. Cognitive therapy emphasizes collaboration active participation
4. Cognitive is goal oriented and problem focused
5. Cognitive therapy initially emphasizes the present
6. Cognitive therapy is educative
7. Cognitive therapy aims to be time limited
8. Cognitive therapy sessions are structured
9. Cognitive therapy teaches patients to identify, evaluate and respond to their dysfunctional thoughts
10. Cognitive therapy uses a number of techniques to change mood, behaviours and thinking

Note : Adapted from J. Beck (1995)

**Box 1.2****Functions of case conceptualization in CBT**

1. Synthesizes clients experience, CBT theory and research.
2. Normalizes presenting issues.
3. Promotes client engagement.
4. Makes complex problems more manageable.
5. Guides selection, focus and sequence of interventions.
6. Identifies client strengths and suggests ways to build resilience.
7. Suggest the simplest and most cost efficient interventions.
8. Anticipates and addresses problems in therapy.
9. Helps understand non response to therapy and suggest alternative routes.
10. Enables supervision.

Note; Adapted from Kuyken, Padesky & Dudley, (2011).

The case conceptualization describes and explains the presenting issues and as such is a guide for therapy which seeks to improve the distress of the client and build their resilience (Kuyken, Padesky & Dudley, 2011) (see box 1.2).

This definition of case conceptualization suggests that it is an integral part of the treatment process and the ability of the therapist to construct valid case conceptualizations is vital for effective therapy. The training of psychotherapist in cognitive behavioural therapy improves their ability to provide valid and reliable case conceptualizations (Kuyken, Padesky & Dudley, 2011).

A certification in cognitive behavioural therapy indicates to the consumer and referrer that the therapist is trained and competent in cognitive theory and therapy. This is likely to increase the confidence of the referrer in the abilities of the psychologists.

# The process of certification of cognitive behavioural therapists

1

## Intensive training in CBT

Intensive training in cognitive therapy is offered by centers like the Beck Institute. These programmes are yearlong and graduates are invited to apply to the Academy of Cognitive Therapy ([www.academyofct.org](http://www.academyofct.org)).

2

## Apply to Academy of Cognitive Therapy

The Academy of Cognitive Therapy (ACT) is the "only certifying organization for cognitive-behavioral therapy that evaluates the applicants' knowledge and ability of applicants from all mental health fields before granting certification. ....ACT certification indicates to consumers, potential employers, and other clinicians that the individual is a skilled cognitive therapist", ([www.academyofct.org](http://www.academyofct.org)).

3

## Provide documentation of training

- Provide evidence of training in cognitive –behavioural therapy and post graduate degree
- Submit case conceptualizations of actual sessions
- Submit audio tapes of actual sessions

4

## Certification

The credentialing committee has determined that the applicant has demonstrated advance knowledge of the theory and techniques of cognitive-behavioural therapy.

## Choosing a certified therapist

The ACT website has a Find a Certified Cognitive therapist application that will locate certified cognitive therapists in Jamaica, Caribbean and worldwide.

### Patricia Prescott:

#### Certified cognitive therapist in the Caribbean

Ms. Patricia Prescott, MA,ACT, has been a certified cognitive therapist since 2009. She has undergraduate and post graduate degrees in Psychology. These include a Masters in Forensic Psychology and a pending PhD in Clinical psychology. Ms. Prescott was trained in Cognitive Therapy at the Beck Institute from 2005 -2007. She gained her certification from Academy of Cognitive therapy in 2009. Ms. Prescott was born in Barbados and is married and resides in Jamaica.

Ms Prescott can be contacted at (876) 995-5259 or [p\\_prescott@hotmail.com](mailto:p_prescott@hotmail.com) for referrals for cognitive behavioural therapy and evidence based treatment protocols for Borderline PD, Depression, PTSD and Anxiety disorders.

# References

Beck, J. (1995). *Cognitive Therapy: Basics and Beyond*. New York, NY: The Guildford Press.

Kuyken, W., Padesky, C.A., & Dudley, R. (2011). *Collaborative Case Conceptualisation*. New York, NY: The Guildford Press.