

The effectiveness of counselling in private practice

16th May 2020

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Overview of presentation

- *Background*
- *Project aim and method*
- *Results*
- *Conclusions and implications*

Background

Research can...

... enhance “our professional knowledge and [provide] an evidence-base for practice in ways that benefit our clients”

bacp | counselling
changes lives

**Ethical
Framework
for the
Counselling
Professions**

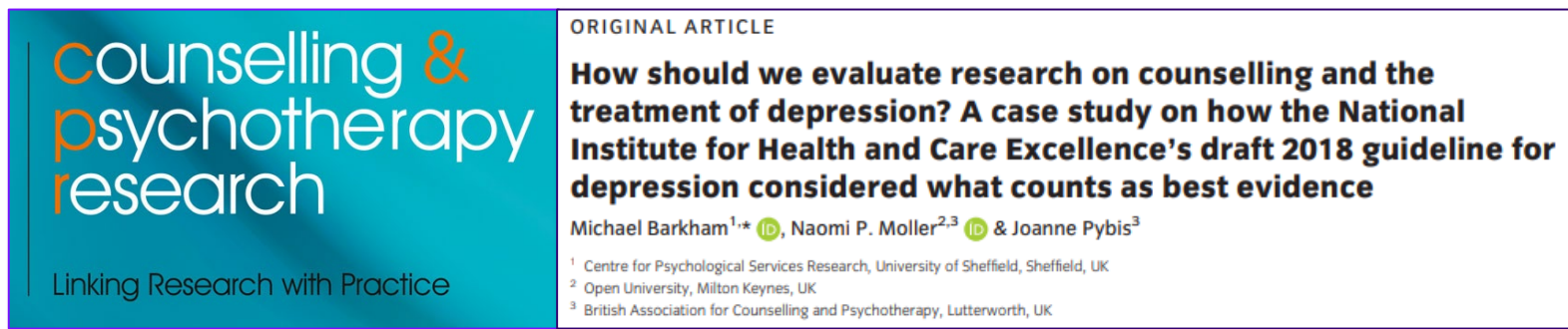
Effectiveness of counselling

Evidence traditionally comes from...

- Randomised controlled trials
- Analyses of several studies

More evidence needed from...

- Qualitative research
- Routine practice-based datasets





counselling & psychotherapy research

Linking Research with Practice

ORIGINAL ARTICLE

How should we evaluate research on counselling and the treatment of depression? A case study on how the National Institute for Health and Care Excellence's draft 2018 guideline for depression considered what counts as best evidence

Michael Barkham^{1,*} , Naomi P. Moller^{2,3}  & Joanne Pybis³

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³ British Association for Counselling and Psychotherapy, Lutterworth, UK

Routine outcome measures

- Self-report measures completed by clients

CORE-10
(psychological
distress)

Over the last week I have felt tense, anxious or nervous.

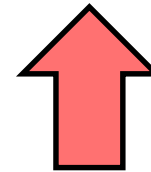
(not at all) 0 1 2 3 4 (most or all of the time)

- Add or average scores for all questions

Session 1 = 2

Session 2 = 3.2

Session 3 = 1.8



Benefits of routine outcome measurement

Therapists

- Tracking therapeutic progress
- Spot patterns otherwise missed patterns



Individual clients

- Client outcomes potentially improved with outcome measures



THE EFFECTS OF PROVIDING THERAPISTS WITH FEEDBACK ON PATIENT PROGRESS DURING PSYCHOTHERAPY: ARE OUTCOMES ENHANCED?

Michael J. Lambert
Jason L. Whipple
David W. Smart
David A. Vermeersch
Stevan Lars Nielsen
Eric J. Hawkins
Brigham Young University



Issues with routine outcome measurement

Therapists

- Time-consuming
- Do not capture therapeutic process

Individual clients

- Question motives for using measures
- Confidentiality issues

Implementing routine outcome monitoring in clinical practice: Benefits, challenges, and solutions

JAMES F. BOSWELL¹, DAVID R. KRAUS², SCOTT D. MILLER³, & MICHAEL J. LAMBERT⁴

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Patients' experiences with routine outcome monitoring and clinical feedback systems: A systematic review and synthesis of qualitative empirical literature

STIG MAGNE SOLSTAD¹, LOUIS GEORGES CASTONGUAY², & CHRISTIAN MOLTU¹

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Benefits of routine outcome measurement

Counselling as a profession


- Pooling routine outcome data enables more robust statistical analyses



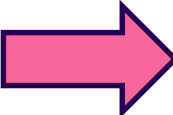
Psychology and Psychotherapy
Theory, Research and Practice

The British Psychological Society

Counselling for young people and young adults in the voluntary and community sector: An overview of the demographic profile of clients and outcomes

Charlie Duncan^{1*} , Barbara Rayment², James Kenrick² and Mick Cooper³

¹British Association for Counselling and Psychotherapy, Lutterworth, UK
²Youth Access, London, UK
³University of Roehampton, London, UK

More routine outcome data  Better evidence for counselling!

Aim of project

Challenge:

Difficult to collect routine outcome data from private practice

Aim:

Pilot an online system with private practitioners to:

1. Support use and interpretation of routine outcome measures
2. Build an evidence base for counselling in private practice

Method

- Project is ongoing

Eligibility criteria

- BACP member
- Working in private practice

Training

- Participating therapists trained in outcome measures and online system

Data collection

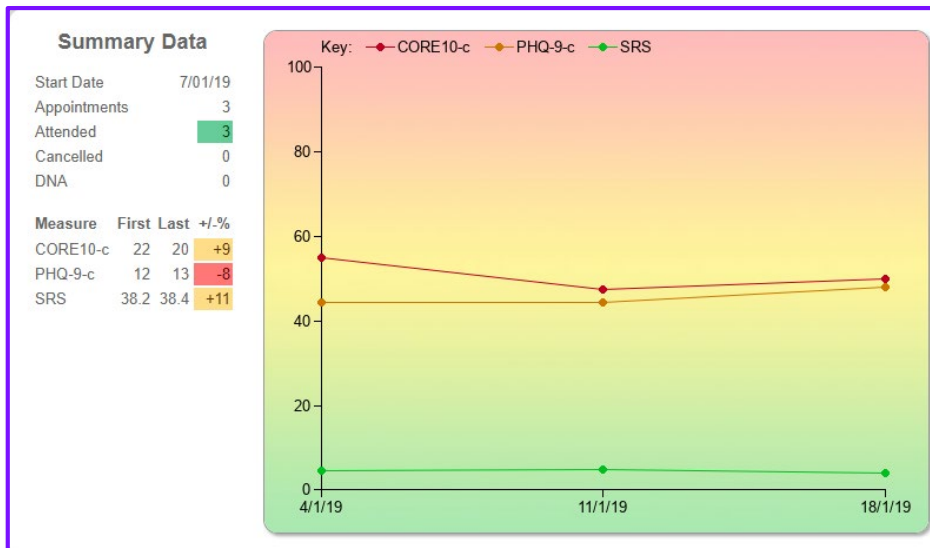
- Participating therapists complete quarterly survey
- Outcome data pooled if both therapist and client consent



Pragmatic TRACKER



- Online system
- Clients complete outcome measures **before, during or after** a session
- Scores recorded and plotted
- Can review a client's progress or attendance
- Can review all clients



Your client summary

Clients:	36
In Treatment:	27
Not seen 10 days:	3
Not seen 30 days:	24
Improved:	13
Improved a little:	0
Not improved:	13
Cancelled Appts:	3

Results

Use of routine outcome measures

- To date, routine outcome data collected and pooled from...

41 therapists

451 clients

3739 sessions

Acceptability of outcome measures

87% of practitioners reported that the outcome measures fit well with their therapeutic style

60% of practitioners asked clients to complete outcome measures every session

Most (93%) clients agreed to complete outcome measures, and most (67%) agreed to share their data for research purposes

Benefits of outcome measures

Guide therapy

“useful launching off point for some sessions.”

Increase understanding

“[developed] a better sense of understanding and deeper awareness for myself and my clients.”

Issues with outcome measures

Not for all clients

“Elderly clients don’t like digital [system] even when face to face.”

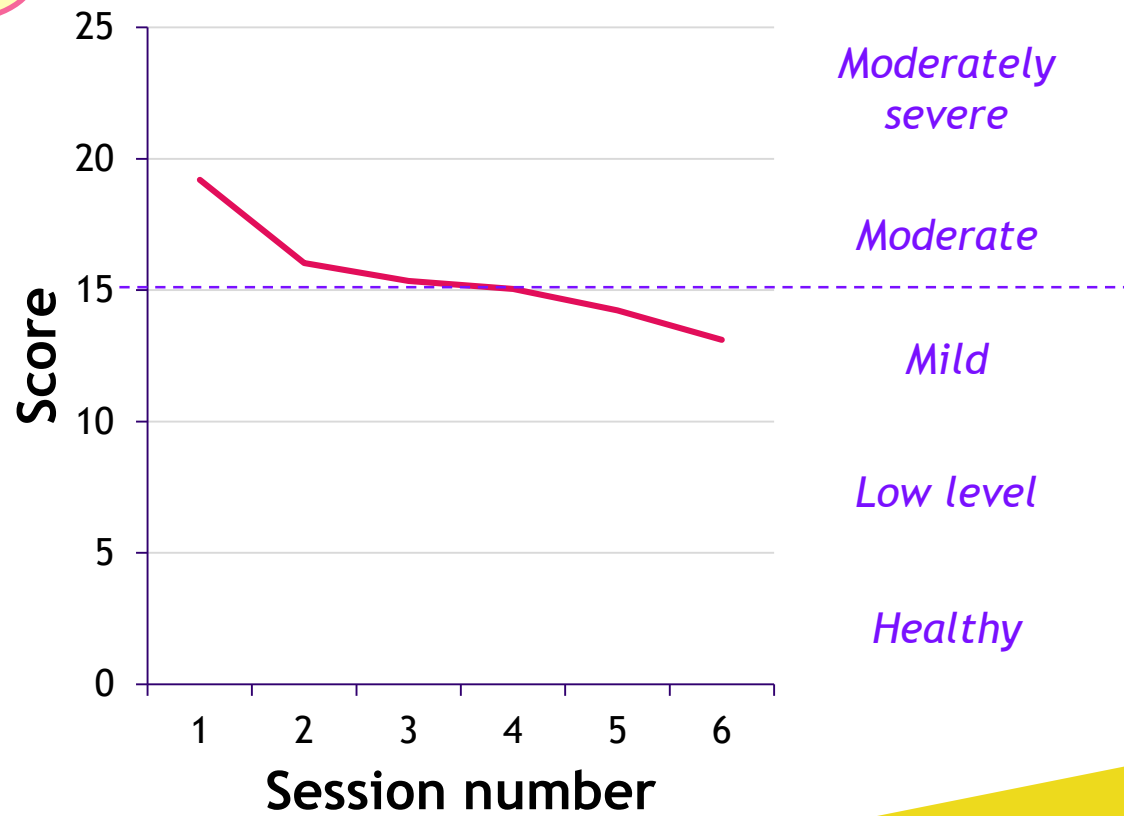
Non completion

“Clients say they’ll do it but they don’t.”

Effectiveness of counselling

118 clients

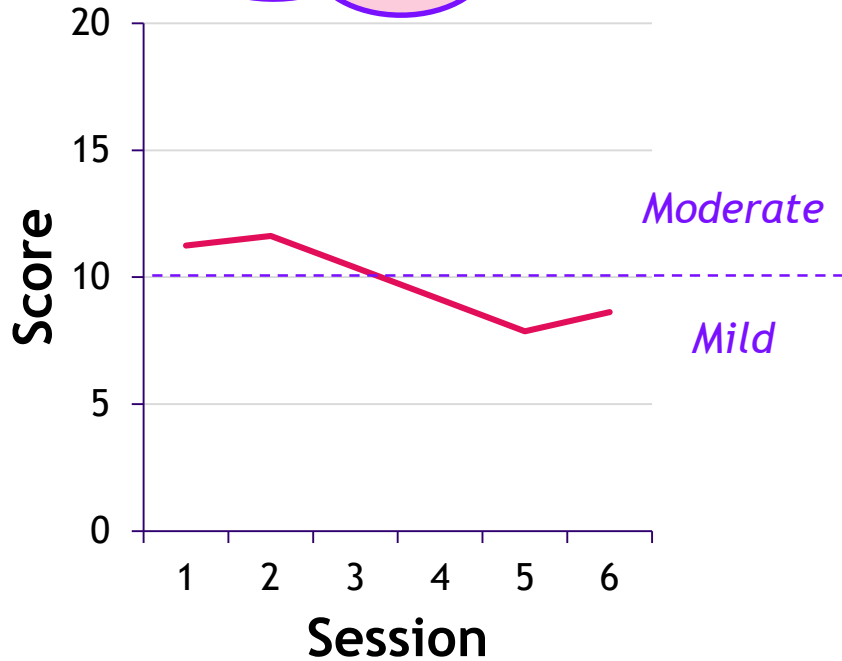
CORE-10
(psychological
distress)



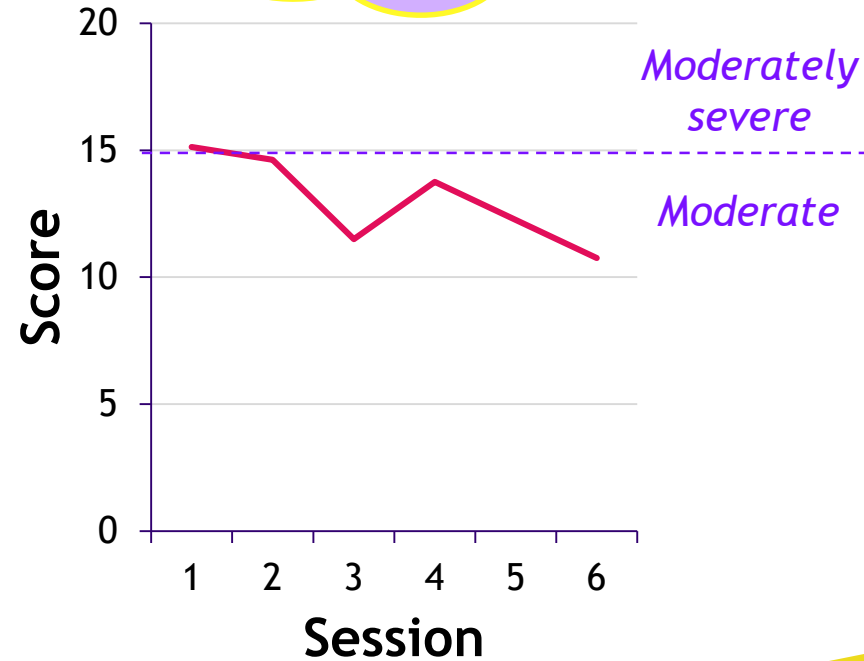
Effectiveness of counselling

8 clients

GAD-7
(anxiety)



PHQ-9
(depression)



Conclusions and implications

Acceptability

Private practitioners

- Use routine outcome measures and online system
- Viewed as valuable clinical tool

“enables the client to come up with theories for their scores”

Clients

- Most complete outcome measures and contribute data for research

Effectiveness of counselling

Over six sessions...

- Steady reduction in severity of psychological distress
- Reduced levels of anxious and depressive symptoms

However...

- We, as a profession, need more data!

Tips for better routine outcome measurement

- Use the same measure(s) each time
- Complete every session
- Keep accurate records of scores

	A	B	C
1	Client	Session	CORE-10 score
2	1	1	3.2
3	1	2	2.8
4	1	3	2.2
5	2	1	2.9
6	2	2	3.4
7	2	3	3.3
8	3	1	2.4
9	3	2	2.3
10	3	3	2.5

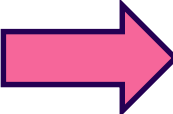
Take-home messages

Most therapists...

- Found routine outcome measures fit their therapeutic style
- Used routine outcome measures every session

Most clients...

- Agreed to complete routine outcome measures
- Contributed their data for research

More routine outcome data  Better evidence for counselling!

Thank you

Contact details

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