

Benefits of Receiving Ongoing Evidence-Based Psychotherapy Consultation

Learning a new Evidence-Based Psychotherapy (EBP) in a workshop setting can seem overwhelming. You may be able to grasp the concepts and techniques of the EBP, but find the implementation feels unnatural at first. You may lose confidence if your attempts to implement the EBP do not go as well as planned. These are common experiences amongst behavioral health providers learning EBPs. Workshops increase knowledge, but do not necessarily solidify clinical competency. Competency requires working experience with the protocol. It is widely understood that post-workshop consultation for providers will positively impact treatment fidelity when seeking to implement new EBPs. Consultation provides support to providers as they gain experience to become competent with a particular EBP. There are two different types of consultation providers might receive following an EBP workshop, conceptual and logistical consultation.

Conceptual Consultation:

Theory-focused case review and feedback by an expert consultant to promote protocol fidelity as well

Logistical Consultation:

Ad hoc, limited duration advice from a colleague or expert consultant, typically addressing a

Conceptual Consultation & Logistical Consultation

Conceptual consultation provides a structured and supportive learning environment that encompasses a more thorough review of treatment protocol fidelity, case conceptualization and application of relevant theory. It is not limited to specific questions or concerns; it is more focused on developing broad based competencies with a particular EBP.

Logistical consultation is typically briefer, focusing on a particular question, set of concerns, or aspect of an intervention. As a result, this type of consultation does not focus on developing broad based competencies but answering perceived obstacles to implementing an EBP.

Both models of consultation can help providers gain more confidence, increase provider competency, and enhance clinical outcomes for patients using EBPs.

The Center for Deployment Psychology can Provide Consultation

The Center for Deployment Psychology (CDP) provides consultation through email, Ask the Expert, and provider message boards. For more information, visit <https://deploymentpsych.org/resources/consultation-services>.

References

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