What makes an effective EBP therapist?
A Good Foundation for all EBP’s

• Foundation for EBP depends on multiple factors
  – Therapeutic alliance
  – Therapist skills
  – Treatment rationale
  – Confidence in techniques
Facilitating the Therapeutic Alliance

- Acknowledge the patient’s courage
- Communicate understanding
- Incorporate personalized examples
- Validate the patient’s experience
- Collaborative Style
  - Incorporate the patient’s judgment about pace and targets of therapy
Important Therapist Skills

• Basic therapeutic skills
  – Empathy
  – Active listening
  – Alliance building

• Knowledge of disorder and its effects

• Knowledge of EBP rationale

• Knowledge of EBP techniques

• Willingness to seek guidance and support
Importance of the Treatment Rationale

• Treatment credibility
  • Perceived treatment credibility is associated with better treatment outcome

• Patient buy-in
  • Patients must see value of treatment effectiveness –believing in rationale and effectiveness is important for behavioral health recovery
Building a Good Foundation for all EBP’s

• Use analogies or metaphors freely to illustrate the treatment or rationale

• Be knowledgeable about the EBP and the research supporting its efficacy

• Convey confidence in the treatment and in your own ability to deliver it effectively
Good therapist first!  
Good EBP Therapist Second

- Is client imminently suicidal or homicidal?
- Psychotic or bipolar and not on appropriate medication?
- Substance dependent (concurrent SUD treatment indicated?)
- At high risk in an unsafe environment? (safety is the priority)
- Actively self-injurious