



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



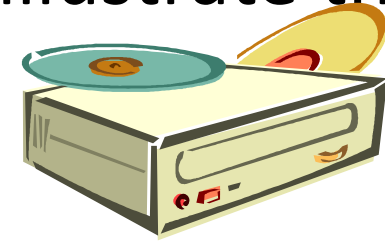
Importance of the Treatment Rationale

- 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

