

Effective Psychotherapy

Dr. Thomas Blank

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Part I: Data

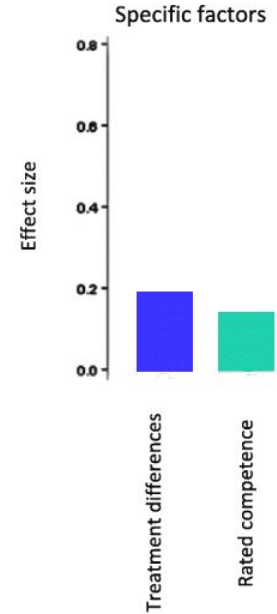


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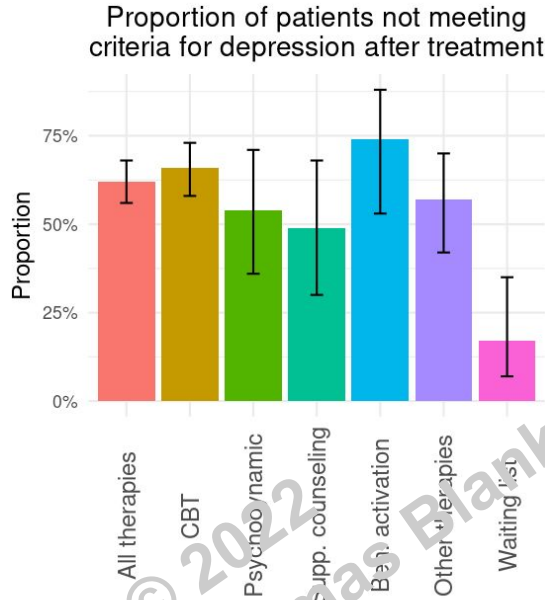
Contextual and specific factors

.. you shouldn't care too much about

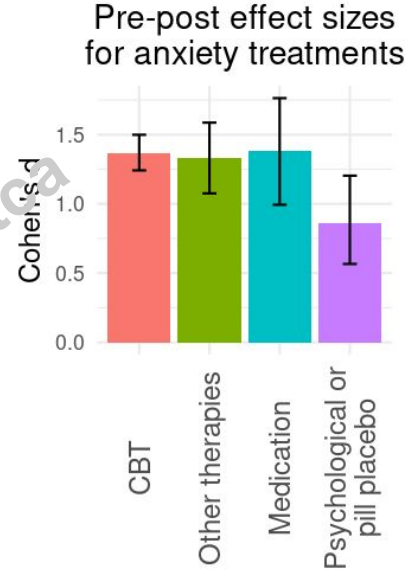
- Psychotherapy method
- Therapist's gender
- Experience



Does psychotherapy help?

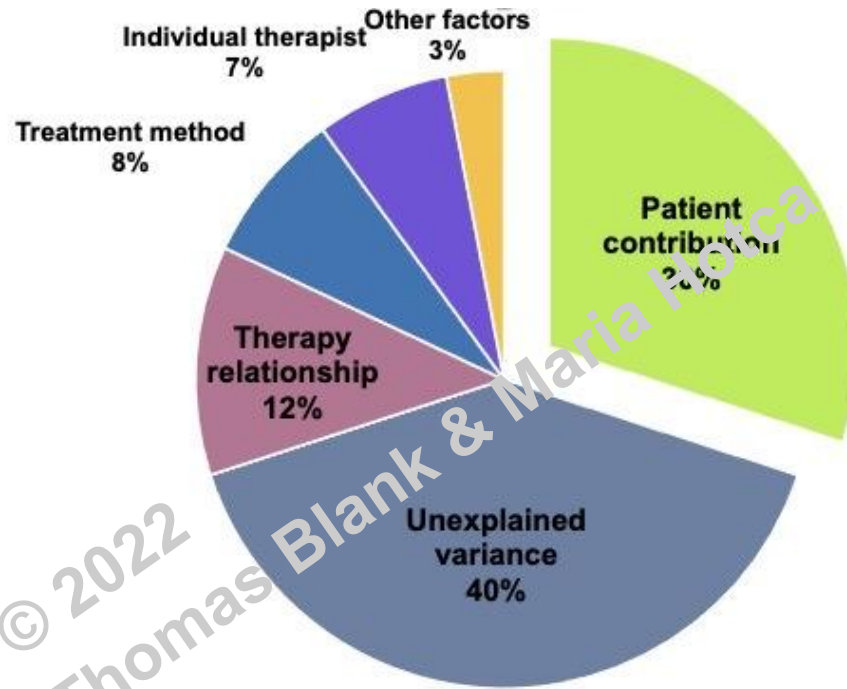


Cuijpers et al. 2014



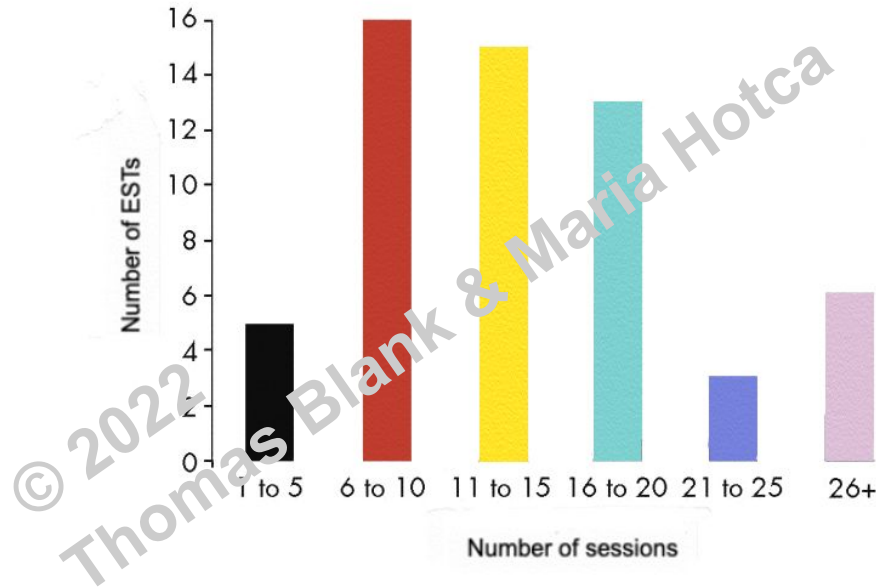
Bandelow et al., 2018

Outcome Variance



Treatment duration

Total number of sessions required for empirically supported treatments ($N=58$)



O'Donohue et al., 2000

Part II: Improving your own outcomes



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When should I consider psychotherapy?

- Reduced well-being
- Reduced functionality
- Concerned social network
- Maladaptive coping
- High scores in self-screening



EA aligned client-factor framework: EFFECT



- Ensure you are convinced of the procedure
- Find goals and remember to work on them
- Feedback
- Engagement
- Create homework tasks and do them
- Track outcomes

Resources

- Slides, references, screenings etc.: therapie-blank.at/resources
- EA Mental health navigator: eamentalhealthnavigator.com
- Office hours at the conference: Tomorrow, 11.30-12.30
- Comments about the talk: ea@therapie-blank.at

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