

BETTER TOGETHER

2018 ATSA Conference | Friday October 19 | 3:30 PM – 5:00 PM

F-46

Three Critical Practices in Feedback-Informed Treatment

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Decades of psychotherapy research has found that participation and accomplishment in treatment can be improved through careful attention to the therapeutic alliance. However, it is the client's experience of the alliance (not the clinician's) that is most predictive of outcome. Unfortunately, research finds that most clinicians (including sexual offender treatment providers) believe themselves to be more helpful than their clients do, and commonly do not recognize when their clients' progress is in jeopardy. Research has found that as many as 1 of 5 clients actually experience worsening of symptoms, and that therapists are rarely able to identify them properly.

This workshop describes *Feedback-Informed Treatment* (FIT; Prescott, Maeschalck, & Miller, 2017), a pantheoretical approach for evaluating and improving the quality and effectiveness of behavioral health services. In keeping with the conference theme, it is a newly created model of change that focuses on therapeutic processes rather than techniques. FIT is consistent with and operationalizes the American Psychological Association's definition of evidence-based practice and has been recognized as such by NREPP. FIT includes structured methods for monitoring and discussing clinical progress in four areas, as well as agreement on goals, tasks, and the current status of the therapeutic relationship. Using these methods can reduce therapist variability and assist clinicians in tailoring treatment to meet the client's needs. Case examples from the treatment of people who have sexually abused are provided.

Key topics covered:

- An overview of evidence-based practice and practice-based evidence
- What research shows works in sexual offender treatment and general psychotherapy
- The three critical practices of FIT: outcome monitoring, tracking changes in the alliance, and active efforts at learning/improving from the resulting feedback ("deliberate practice")

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Learning Goals:

- Participants will learn the APA definition of evidence-based practice
- Participants will learn about a measure of the therapeutic alliance (the Session Rating Scale)
- Participants will learn reasons to track outcomes on a session-by-session basis

References

Beech, A. R. & Fordham, A. S.. 1997. Therapeutic climate of sexual offender treatment programs. *Sexual Abuse: A Journal of Research and Treatment* 9: 219–237.

Prescott, D.S., Maeschalck, C.M., & Miller, S.D. (2017). *Feedback-Informed Treatment in clinical practice: Reaching for excellence*. Washington, DC: American Psychological Association.

David Prescott is Director of Clinical Services Development Director for the Becket Family of Services. He is the author and editor of 17 books and numerous chapters and articles related to people who have sexually abused. He has presented on these topics around the world. Mr. Prescott is a past president of the Association for the Treatment of Sexual Abusers (ATSA), and edited that organization's newsletter, "The Forum" from 2002-2007; he currently serves as its Review Editor. He currently contributes to NEARI's newsletter, alongside Craig Latham and Alisa Klein. He received ATSA's Distinguished Contribution award in 2014 and NAPN's "Bright Lights" award at the 2007 conference in Albuquerque. Mr. Prescott is a member of the Motivational Interviewing Network of Trainers, and is a Senior Associate for the International Center for Clinical Excellence.

Leslie Barfknecht, LCSW, is Co-Founder of Change Partnership, LLC, an organization dedicated to the implementation of evidence based practices and The Healthy Mind Institute, a private practice offering psychotherapy and wellness classes. Ms. Barfknecht is currently a Treatment Supervisor at Sand Ridge Secure Treatment Center in Mauston, WI and has expertise in working with offender and high risk populations in both an administrative and direct practice role, specializing in sexual offender treatment program development and delivery in a forensic setting. She is a Member of the Motivational Interviewing Network of Trainers (MINT) and a Certified Trainer for the International Center for Clinical Excellence (ICCE).