



Center for
Children and
Families

CCF Speaker Series

Personalizing Youth Psychotherapy Using a Transdiagnostic Approach

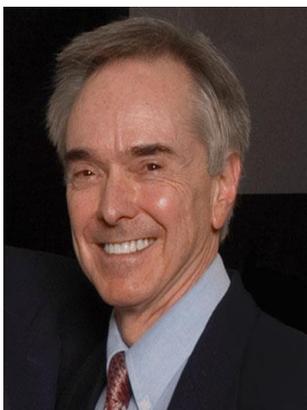
John Weisz, Ph.D.

Professor, Department of Psychology
Harvard University

Date: Friday, February 19, 2016

Time: 12:00 pm – 1:00 pm

Location: MMC, AHC1 Room 110 at the Center for Children and Families



Five decades of research have produced scores of empirically tested treatments for youth mental health problems and disorders. These *evidence-based treatments* (EBTs), most focused on single disorders or problem domains (e.g., depressive disorders), have shown respectable effects in randomized controlled efficacy trials in which treatment conditions are optimized for research. However, the EBTs do not fare as well when compared to usual clinical care with clinically referred youths treated in everyday practice conditions. One reason may be that referred youths are often more complex than the treatments designed to help them. Most youths referred for treatment have multiple problems and disorders, and their treatment needs may shift over time. This challenge may be addressed by flexible, personalizable, transdiagnostic intervention approaches. One example, the Child STEPs Model, uses a modular treatment protocol derived from the psychotherapy evidence base and guided by decision flowcharts. Navigation through treatment is informed by a web-based system that monitors each youth's treatment response week-by-week. A multisite randomized trial of this system, applied to youths with anxiety, depression, and conduct problems, showed that STEPs outperformed both usual clinical care and standard EBTs, on measures of youth clinical symptoms and diagnosis. Subsequent research examines the performance of this approach in various conditions and contexts, and the performance of a more easily implementable principle-guided treatment approach. This work may provide a bridge linking the rich evidence base of clinical science to the complexity of referred youths in everyday clinical care.

At the end of this presentation, the participant will be able to:

1. Report what has been found in randomized trials testing evidence-based youth treatments against usual clinical care
2. Identify at least two of the challenges clinicians may face when using standard evidence-based treatments in clinical practice settings
3. Describe one approach to making youth psychotherapy personalizable and transdiagnostic

Continuing Education:

- The CCF has been approved by the American Psychological Association to sponsor continuing education for psychologists. The CCF maintains responsibility for this program and its content.
- The American Nurses Credentialing Center (ANCC) accepts CE credit provided by APA providers towards ANCC re-certification.
- The FIU Counselor Education Program is an NBCC-Approved Continuing Education Provider (ACEP™) and a co-sponsor of the Center for Children and Families' presentations. The FIU Counselor Education program may award NBCC-approved clock hours for events that meet NBCC requirements. The ACEP™ solely is responsible for all aspects of the program. Provider # 4565, effective 9/1/11.
- The Center for Children and Families is approved by the National Association of School Psychologists to offer professional development for school psychologists. The Center for Children and Families maintains responsibility for the program.
- This talk has also been approved for up to **1 CE** credits by Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling; Florida Board of Psychology and Florida Office of School Psychology. Provider# BAP 50-12872.

Lunch with speaker will be held immediately after the talk in AHC1 Room 117. All are invited to attend.