



NEUROSCIENCE CONFERENCE SERIES



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“Routine outcome monitoring of psychotherapeutic change as a strategy for generating practice-based evidence”

In psychotherapy research, the general interest is to understand how and when people change when receiving psychotherapy. There are many ways to get this information, but one paradigm that ensures capturing this information from real-world practice settings is the practice-based evidence (PBE) paradigm. This is a “bottom-up” approach, starting from practitioners building evidence through routine outcome monitoring, which refers to the common use of the measures to explore changes and outcomes during and after treatment in everyday practice. Collected data can be used at different levels (within and/or between patients; intra-service or multi-services) and with different purposes (monitoring change, feedback for therapist, patient, or both, service management, clinical decision making, etc.). PBE is a useful paradigm, however, its implementation can never be radically standardized as in routine practice clients are not homogenous and rarely do services provide just one intervention. This means that there cannot be just one model for PBE: the design must be appropriate for a specific client group, services, and intervention. This talk aims to present PBE studies, that we have been conducting in different settings and at different levels. I will describe the different realities in each setting and hence the data collection designs, the measures, the challenges faced and the practical use of the results of the PBE studies.

Join by Zoom Meeting

<https://ub-edu.zoom.us/j/98070939909>

Meeting ID: 980 7093 9909

Pass code: 497575

Day: **Tuesday 18 Oct. 2022**

Time: **13:00**

Place: **Sala Miquel Siguan (Graus)**

Campus Mundet

Hosted by Dr. Guillem Feixas



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