

Prescriptive psychotherapies

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Abstract

This article reviews the history and foundations of the evolving prescriptive psychotherapy movement. These models share the conviction that therapy procedures are most effective if tailored to the individual needs and characteristics of patients and that empirical research should form the basis for selecting and implementing treatments. A description of various prescriptive approaches is provided and directions for future research and practice are advanced.

Key words: Treatment manuals, Psychotherapy, Matching, Eclectic psychotherapy, Psychotherapy integration

"Prescriptive psychotherapy" is a term covering several different psychosocial models bound together by their common quest to define indicators and contraindications for tailoring the application of psychological interventions to individual clients. Prescriptive psychotherapies provide their guidelines from a foundation of empirical research, addressing the age-old question of, what treatment(s)/intervention(s)/strategy(s), by which therapist, for this particular client?

In the broadest sense, advocates of all psychosocial treatments embrace the premise that interventions should be adjusted to fit each particular problem, as do plumbers, dentists, carpenters, and taxi drivers. However, at least in the realm of psychotherapy, the usual objectives and interventions suggested for this purpose depend upon the particular theory of psychopathology and change held by the therapist, rather than upon empirical evidence that some strategies and procedures are more effective than others for certain purposes. Thus, cognitive therapy varies the nature of the automatic thoughts that are addressed for different patients, but does not shift its emphasis from changing thoughts. Psychoanalytic therapy alters the nature of interpersonal relations offered, but does not shift from its commitment to enhancing insight through interpretation. Experiential therapy alters the nature of the experience that is suggested for exploration, but does not give up its effort to evoke emotional awareness. The sustaining goals of each approach are driven by theory-based values, not empirical evidence that alteration of automatic thoughts, achievement of insight, or evocation of strong emotions are differentially effective.

Viewed in this way, it is apparent that the aims and nature of the professional procedures used by a therapist who holds a given theoretical viewpoint are primarily guided by the values defining the nature of psychopathology within that theory.

In contrast, the approaches comprising the prescriptive psychotherapies accept the view that no single theory offers the full range of procedures and objectives needed to select the treatment for all patients, disorders, and situations. Indeed, they adhere to the premise that any procedure may be effective for some patients. The selection of procedures is driven by empirical evidence of usefulness with a given type of problem or patient rather than by a theory of personality or theory of change. Although prescriptive therapists would ordinarily be most concerned with specific interventions than with general theories, the acceptance of empirical evidence of efficacy over theoretical premise is a premise that guides the selection of interventions.

A recent dialogue, via electronic mail, among members of the Society for a Scientific Clinical Psychology (SSCP) illustrated the premise that underlie prescriptive psychotherapies.¹ The dialogue began when one member of the group, referring to a recent article, questioned the assertion that psychotherapy is the best researched medical procedure currently available. The member rightly pointed out that no article's claim that more than 500 studies have provided support for the efficacy of psychotherapy actually observed the fact that these studies were of many different psychotherapy models, were conducted on many different types of patients, and produced varying types of improvement. The member emphasized the suggestibility of collapsing other

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The entire dialogue is transcribed and also varied here. The authors of the dialogue comments made suggestions because specific procedures to quote were not obtained.

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Julia Schneider



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