Evidence-Based Psychotherapy and Psychogeriatrics Update

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Promoting Evidence-Based Psychotherapy in VHA

Goals and vision:

• Increase EBP availability and fidelity

• Promote psychotherapy use in VA
  – Enhance value of psychotherapy
  – Build systems infrastructure that supports delivery of psychotherapy
Multi-Level Dissemination and Implementation Model

- Policy
- Staff
- Patients
- Local Leadership/Systems

Accountability
VA Evidence-Based Psychotherapy Staff Training Programs

• National initiatives to provide competency-based training to VA MH staff in the delivery of EBPs for:
  – PTSD
    • Cognitive Processing Therapy
    • Prolonged Exposure Therapy
  – Depression
    • Cognitive Behavioral Therapy
    • Acceptance and Commitment Therapy
  – Serious Mental Illness
    • Social Skills Training
    • Family Psychoeducation
### Trained Staff
(as of March 31, 2010)

<table>
<thead>
<tr>
<th>Therapy</th>
<th># VA Trained Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPT</td>
<td>2295*</td>
</tr>
<tr>
<td>PE</td>
<td>1123*</td>
</tr>
<tr>
<td>CBT/ACT</td>
<td>330</td>
</tr>
<tr>
<td>SST</td>
<td>251</td>
</tr>
</tbody>
</table>

Note: Over 800 DoD MH staff and over 120 Vet Center staff have also been trained in CPT or PE

*Includes staff trained through similar VA trainings coordinated with national rollout
# Beck Depression Inventory-2 Scores

CBT; n=48

## BDI 2 score

<table>
<thead>
<tr>
<th></th>
<th>Initial mean (SD)</th>
<th>Later phase mean (SD)</th>
<th>Change (95% CI)</th>
<th>Effect size -Cohen’s d</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BDI-2 scores</strong></td>
<td><strong>28.62 (8.85)</strong></td>
<td><strong>16.73 (12.41)</strong></td>
<td>-11.90 (-8.42 – -15.28)</td>
<td>1.34</td>
</tr>
</tbody>
</table>
## Working Alliance Inventory-Short Revised
CBT; n=22

<table>
<thead>
<tr>
<th></th>
<th>Initial mean (SD)</th>
<th>Later phase mean (SD)</th>
<th>Change (95% CI)</th>
<th>Effect size - Cohen’s d</th>
</tr>
</thead>
<tbody>
<tr>
<td>WAI-Goal</td>
<td>3.83 (0.72)</td>
<td>4.38 (0.57)</td>
<td>0.55 (0.27-0.82)</td>
<td>0.76</td>
</tr>
<tr>
<td>WAI-Task</td>
<td>3.38 (0.71)</td>
<td>4.08 (0.56)</td>
<td>0.70 (0.46-0.95)</td>
<td>0.99</td>
</tr>
<tr>
<td>WAI-Bond</td>
<td>3.88 (0.70)</td>
<td>4.51 (0.70)</td>
<td>0.63 (0.37-0.90)</td>
<td>0.90</td>
</tr>
</tbody>
</table>
New and Upcoming Developments

• VA Evidence-Based Psychotherapy intranet sites
  – vaww.mentalhealth.va.gov/ebp
• Decentralized training and consultation capacity
• EBP templates for CPRS
• Expanded EBP public awareness campaign
• New EBP dissemination initiatives under development
New EBP Dissemination Initiatives Under Development

• Cognitive Behavioral Therapy for Insomnia

• Integrated Behavioral Couples Therapy

• Motivational Interviewing

• Problem Solving Training
Promoting the Delivery of Psychosocial Approaches to Behavior Management with Older Veterans

• Psychosocial approaches to managing challenging behaviors associated with dementia (and SMI) are often quite effective, though infrequently utilized
  – Antipsychotics often the de-facto “standard” of treatment

• Pilot initiative to disseminate psychosocial behavior management approaches in CLCs
  – Specialized training and implementation
  – Psychologists targeted as leaders working with interdisciplinary team
VA Mental Health Design Guide

• VA Mental Health Design Guide being developed to promote healing and recovery-oriented environments in inpatient and other MH settings
  – Architectural level (external and internal)
  – Interior design
  – Ambient features
  – Social features

• Design Guide is intended to be a transformational document
  – Focus on new design projects
  – Certain elements can be easily incorporated into existing facilities
VHA EPS Mental Health Work Group

- Charged with developing guidance for specific items in inpatient MH settings
  - Artwork, signage, furniture, paper towel/toilet paper dispensers, housekeeping items