

### Assessment #3

#### Analysis of Psychological Treatments

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Research-Supported Psychological Treatments: Society of Clinical Psychology." *Society of Clinical Psychology* | Division 12 of the American Psychological Association, 30 Dec. 2023  
[div12.org/psychological-treatments](http://div12.org/psychological-treatments)

**Analysis:**

The article "*Psychological Treatments*" discusses current psychological treatments that are currently established that have been effective at treating specific psychological diseases, so medical professionals can easily distinguish which treatment the client needs. The research article should be used as a base, and with the therapist's knowledge can be utilized to find the best treatment for each patient. The treatments are given a brief discussion, with evidence backing them on how they are able to effectively thwart the problem. To categorize the effectiveness of the psychological treatments there were two sets of guidelines in place: the first set was created in 1998 by Chambless & Hollon, which ranks treatments as strong, modest, or controversial while the newer set from 2015, by Tolin et al., ranks treatments as very strong, strong, weak, or lacking enough evidence. This updated system uses studies that combine the results of many RCTs (called meta-analyses). The newer set of guidelines is able to keep up with the advancement in treatments there are, not all treatments have been evaluated by the newer guideline and are still regulated by the Chambless & Hollon guidelines.

The research article shows how crucial research is for any aspect in the medical field especially psychology, while psychology has been around for while the mind is ever evolving so there will be new knowledge to be found. Psychologists have to be knowledgeable on the recent research and experiments, especially pertaining to treatments that are being used on their clients. The main reason there needs to be accurate guidelines is to know what exactly counts as psychological treatment, since that's what the patients require. This raised concerns that non-psychological or even pseudoscientific treatments could sneak into the system and get evaluated unfairly. So each psychological treatment was accurately evaluated using studies that combine the results of many RCTs (called meta-analyses). They compared the evaluation standard of each treatment also by listing the way it was previously viewed using the Chambless & Hollon (1998) guidelines versus the Tolin et al., 2015 guidelines. The newer guidelines for the treatments go more in depth in the research on how it has shown effectiveness across the board. Through the article I was able to learn more about how The Society of Clinical Psychology (SCP) has been working to identify and share psychological treatments that are backed by solid research to help professionals. This is important for me to understand since I need to know the particular therapies there are and what efficiency they work in regards to the particular illness/ ailment the patient may have. The article also emphasized that while not all treatments on the SCP list have been updated with the newest research, some may still be very effective. There's just not enough manpower or resources to constantly re-evaluate everything.

I particularly liked this article since I was interested in my study this year to go into depth regarding cognitive therapy and its effects on different illnesses. So this article will be of big help since a psychologist has to figure out which style of therapy is best suited for the patient to show optimal growth. One interesting part I found was that depression, which I believed was very hard

to treat, actually requires only 6 -18 sessions which is quite similar to the timeline of gambling addiction cognitive therapy treatment. However, cognitive therapy treatment for depression also has a termination period while gambling addiction can be thwarted in the session itself. However this isn't always the case since some particular severe depression cases require even more time to bring the client back to normal. From this portion, I learned that even though the treatment may proceed, I may have to prolong the treatment so the patient can become better completely, meaning that communication with the family is required since they may believe that it will be fixed immediately. The research showed me that I will need to be empathetic and patient with the progress of the client, addressing their concerns as they progress through each session. Another important thing I learned from this article is that while a particular therapy can be used to treat a particular condition like depression, the results can vary slightly since each therapy focuses on different aspects of the problem. Although the different therapies can provide different results it's a common misconception that one is better than the other, however the study highlights that is not the case and that rather both the therapies can be used to solve the underlying issue. My biggest takeaway would be that each patient's progress will vary and the therapies effectiveness to each patient will also vary, so I just have to be mindful of that and work bit by bit.

Overall, this research article on psychological treatments is helpful for my ISM journey, as it aligns with my interest in mental health and evidence-based practices, offering a solid foundation for exploring how psychological interventions can be a meaningful and impactful topic for my project. Also this assessment was truly one that increased my knowledge in this particular field, and since the resource is credible I will be learning content that is important to understanding psychology. The article highlighted all the different therapies that could be used according to the accurate illness, which is important since psychology is very keen. Also through

this article, I have come to understand the many different therapies there are and how they slightly differ from each other in treatment length and general idea of how they help the patient. Doing an analysis over the research article was truly helpful since I was able to understand more about the particular therapies I may go on to encounter in my future as a psychologist.

[Annotated article](#)