

**Total Team Approach:  
Avoiding Straightening Deck Chairs on the Titanic  
Noel C. Gill Ph.D  
AMCAP Spring 2004 Convention**

76% of the available studies cited in the Fall 2003 Register Report, National Register of Health Service Providers in Psychology, found an inverse relation between level of impairment and treatment outcome.

These and similar studies have suggested that the lack of success in difficult cases can be attributed to a lack of being fully aware of the nature and extent of the problems and an inability to utilize and incorporate the full extent of resources available. This presentation and paper is an attempt to identify and discuss some of the key elements responsible.

1. Failure to Take into Account Multiple Diagnoses

- A. Mood Disorders such as Anxiety and Depression
- B. Substance Abuse
- C. Axis II disorders
- D. Family Dynamics
- E. Gang and negative Peer influence issues
- F. Chemical imbalances requiring psychotropic medication.
- G. Mental Retardation, Intellectual Impairment.
- H. School related problems including academic, behavioral, and social.

2. Failure to take into account Different Stages of Rehabilitation or Recovery

- A. Precontemplation
- B. Contemplation
- C. Preparation
- D. Action
- E. Maintenance

3. Failure to take into account personality configurations or level of coping skills

- A. Externalizer vs. Internalizer. (Cocklebur vs., Teflon)
- B. Casualty, Survivor or Thriver.

Research has identified Empirically Supported Treatments, EST's, for different diagnostic categories or patient typology. Consistently, the data has shown that non-theoretically based factors, such as the relationships between client and provider have shown the greatest effects. Norcross and Hill have identified a set of Empirically Supported Relationships, (ESR's)

4. Failure to take into account treatment modalities that may be most effective.
  - A. Effective therapeutic alliance
  - B. Cohesion in group therapy.
  - C. Goal consensus
  - D. Collaboration.
  - E. Positive regard
  - F. Genuineness
  - G. Repair of Alliance Ruptures.
  - H. Self disclosure (within appropriate therapeutic boundaries)
  - I. Management of Counter Transference
  - J. Interpretations leading to personal awareness and Insight
  
5. Failure to recognize the full extent of the potential support system and/or treatment team.
  - A. Input from a variety of disciplines.
  - B. Community agencies.
  - C. Family
  - D. Faith based resources.
  - E. Other community resources.

Let's utilize the same procedure for identifying these resources as we did in the opening "Ideal Community Exercise."

#### Selected Bibliography on Empirically supported Treatment

- APA Division of Psychotherapy Homepage (includes a link to the Task Force on Empirically Supported Psychotherapy Relationships).  
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