

Failure rate of all therapies  
A case against the APA

Joe and Christopher,

Below are references given me by David Wood. I regret that I lack the time to get them into complete APA format. I have attached some summary comments from the 2009 Lambert article, and a pdf copy of the Shimokawa article.

The last reference I picked up on my own, but **only assume** that this topic is covered in there, as it has been in the last couple of Lambert/Garfield/Bergin *Handbooks*. I hope to confirm this by Christmas - or sooner as my budget allows!

Phil

Lambert, M. J., Bergin, A. E., & Collins, J. L. (1977). Therapist induced deterioration in psychotherapy patients. In A. S. Gurman, & A. M. Razin (Eds.), *Effective psychotherapy: A handbook of research* (pp. 452-481). New York: Pergamon Press.

Michael J. Lambert, M. J. (2009), "YES, IT IS TIME FOR CLINICIANS TO ROUTINELY MONITOR TREATMENT OUTCOME." In Barry L. Duncan, Scott D. Miller, Bruce E. Wampold, Mark A. Hubble (editors). *Heart And Soul Of Change: Delivering What Works in Therapy* (2nd edition). American Psychological Association.

Kenichi Shimokawa, Michael J. Lambert, and David W. Smart (2010). Enhancing Treatment Outcome of Patients at Risk of Treatment Failure: Meta-Analytic and Mega-Analytic Review of a Psychotherapy Quality Assurance System. *Journal of Consulting and Clinical Psychology*, 78(3), 298–311. DOI: 10.1037/a0019247

**A good recently published prospect:**

Michael J. Lambert, Michael J. (2013). *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (6th edition). Wiley.

*As have past reviews, recent reviews "of the large body of psychotherapy research, whether it concerns broad summaries of the field of outcomes of specific disorders and specific disorders and specific treatments" lead to the conclusion that, while all clients do not report or show benefits, "psychotherapy has proven to be highly effective" (p. 176) for many clients. Unfortunately, research "literature on negative effects" also offers "substantial...evidence that psychotherapy can and does harm a portion of those it is intended to help." These include "the relatively consistent portion of adults (5% to 10%) and a shockingly high proportion of children (14% to 24%) who deteriorate while participating in treatment" (p. 192).*

Lambert, M. (2013). The efficacy and effectiveness of psychotherapy. In Michael J. Lambert (Ed.) *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (6th edition), pp. 169-218. Hoboken, NJ: Wiley.