

Designing a counselling outcome research project

Alastair Crocket

NZAC Research Conference

12 December 2013



Overview

- Why?
- What?
- How?
- Your ideas - please



Why?

- Hostile policy context
 - Shrinking funding
 - Research/results focus
- NZAC's advocacy work



What?

- Counselling outcome measures
 - To inform counselling
 - To produce aggregated measures
- Several systems
 - Core ims *Barkham*
 - OQ measures *Lambert*
 - CDOI *Duncan & Miller*

IMPORTANT – PLEASE READ THIS FIRST

This form has 5 statements about how you have been OVER THE LAST WEEK.

Please read each statement and think how often you felt that way last week.

Then tick the box which is closest to this.

Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week

	<i>Not at all</i>	<i>Only Occasionally</i>	<i>Sometimes</i>	<i>Often</i>	<i>Most or all the time</i>
1 I have felt terribly alone and isolated	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2 I have felt OK about myself	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3 I have felt panic or terror	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4 I have been happy with the things I have done	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5 I have felt despairing or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Total Score

**Total Score multiplied by 2
(i.e. Clinical Score*)**

Please rate today's session by placing a mark on the line nearest to the description that best fits your experience.

Relationship

I did not feel heard,
understood, and
respected.

I-----I

I felt heard,
understood, and
respected.

Goals and Topics

We did *not* work on or
talk about what I
wanted to work on and
talk about.

I-----I

We worked on and
talked about what I
wanted to work on and
talk about.

Approach or Method

The therapist's
approach is not a good
fit for me.

I-----I

The therapist's
approach is a good fit
for me.

Overall

There was something
missing in the session
today.

I-----I

Overall, today's
session was right for
me.

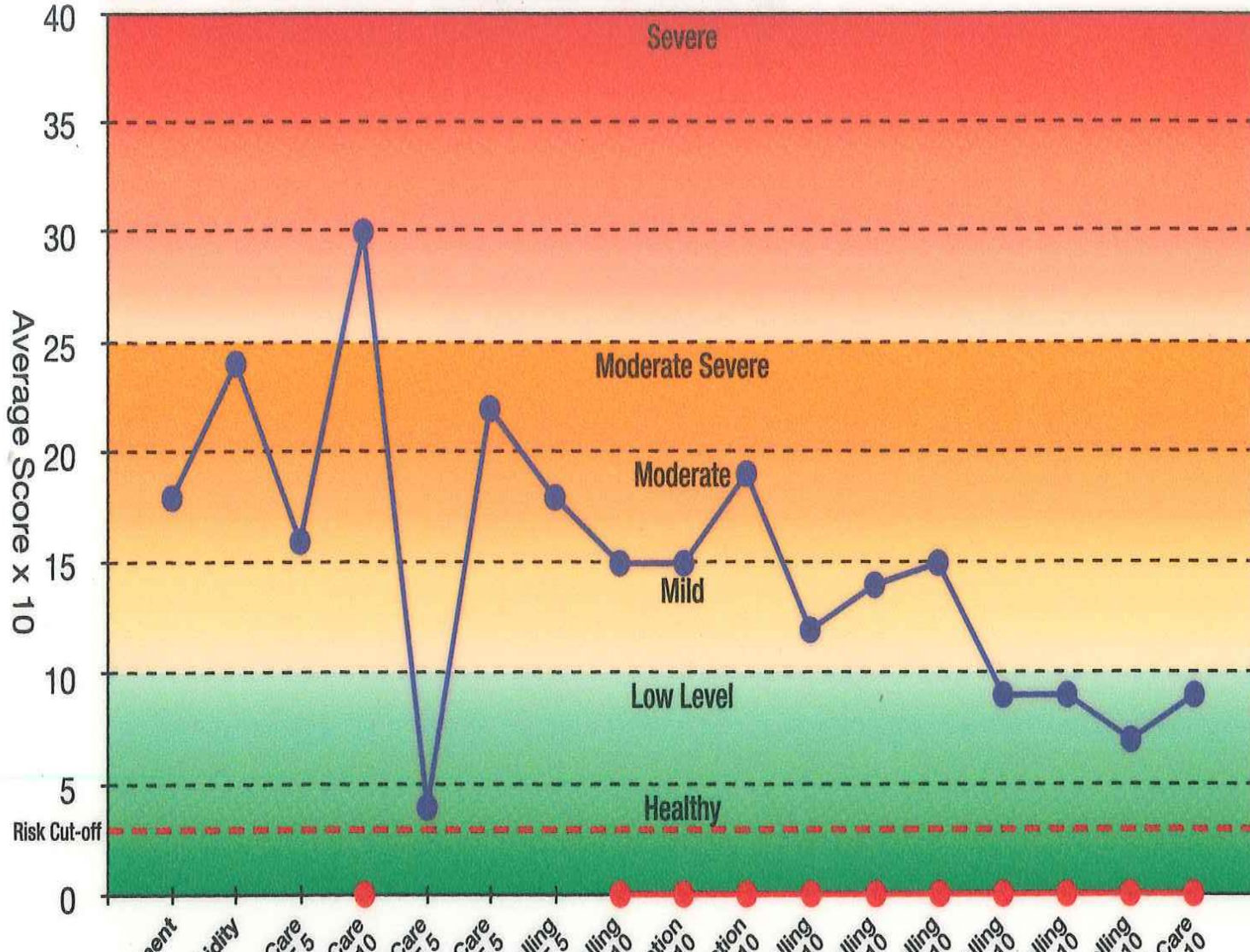
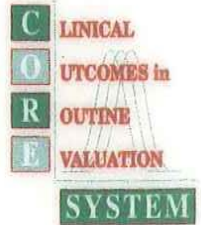
International Center for Clinical Excellence

www.scottdmiller.com



CORE Net: The Two Minute Assessment Tool

visit www.coreims.co.uk for a demonstration and more information



Helping to Put the Steps into Stepped Care

How?

- Literature review
- Pilot
- Larger study



Your ideas - *please*



