

**A 3 hour Seminar**  
**\*(3 Continuing Education Credits)**

**Friday, May, 16, 2008**  
**1:00 pm - 4:00 pm**

*Held at*

***Alaska Pacific University***  
***Carr-Gottstein Building - Room 103***  
(first building on the Left)

**REGISTER AT THE DOOR 12:45**

***Evidence Based Practice in***  
***Psychology:***  
***Impact on Practitioners***

**Presented by**

***Carol D. Goodheart, Ed.D.***

**Co-Chair: APA Presidential Task Force on the Future of Psychology Practice & 2009 Practice Summit**

**Chair: 2005 APA Presidential Task Force on Evidence-Based Practice**

**AK-PA Members - \$100.**

**Non AK-PA Members - \$125.**

**Students (No CEs) - \$25**

Sponsored by the Alaska Psychological Association \* AK-PA.org

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program. 3 continuing education credits will be available to participants who attend the entire workshop.

## **Workshop Summary**

The Evidence-Based Practice movement in the U.S. is much larger than the discipline of psychology; it is a national policy issue related to accountability in health care that has a direct effect on the delivery of psychological services. Current efforts in the marketplace and government that are having an impact on practices are: decisions by insurers regarding which psychological services will be reimbursable, new laws and regulations proposed or enacted by State legislatures that attempt to decide which treatments are evidence based and which are not, and NIH funding criteria for intervention research. Pay-for-Performance has arrived. These activities have important consequences for the future of psychology practice. Practitioners are important stakeholders in the implementation of quality services that are not restrictive and are based on evidence that is defined *broadly*, not narrowly.

This 3-hour CE workshop describes Evidence-Based Practice in Psychology (EBPP) as it is defined by the American Psychological Association (APA), introduces the multiple streams of research evidence that inform practice, presents the role of clinical expertise, and discusses the need for careful attention to patient characteristics, culture, preferences, and values. The process and findings of the APA Task Force on EBPP are discussed. Clinical examples are integrated throughout the workshop.

## **Learning Objectives**

1. Describe the components of evidence-based practice in psychology.
2. Identify categories of research evidence appropriate for informing practice.
3. Identify components of clinical expertise that cut across theoretical orientations.
4. Identify patient characteristics/factors that influence treatment selection and implementation.

## **About the Speaker**

Carol D. Goodheart is a psychologist in independent practice in Princeton, New Jersey, and contributing faculty at the Graduate School of Applied and Professional Psychology, Rutgers University. She is a Fellow of the American Psychological Association, a Distinguished Practitioner in the National Academy of Psychology, and a Past President of Psychologists in Independent Practice. She served as the Treasurer of the American Psychological Association (APA) and a member of its Board of Directors for the past six years.

Dr Goodheart Chaired the 2005 APA Presidential Task Force on Evidence-Based Practice, which developed the policy recommendation adopted by APA. She is an author and editor of seven books and numerous chapters and articles related to health, women, and the practice of psychology. Her most recent books are:

*Evidence-Based Psychotherapy: Where Practice and Research Meet* (with Alan Kazdin & Robert Sternberg; published by APA Books)

*Handbook of Girls and Women's Psychological Health* (with Judith Worell; Oxford University Press)

Currently, she is the Co-Chair of the APA Presidential Task Force on the Future of Psychology Practice and the 2009 Practice Summit.

Dr. Goodheart is a candidate for President elect of APA this year.

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