

Neurocognitive Therapies and Translational Research Webinar Series

Personalization of Psychological Treatments and Data-informed Clinical Practice



Wolfgang Lutz, PhD

January 11th, 2022 at 9:00AM PT/12:00PM ET ([other time zones](#))

The development of change measurement in psychotherapy has substantially evolved in recent decades, making it an integral part of clinical practice and training. This presentation addresses fundamental issues of change in psychotherapy: how to measure, monitor or to predict it and how to provide feedback on treatment change. The presentation starts with a historical overview of psychotherapy research, covering several approaches applied to a data-informed clinical practice. The focus will be on the impact of assessments and feedback into clinical practice, the tracking and prediction of individual change, therapist differences, and continuous and discontinuous patterns of change within treatments as well as differences between treatments. A research program and treatment navigation system is presented (the Trier Treatment Navigator), that investigates the change processes as well as progress and outcome on different levels of the psychotherapeutic endeavor. Such new treatment navigation systems allow the inclusion of individually tailored problem-solving strategies for treatment selection and adaptation, especially for those patients at risk for treatment failure. Furthermore, the integration and implementation of outcome measurement into clinical practice and training and its hurdles will be presented.

Live Zoom link: <https://washington.zoom.us/j/95423938611>

To register and receive instructions to claim credit: [LINK]

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Presenter Biography:

Wolfgang Lutz is a Professor and Director of the Outpatient Clinic and Postgraduate Clinical Training Program in the Clinical Psychology and Psychotherapy department at the University of Trier in Germany. Dr. Lutz's research focuses on change in psychotherapy and using empirical data for personalized decision-making in mental health. He is particularly interested in assessing and modelling patients' individual change in anxiety and depressive disorders over the course of treatment. His work also entails identifying predictors and mediators of treatment outcome. His work has been featured in numerous psychology journals, including *Journal of Consulting and Clinical Psychology*, *Journal of Affective Disorders*, *JAMA Psychiatry*, *Behaviour Research and Therapy*, *Psychological Assessment*, and more. Dr. Lutz has been recognized for various awards and fellowships, including an Early Career Contribution Award of the International Society for Psychotherapy Research, and distinguished research and leader recognition from the Association for Psychological Science.

Learning Objectives:

1. What is Personalized Mental Health Care?
2. What do we know about therapist effects?
3. What is the better-than-average effect?
4. Why are clinical support tools useful for routine practice?
5. How can digital phenotyping information be useful for clinical practice?

Recommended Reading:

1. Lutz, W., de Jong, K., Rubel, J., & Delgadillo, J. (2021). Measuring, Predicting and Tracking Change in Psychotherapy. In M. Barkham, W. Lutz, & L. G. Castonguay (Eds.), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (7th ed.), (pp. 89-133). New York, NY: Wiley.
2. Lutz, W., Deisenhofer, A.-K., Rubel, J., Bennemann, B., Giesemann, J., Poster, K., & Schwartz, B. (2021). Prospective evaluation of clinical decision support system in psychological therapy. *Journal of Consulting and Clinical Psychology*. <https://doi.org/10.1037/ccp0000642>
3. Lutz, W., Rubel, J., Schwartz, B., Schilling, V., & Deisenhofer, A. (2019). Towards integrating personalized feedback research into clinical practice: Development of the Trier Treatment Navigator (TTN). *Behaviour Research and Therapy*. <https://doi.org/10.2016/j.brat.2019.103438>
4. Lutz, W., Schwartz, B., Hofmann, S. G., Fisher, A. J., Husen, K., & Rubel, J. A. (2018). Network analysis predicts treatment dropout in patients with mood and anxiety disorders. *Scientific Reports*, 8, 7819. DOI: 10.1038/s41598-018-25953-0

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Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 1 contact hour.

Psychology (APA)

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP office maintains responsibility for the content of the programs.