

The North Carolina Psychoanalytic Society
2011-2012 Scientific Program Series

Saturday, March 31, 2012

10 am - 12 noon

The Lucy Daniels Foundation, Cary, NC
Registration and Refreshments begin at 9:30 am

***Evidence-Based Practice, Psychoanalytic Treatment and the
Direction of Contemporary Psychotherapy:
Where are we now and where are we heading?***

Presented By

Beverly M. Simmons, LCSW

Register online at www.ncpsasoc.org/registration.shtml

Cost: \$45 (\$50 at the door)

Registration prior to the date of the program is encouraged and appreciated. The presentation is offered at no charge to NC Psychoanalytic Society members. Pre-registered full-time students with ID and trainees in the departments of social work, psychology, and psychiatry are admitted without charge as well. Scholarships are available for others for whom the admission fee is a hardship. Please contact the administrator (contact info listed below) if interested.

The psychotherapy practice climate has shifted in recent years. Psychotherapists are experiencing additional demands for accountability from academics, researchers, policymakers, agency administrators and third-party payers. Clinicians are increasingly expected to make treatment decisions based on the “best available” research evidence. Many practitioners are leaving training programs with the understanding that clinical decision-making regarding psychotherapeutic intervention should primarily be based on experimental evidence.



This presentation will discuss the Evidence-Based Practice movement and its application to psychotherapy. Ms. Simmons will cover a brief history of EBM/EBP, the narrow focus of what is studied within much of the experimental psychotherapy research, the recent dismissal of much of the experimental research on psychodynamic psychotherapy, statistics in support of psychodynamic interventions and evidence supporting the psychoanalytic process. She will focus on the engagement of new clinicians in psychoanalytic dialogues in the context of this practice environment.

Beverly M. Simmons, LCSW is a clinical social worker in practice in Chapel Hill and Hillsborough, NC where she sees adolescents and adults. She completed her undergraduate and master’s level education at the University of North Carolina at Chapel Hill and is a PhD candidate at Smith College School for Social Work.

How to Register:

You may register online at www.ncpsasoc.org/registration.shtml or mail your contact information and payment to: NC Psychoanalytic Society, 901 Paverstone Drive, Suite 11, Raleigh, NC 27615. Society members should register by e-mailing your reservation to info@ncpsasoc.org

Special accommodations may be made for participants with disabilities. Please contact the Society Administrator at the number below before March 16, 2012 to make arrangements.

Our refund/cancellation policy is available upon request. Contact the Administrator for further details. Up to 2 Category I CME credits are offered through the American Psychoanalytic Association. NCPS is approved by the American Psychological Association to offer up to 2 Category A CE hours for Psychologist and 2 clock hours for LPCs. Letters of attendance will be provided to all others. See below for details.

If you have any questions, please contact the Administrator at 877-572-6778 or info@ncpsasoc.org.

Directions: Lucy Daniels Foundation (LDF) is located at 9001 Weston Parkway in Cary, NC. From I-40, take exit 287, Cary/Harrison Avenue. Proceed toward Cary on Harrison Avenue, approximately one-half mile. Turn right onto Weston Parkway and travel for 1.5 miles. The LDF is across the median on the left. Continue driving another 0.1 mile and make a U-turn at the median break to return to the LDF, now on your right. After turning into the LDF drive, you may park alongside the building or in the upper parking lot. (The LDF is located in the end of the building closer to Weston Parkway; the section of the building housing the Lucy Daniels Center for Early Childhood is at the far end, closer to the upper parking lot.)

Target Audience: Open to mental health professionals and anyone else with an interest in this topic. This program is at an intermediate instructional level.

Educational Objectives:

After this presentation, participants will be able to:

1. List the core aspects of evidence based practice [EBP] research and its hierarchy of evidence based on research designs;
2. Describe in detail the studies on short- and long-term psychodynamic psychotherapy based on research designs of very high quality according to "GRADE" and AMSTAR standards that are the emerging consensus for rating research in EBP;
3. Critically appraise the merits and limitations of the EBP research ideology as it applies to psychotherapy practice;
4. Describe in detail the research on Common Factors and Psychotherapy Processes

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the North Carolina Psychoanalytic Society. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of 2 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: *None of the planners and presenters of this CME program has any relevant financial relationships to disclose.*

The North Carolina Psychoanalytic Society is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychoanalytic Society maintains responsibility for this program and its content. APA provider number is 1578.

The North Carolina Psychoanalytic Society is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. NBCC approved provider number is 6518.