

SJSU MS Clinical Psychology Program Definition of Evidenced Based Practice

There are four areas that serve as the foundation for evidence based care as defined by SJSU's MS Clinical Program that is interwoven with all courses throughout training.

1. Evidenced based practice is an approach to clinical treatment that begins with the client's context and preferences and a focus on case conceptualization (where the client may be an individual, couple, family, or other unit that is the focus of treatment). This conceptualization occurs within a cultural context and is informed by multiple levels of analysis including but not limited to that of the individual, family, community, education, biological variables, and advocacy.
2. Evidence based practice examines the empirical literature for research data on treatment outcomes and processes that inform and guide clinical interventions based on the conceptualization of the case.
3. Evidence based practice is consistent with measurement based care that seeks to gather information about the client to inform treatment decisions and gather data over time about clinical processes and their impact on outcome. The assessment of change processes focuses on paradigmatically driven formulations of client problems and mechanisms of change and are often idiographic, tailored to the client's problem list. Nomothetic outcome measures are utilized to document broader indices of change and convey this information to wider clinical audiences and institutional stakeholders.
4. Clinical experience can be utilized in evidence based case conceptualizations where the therapist's history with client problems and populations is weighed in balance with research evidence and the unique attributes of the client's historical and current context.