



## Preliminary Evidence for TEAM-CBT Efficacy

*Studies not published in peer-reviewed publications*

Research shows that some therapists can be consistently up to ten times more effective than their average counterparts. (Okiishi et al., 2003, #50583). Exactly what makes these therapists so much more effective has been largely unclear. However, in recent decades significant developments have been made in different aspects and techniques in therapy that have been shown to incrementally make therapy more effective.

Therapists' deliberate practice of routine symptom and therapy outcome measurement, empathy skills training, motivational approaches and cognitive and behavioral techniques all have separately been shown to make therapy more effective (Wampold and Imel, 2015, #39453). TEAM-CBT, a form of Cognitive Behavioral Therapy (CBT) brings all these techniques together.

TEAM-CBT is not a new treatment or technique, rather a new simple way of helping therapists integrate therapy's newer developments in evidence based techniques into their treatment workflow. It provides a clear roadmap for therapists who are seeking to become more effective for their patients.

While TEAM-CBT makes the techniques easy to comprehend, the actual practice of many of them is counterintuitive for most of us and requires many hours of practice and feedback for therapists to perform well.

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### Non-peer reviewed studies at Feeling Good Institute demonstrate the increase in effectiveness of therapists trained in TEAM-CBT

1. 2014 - A group of 59 patients treated by 4 different Feeling Good Institute therapists followed naturalistically for up to 10 sessions for a total of 424 sessions over the course of 6 months with 'paper and pencil' symptom questionnaires filled before and after each session. Results showed an average reduction of 23% per therapy hour for depression and 33% symptom reduction per therapy hour for anxiety. Author compared these results with CBT, and IPT 16 week trials averaging 2.5% symptom reduction per therapy hour per week, and Placebo showing a 2.1% reduction in Depression symptoms per week. (Published in keynote address at Evolution of Psychotherapy conference 2014 by Dr. David Burns)

2. July 2020 - An analysis of electronic routine outcome measures of 337 outpatients treated by TEAM-CBT therapists and surveyed before and after each session in a naturalistic study, showed an average symptom reduction of 28% or more per hour of therapy session for the first 4 sessions. Given some resurgence of symptoms in between sessions, treatment resulted in average time for full or significant remission (>60% reduction in symptoms) within 4 sessions. (unpublished study)

3. December 2020 - A group of 38 First responders and health care workers experiencing distress during the first months of the COVID 19 Pandemic were treated with online therapy by TEAM-CBT therapists. Overall the group showed a 77% reduction in symptoms of anxiety and depression within less than 4 sessions. Compared with benchmark rates of improvement in depression and anxiety scores of about 50% only, achieved over 8 weekly sessions, this reflects a rate of recovery at least 4 times as high as CBT and of antidepressants. (Published in Evolution of Psychotherapy conference 2020 by Dr. David Burns)

Above data Studies are preliminary and have not published in peer reviewed publications

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