Standing for Reality: What Really Matters in Psychotherapy

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Psychoanalysis: The Stereotype
Therapy outcomes vary according to:

1. Personality factors
2. Relationship factors

Evidence based therapy = “the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences” (Task Force on Evidence Based Psychotherapy, 2006, p. 263).
Relevant critiques of current approaches to psychotherapy


- Synthesized published descriptions and models of personal recovery into an empirically based conceptual framework:
- Five “recovery processes” included:
  - 1. Connectedness
  - 2. Hope and optimism about the future
  - 3. Identity
  - 4. Meaning in life
  - 5. Empowerment

Studies that included minority patients identified additional themes of spirituality, stigma, and culturally specific factors in recovery.
“The divergent roles that clinicians and researchers serve in the profession lead to different orientations toward knowledge and competing models of what constitutes useful psychiatric knowledge. . .

Clinicians [adopt] a more practical posture toward knowing. Practical wisdom, or what Aristotle calls *phronesis*, addresses particular cases and specific quandaries, employing not maxims or rules, but a network of considerations . . . . In the *phronesis* of psychiatric practice, clinicians are not interested in identifying a universal truth but a particular one - what will work for a specific patient.”

Disclosure statement:

I have nothing to declare and no conflicts of interest. All royalties from the first and second editions of the Psychodynamic Diagnostic Manual go to a fund to support clinical research.
Practice-based evidence versus Evidence-based practice
On empirical imperialism and research that balances it:


Cynthia Baum-Baicker’s work

Wisdom studied empirically:
Robert Sternberg’s work


“I view wisdom as the value-laden application of tacit knowledge not only for one’s own benefit (as can be the case with successful intelligence) but also for the benefit of others, in order to attain a common good. The wise person realizes that what matters is not just knowledge, or the intellectual skills one applies to this knowledge, but how the knowledge is used.”

Wisdom

1. Addresses difficult problems regarding the meaning and conduct of life;
2. Represents truly outstanding knowledge, judgment, and advice;
3. Is a perfect integration of knowledge and character, mind and virtue;
4. Coordinates and promotes individual and societal growth;
5. Involves balance and moderation;
6. Includes awareness of the limits of knowledge and the uncertainties of the world;
7. Is difficult to achieve but easily recognized. (p. 212)

The limitations of reason have been well understood since ancient times. As any high school debater learns, depending on the premises chosen and what evidence is suppressed or advanced, diametrically opposite conclusions can be reached logically from the same array of facts. The concept of wisdom is usually defined in contrast with overly narrow perspectives on rationality. (2005)

Karen Armstrong’s work

The New York Times Bestseller

A History of God

The 4,000-Year Quest of Judaism, Christianity and Islam

Karen Armstrong


Karen Armstrong

Buddha
Wisdom comes only through suffering.

From Agamemnon
The kind of man who always thinks that he is right, that his opinions, his pronouncements, are the final word, when once exposed shows nothing there. But a wise man has much to learn without a loss of dignity.

From Antigone
CONFUCIUS
550 BC - 470 BC

TO KNOW WHAT YOU KNOW AND
TO KNOW WHAT YOU DON'T KNOW,
THAT IS REAL WISDOM.

InspirationBoost.com
When pride comes, then comes disgrace, but with humility comes wisdom.

Proverbs 11:2 | NIV
Gautama Buddha

Even as a solid rock is unshaken by the wind, so are the wise unshaken by praise or blame.

Wear your ego like a loose fitting garment.
Knowledge speaks, but wisdom listens.

Jimi Hendrix
The scientific method, created in the 15th century by the Neapolitan philosopher, Telesius, the father of all the subservient academies of science, essentially means repeatable experiments, verified by logic and mathematics, and giving rise to "heuristic" theories replaced when necessary by new ones. This is an ideal paradigm for science, but the lack of a coherent theoretical frame of reference destroyed the basis of civilizations which existed before the 15th century. In the last 300 years of critical rationalism, from Newton to Mandelbrot, the incomplete paradigm of science led to the colonialist destruction of countless archaic civilizations.

www.lawofwisdom.com/epilogue.html
Methodological requirements for randomized controlled trials:

- **Isolating variables**: choosing people with one clear disorder not comorbid with anything else
- **Taking objective measures of observable symptoms** as a baseline
- **Manualizing interventions**
- **Limiting the time period** of the study
- **Evaluating changes in observable symptoms** as definitional of improvement

Necessary for research but often currently applied wrongly to clinical practice

> Gilbert Ryle
Long-term benefits of therapy
Thank you!

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