

TRENDS AND INNOVATIONS IN PSYCHOLOGICAL PRACTICE

Saul Neves de Jesus

Michael Stevens

Marius Milcu



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TRENDS AND INNOVATIONS IN PSYCHOLOGICAL PRACTICE



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Coordinator of the master's program in clinical forensic psychology.

Organizer and chairman of many conferences (national and international level).

Private practice in psychology: Clinical psychology, work and organizational psychology, military psychology.

Director of the Association for Qualitative and Intercultural Studies in Psychology, Sibiu, Romania.

Dr. Milcu is managing the *Modern Research in Psychology* Collection, including 39 books / conference proceedings.

He has experience in working in the European dimension, working in various research teams and teaching courses in suicide prevention, stress and trauma, work pathology, organizational conflict, psychological assessment, and criminal groups.

Dr. Milcu is interested in psychological assessment, interpersonal competition and conflict, groups dynamics, juvenile delinquency, welfare, justice and psychosocial interventions.

Dr. Milcu conducted various workshops in clinical and health psychology, work and organizational psychology, forensic psychology, military psychology.

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Psychology and co-edited its journal, *International Perspectives in Psychology*; he also is a Fellow of the Division and received its Outstanding International Psychologist award.

Michael Stevens received his BA in psychology from Amherst College and PhD in counseling psychology from the University of Missouri - Columbia (APA-approved).

He is a professor emeritus of psychology at Illinois State University, where he directed the master's program in counseling psychology and was named Outstanding University Researcher.

Dr. Stevens is Past-President and Treasurer of APA's Division of International

Dr. Stevens holds honorary doctorates from The *Lucian Blaga* University, The *Ovidius* University, and The Chicago School of Professional Psychology.

Dr. Stevens was named an honorary professor at The *Lucian Blaga* University, where he completed Fulbright and IREX grants and was recognized as a founder of psychology at that university. He has also been a visiting professor at The *Ovidius* University and The *Stefan cel Mare* University.

Among his 200 publications are the following collaborative works: *Handbook of International Psychology* (2004, 2025), *Toward a Global Psychology* (2007), *Psychology: IUPsyS Global Resource* (2005-2009), *Teaching Psychology Around the World* (2009), *The Oxford International Handbook of Psychological Ethics* (2012), *Modern Research in Health, Education and Social Sciences* (2017), *Mind, Body and Behaviour* (2018), *Modern Research in Psychology* (2019), *Social Intelligence* (2020), *Rethinking Applied Psychology* (2020), *The Psychology of Pandemics* (2021), *The Psychology of Post-pandemic Life* (2022), and *Exploring Interdisciplinary Field* (2023).

Dr. Stevens is also a licensed clinical psychologist, conducting unescorted access authorization, substance abuse, and fitness for duty evaluations for nuclear power plants throughout the United States. Dr. Stevens is a member of the Psychology Coalition at the United Nations.

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Past-President, APA Division of International Psychology

What Exactly Is Evidence-Based Psychotherapy?

Evidence-based psychotherapy has grown to become a key term in identifying psychotherapeutic interventions that have been proved empirically efficacious in analogue treatment studies and effective in clinical practice. The question of whether psychotherapy is effective in remediating debilitating symptoms of subclinical and diagnosable psychological disorders emerged from the seminal research of Hans Eysenck in the latter half the mid-1900s, who claimed that psychotherapy was no more effective than spontaneous remission in ‘curing’ mental illness. Eysenck was wrong. Not only has subsequent research (e.g., Smith & Glass, 1977) convincingly demonstrated that psychotherapy works, but also that psychologists in clinical practice and their patients believe that psychotherapy yields a net mental health benefit. While psychotherapists and patients alike do not ordinarily rely on rigorous treatment outcome studies in arriving at their conclusions, which are no doubt tinged by bias and factors having little to do with the effect of treatment per se, their positive, non-scientific evaluations suggest that the term ‘evidence-based’ needs to be broadened and more inclusive of interventions that await scientific support. As we surely recognize, science is not the only source of credible knowledge.

Thus, the overarching goal of this workshop is a more complete and contemporary examination of what constitutes evidence-based psychotherapy. After surveying psychotherapist and patient views of psychotherapy, we will dissect the definition of psychological treatment promoted by the American Psychological Association’s Society of Clinical Psychology. We then take a detour to reflect upon the formative definitions of evidence-based practice (e.g., Chambless & Hollon, 1998; Tolin et al., 2015), which were derived exclusively from research and, therefore, deficient. Moving forward, we incorporate additional elements into a more holistic and useful view of evidence-based practice that embraces clinical expertise as well as patient characteristics and preferences, such that sound clinical decision-making can rest on reputable scientific research, accumulated clinical experience, and moderating contextual factors. Each of these three pillars of evidence-based practice will be carefully reviewed and their sources of information synthesized in order to make treatment decisions that stand a higher probability of benefiting the patient. Active ingredients of treatment that cut across diverse psychotherapeutic interventions, and which await empirical validation, will be identified and policy implications that obtain from the tripartite view of evidence-based psychotherapy will be presented.

Next, the focus of the workshop will shift to psychotherapies that have been deemed effective, promising, not adequately tested, or ineffective in addressing the primary symptoms of well-known psychological disorders, such as ADHD, bipolar, OCD, schizophrenia, and substance abuse. Guidance will be provided on how psychotherapists can apply good clinical judgement in selecting an evidence-based intervention best-suited to their client’s preferences and circumstances. Given the proliferation of treatment manuals and protocols, survey findings will be presented which reveal psychotherapists’ views of the appropriateness and use of such formulaic resources. The workshop will conclude with a discussion of the criticisms levied against evidence-based psychotherapies, notwithstanding their demonstrable effectiveness and cost-efficiency in ameliorating symptoms of mental illness across diverse patient populations.

Michael Stevens, PhD, DHC, LHD
Professor Emeritus, Illinois State University
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SAÚL NEVES DE JESUS, PhD



Full Professor of the University of Algarve (UAlg), Portugal. Currently, he is the Director of the PhD in Psychology at UAlg, the Coordinator of the University Research Center in Psychology (CUIP), and the National Representative of Portugal in the “Stress, Trauma, Anxiety, and Resilience Society” (STAR). Previously, he also had experience in organizational management positions, namely as the Coordinator of the Board of the Portuguese Psychology Forum, Vice-Rector of the University of Algarve, Head of the Faculty of Human and Social Sciences, Chairman of the Pedagogical Council and President of the Scientific Council of this Faculty, as well as Director of the Department of Psychology, Director of the Graduation in Psychology, and Director of several Masters, namely in Health Psychology, in Organizational Psychology and in Educational Psychology.

In academic terms, he reached the top of his academic career quite young (37 years old), being a Full Professor of Psychology since 2003.

He has supervised postdocs of colleagues from several countries and has already supervised 54 successfully completed doctoral theses.

He has published some scientific books and more than three hundred scientific articles in peer reviewed journals, namely indexed in Scopus and/or the Web of Science, most of them about health, educational and organizational topics, such as positive psychology, coping, motivation, well-being, and stress management.

He has participated as a member of the Psychology Panel for the attribution of doctoral and postdoctoral grants at FCT, having already been Panel Coordinator, as well as in Committees for the Evaluation of Psychology graduations, masters and PhDs in the Portuguese universities, by A3ES, where he has already performed the functions of President of CAE.

He has already obtained several national and international awards and distinctions, namely the “APP Prize for Psychological Research Career - 2019” (Prize for the best research career in Psychology in Portugal, awarded over three years by the Portuguese Psychology Association - APP), and the “STAR Lifetime Career Award 2023” (awarded annually by the STAR Society).

Saúl Neves de Jesus, PhD
Full Professor of Psychology
Director of the PhD in Psychology
University of Algarve, Portugal

Opening remarks

This book is the result of scientific papers produced by researchers from various countries, most of which were presented at the annual international conference in Sibiu, Romania.

In 2011, I participated for the first time with a paper at this conference, where I met Marius Milcu in person.

Thanks to his persistence, this conference has existed for almost 20 years and is increasingly becoming an international reference for research conducted in the field of Psychology worldwide. Furthermore, it seeks to integrate research conducted at the border between Psychology and other scientific domains, from an innovative and interdisciplinary perspective that also values the application of scientific knowledge.

One of the main outputs of each conference is the published book, which brings together some of the key papers presented.

The title of the book is always different, seeking to emphasize a particular perspective of Psychology research.

This time, the emphasis is on the connection between research and psychological practice. This perspective is crucial for strengthening evidence-based psychological practice. Psychological knowledge should be useful to individuals and society, and the application of this knowledge is achieved through psychological practice. Focusing on the practical implications of research conducted in Psychology is an important issue in order to improve innovation and increase knowledge regarding more recent practical fields of Psychology.

I hope the Sibiu congress will continue to be held for many years to come, contributing to the strengthening of the research network of researchers around the world, and becoming a reference for trends and innovations in Psychology.

Saúl Neves de Jesus, PhD
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MODERN RESEARCH IN PSYCHOLOGY COLLECTION: A FEW RESULTS

Following the eleven editions which we carefully organised, we managed to publish 18 conference proceedings volumes, as you can see below:

- Marius Milcu, Michael Stevens, Saul Neves de Jesus (2024). *Trends and innovations in psychological practice*. Editura Universitară București.
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- Milcu, M., Fischbach, A., Rafaeli, A., Schmidt-Brasse, U. (2007). *Modern psychological research. Trends and prospects*, Ed. Univ. „Lucian Blaga”, Sibiu.

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- **Stress and emotions**
- **Risk perception in work places**
- **Communication. Social change**
- **Organizational culture**
- **Rules, regulations and values in organizations**
- **Social support, coping and wellness**
- **Innovation and creativity**
- **Leadership competences**

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MISCELLANEOUS ...

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