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Empirical Practice: The Use of Single Case Experimental Design to Enhance and Validate Clinical Practice

In spite of decades of pressure on practitioners to be accountable for what they do, there continues to be resistance to do so. The resistance is shared more or less equally among clinical disciplines. While few deny the importance of providing effective services, the majority of clinicians lack or have forgotten their training concerning empirical methods for monitoring and measuring their practice. Most rely on unsystematic client feedback and/or clinical judgement about differences in clients over time.

The Single Case design is ideally suited to inform and validate clinical practice. This workshop presents the fundamentals of this methodology including the use of doable statistical calculations to measure change. Case studies illustrate how the methodology enhances/specifies problem formulation, the selection of appropriate intervention to effect a timely change, and the measurement of incremental gains that culminate in a predetermined definition of a solution to the original presenting problem.