

RESEARCH ARTICLE

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# The implementation and adherence to evidence-based protocols for psychotherapy for depression: the perspective of therapists in Dutch specialized mental healthcare

Sanne J. E. Brujinika<sup>1\*</sup>, Gerdien Franx<sup>2</sup> and Marcus J. H. Huibers<sup>1,2</sup>

## Abstract

**Background:** Although psychotherapy is an effective treatment for depression, a large number of patients still do not receive care according to the protocols that are used in clinical trials. Instead, patients often receive a modified version of the original intervention. It is not clear how and when treatment protocols are used or modified in the Dutch specialized mental health care and whether these changes lead to suboptimal adherence to treatment protocols.

**Methods:** In the context of an ongoing multicenter trial that investigates whether twice-weekly sessions of protocolized interpersonal psychotherapy (IPT) and cognitive behavioral therapy (CBT) for depression lead to better treatment outcomes compared to once-weekly sessions, two focus groups using semi-structured interviews were organized. Aims were to increase insight in the adherence to and modifications of CBT and IPT protocols in the Dutch specialized mental health care for depression. Participants were fifteen therapists from seven mental health locations, part of five mental health organizations. Verbatim transcripts were coded and analyzed using qualitative software.

**Results:** Three themes emerged: modification as the common practice, professional and patient factors influencing the adherence to protocols and organizational boundaries and flexibility. Treatment modification appeared to happen on a frequent basis, even in the context of a trial. Definitions of treatment modifications were multiple and varied from using intuition to flexible use of the same protocol. Therapist training and supervision, the years of work experience and individual characteristics of the therapist and the patient were mentioned to influence the adherence to protocols. Modifications of the therapists depended very much on the culture within the mental health locations, who differed in terms of the flexibility offered to therapists to choose and modify treatment protocols.

**Conclusions:** Not all treatment modifications were in line with existing evidence or guidelines. Regular supervision, team meetings and a shared vision were identified as crucial factors to increase adherence to treatment protocols, whereas additional organizational factors, among which a change of mindset, may facilitate adequate implementation.

**Keywords:** Cognitive-behavioral therapy, Interpersonal psychotherapy, Psychotherapy, Implementation, Protocol adherence, Specialized mental healthcare, Depression

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# Attention First

**JS Bruner**



## **Attention First:**

**Theological Attention** Derek S. King, 2025-11-20 What is attention How do we use it And why does it matter In an age of distraction in which we feel overrun by attention diverting devices these questions are as important as ever While scientists and philosophers have explored these questions in part theologians have largely ignored them Despite this the Christian theological tradition contains many rich resources for pursuing answers to these questions Theological Attention attempts to mine resources from this tradition and psychology and philosophy to answer them In the first part of the book Theological Attention explores what attention is Though the aim is to develop a fresh way of thinking about our attention called theological attention it considers basic attention defined in conversation with psychology and philosophy and virtuous attention defined in conversation with moral philosophy The focus remains however on theological attention which foregrounds God and his relationship to us in how we conceive of attention In the second part the book considers the role of theological attention and spiritual formation When we reorient our thinking about attention around God and how God relates to us we see too that attention is crucial for our spiritual formation How we attend determines how we are formed

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The Rand McNally Bankers' Monthly ,1908      Bossa Mundo K. E. Goldschmitt, 2020 Brazilian music has been central to Brazil s national brand in the U S and U K since the early 1960s From bossa nova in 1960s jazz and film through the 1970s fusion and funk scenes the world music boom of the late 1980s and the bossa nova remix revival at the turn of the millennium and on to Brazilian musical distribution and branding in the streaming music era Bossa Mundo Brazilian Music in Transnational Media Industries focuses on watershed moments of musical breakthrough exploring what the music may have represented in a particular historical moment alongside its deeper cultural impact Through a discussion of the political meaning of mass mediated music author K E Goldschmitt argues for a shift in scholarly focus from viewing music as simply a representation of Otherness to taking into account the broader media environment where listeners and intermediaries often have conflicting priorities Goldschmitt demonstrates that the mediation of Brazilian music in an

increasingly crowded transnational marketplace has lasting consequences for the creative output celebrated by Brazil Like other culturally rich countries in Latin America such as Cuba Mexico and Argentina Brazil has captured the imagination of people in many parts of the world through its music driving tourism and international financial investment while increasing the country s prominence on the world stage Nevertheless stereotypes of Brazilian music persist especially those that valorize racial difference Featuring interviews with key figures in the transnational circulation of Brazilian music and in depth discussions of well known Brazilian musicians alongside artists who redefine what it means to be a Brazilian musician in the twenty first century Bossa Mundo shows the pernicious effects of branding racial diversity on musicians and audiences alike

**Infant Perception and Cognition** Lisa Oakes, Cara Cashon, Marianella Casasola, David Rakison, 2010-10-14 In this book Lisa Oakes Cara Cashon Marianella Casasola and David Rakison bring together the recent findings and theories about the origins and early development of the information processing mind and provide insight into the future directions in the study of infant perception and cognition

*Computer Vision - ECCV 2020 Workshops* Adrien Bartoli, Andrea Fusiello, 2021-01-29 The 6 volume set comprising the LNCS books 12535 until 12540 constitutes the refereed proceedings of 28 out of the 45 workshops held at the 16th European Conference on Computer Vision ECCV 2020 The conference was planned to take place in Glasgow UK during August 23 28 2020 but changed to a virtual format due to the COVID 19 pandemic The 249 full papers 18 short papers and 21 further contributions included in the workshop proceedings were carefully reviewed and selected from a total of 467 submissions The papers deal with diverse computer vision topics Part III includes the Advances in Image Manipulation Workshop and Challenges

*Proceedings of International Conference on Intelligent Vision and Computing (ICIVC 2022)* Harish Sharma, Apu Kumar Saha, Mukesh Prasad, 2023-04-30 The conference proceedings book is a collection of high quality research articles in the field of intelligent vision and computing It also serves as a forum for researchers and practitioners from both academia and industry to meet and share their expertise and experience It provides opportunities for academicians and scientists along with professionals policymakers and practitioners from various fields in a global realm to present their research contributions and views on one forum and interact with members inside and outside their own particular disciplines

*The Stoic Wisdom of Epictetus* Richard Lawson, 2026-01-13 A Clear Practical Way to Read Epictetus Epictetus wrote to train judgment under pressure This book follows that purpose Rather than presenting Stoicism as a philosophy to admire it treats Epictetus as a teacher of discipline someone concerned with how the mind actually functions when outcomes are uncertain emotions rise and control is limited The focus is simple and demanding learning to distinguish what belongs to judgment from what does not and to act consistently from that distinction Inside Epictetus key ideas are organized into clear rules that can be applied in ordinary situations work conflict decision making setbacks without relying on slogans or abstraction Each chapter centers on one mechanism of his teaching judgment impressions assent desire and freedom Every selected passage is followed by explanation and practical application

written to clarify how the rule works in real life The goal is not inspiration but reliability clarity that holds when circumstances do not cooperate In this book you ll explore How judgments not events create disturbance How impressions gain power and how that power can be withheld Why misdirected desire leads to dependence How aligning desire with control restores stability How restraint strengthens action instead of limiting it This is a book for readers who want Stoicism to work not just to sound convincing It is meant to be returned to tested and used especially when pressure makes confusion tempting Epictetus believed freedom was available to anyone willing to train their judgment This book is an invitation to do exactly that

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*Advertising & Selling* ,1928    **The Refractionist** ,1926    Anderson Carriage Co. v. Pungs, 128 MICH 49 (1901) , 148

## Decoding **Attention First**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Attention First**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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