

Client-Directed, Outcome Informed (CDOI) Approach

A.K.A. Feedback Informed Treatment (FIT)

1. Collaborative

- a. Client's voice is privileged and therapists form strong partnerships with their clients
- b. Client's feedback helps determine the fit and effectiveness of the approach used, which enables sessions to be individually tailored

2. Non-deficit

- a. Therapist does not label the client
- b. The problem/concern is viewed as separate from the person

3. Client's theory of change

- a. "Rather than reformulating client complaints into our own orientation, we do the opposite by elevating the client's perception above our theories and allow the client's view of change to direct therapeutic choices" (Heroic Client, p 72)

4. Reliable and valid measures:

- a. Outcome Rating Scale
- b. Session Rating Scale
- c. Use of the scales has been shown to improve treatment outcomes by as much as 100% (Anker, Duncan, & Sparks, 2009)
- d. In a recent study of feedback using the scales, clients of therapists using the measures were four times more likely to attain clinically significant changes than clients of therapists not using the scales (Anker, Duncan, & Sparks, 2009)

5. Clients are cast into heroic roles

- Therapist is curious about the client's competencies—the heroic stories that reflect their part in overcoming obstacles, taking action, and maintaining positive change