

Between Training and Practice: Therapist Self-Confidence as a Predictor of Evidence-Based PTSD treatment in Israel's Public Mental Health System

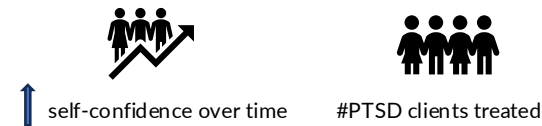
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BACKGROUND

- Waitlists in the Israeli public mental health system remain long, with the need only more pronounced following October 7th.
- Clear need to expand the use of structured, evidence-based, short-term treatments.
- Several barriers to implementing these treatments in the public sector
- Therapist variability (e.g., self-confidence) thought to affect uptake and use

AIMS

Assess whether therapists' self-confidence following and during training in an evidence-based treatment modality predicts:



and is moderated by:



METHODS

- 200 public mental health therapists were trained by The Center for Trauma Recovery at the Hebrew University in CPT or WET in 2024-2025
- Training was followed by 20 group supervision sessions
- Longitudinal self-report questionnaires



- Outcomes: self-confidence in the administration of trauma-focused treatment, PTSD caseload and supervision satisfaction
- Bayesian multilevel negative binomial regression analyses

RESULTS

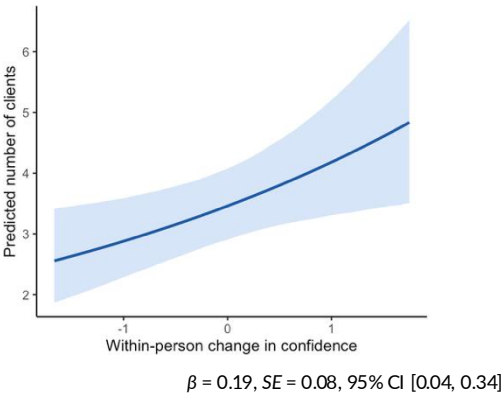
- Therapists' self-confidence did not increase as a function of time



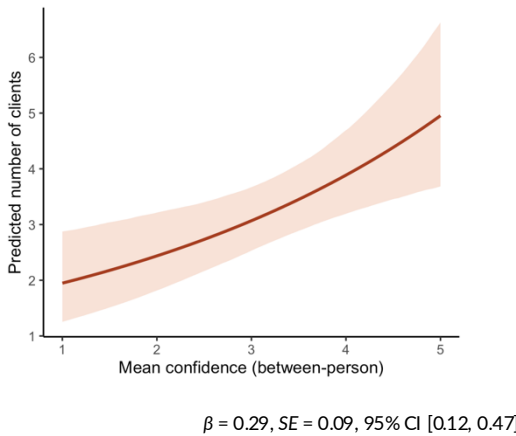
- Supervision satisfaction did not affect or moderate results

However...

Within-person changes in self-confidence predict number of PTSD clients



Between-person changes in self-confidence predict number of PTSD clients



DISCUSSION

- Importance of longitudinal measurements
- What leads to confidence (given that it is both a within and between predictor)?
- Is overall supervision satisfaction less important than specific skills (e.g., confidence with protocol administration)?