Dear colleagues,

The Jerusalem Conference is coming closer. This is a good stimulus for another newsletter, which will be my last as president of the European Chapter of SPR.

**SPR Annual Meeting in Jerusalem**

The Annual SPR meeting will start Wednesday 23rd 2016 in the wonderful ambience of the Three Arches YMCA in Jerusalem. There will be a large number of European participants and especially many local SPR members from Israel. So we will experience an event with lots of opportunities to meet colleagues and to have interesting and connecting discussions.

In the SPR March newsletter you can find all considerations discussed in the EC concerning the upcoming event.


Attendants of the conference find further informations on the conference website.

http://www.sprconference.com/

**Methods Workshop for Early Career Researchers in Krakow, Poland**

With great pleasure we announce the 5th Society for Psychotherapy Research European Chapter Methods Workshop for Early Career Researchers. The workshop is to be held in the magnificent city of Krakow in one of the oldest Universities in Europe – the Jagiellonian University – on 5-10 September 2016.

The combined efforts of Society for Psychotherapy Research and the Department of Psychotherapy Jagiellonian University Medical College resulted in bringing together a group of distinguished and most experienced mentors and psychotherapy researchers from all around the world. Lecturers will be: Jerzy W. Aleksandrowicz, Czesław Czabała, Per Høglend, Sarah Knox, Michael Lambert, Wolfgang Lutz, Michal Mielimaka, John Ogrodniczuk, Krzysztof Rutkowski, Stig Poulsen, Henning Schauenburg, Bernhard Strauß, Alessandro Talia, Svenja Taubner

In over 40 hours of workshops and lectures the participants will extend their knowledge and gain new abilities in designing, performing and promoting psychotherapy research. The number of participants in the workshop is limited to only 40 and based on the first-come-first rule therefore register as quickly as possible, do not miss the exceptional event.

Registration is open until 31 August 2016
Please use the following link in order to get acquainted with the preliminary program and to register.

http://spr-eu-workshop-uj-krakow.pl/

Please address all the questions to the Chair of the Local Organisational Committee and SPR representative/coordinator for Poland – Michal Mielimaka, michal.mielimaka@uj.edu.pl.

See you in Krakow!

**Joint EU-UK Conference Oxford 2017**

Further talks took place between Susan Hajkowski, president of the UK chapter, Stig Poulsen and Henning Schauenburg concerning the next joint meeting. The conference will take place September **Wednesday 20 – Friday 22, 2017**. The venue will be the old college “Examination Schools” (not Keble College, as announced in the last newsletter!) http://conference-oxford.com/venues/conference/examination-schools We are looking forward continuing the fruitful tradition of these joint conferences.

You will receive more detailed information in the forthcoming newsletters.

**New Board of country coordinators**

During the Klagenfurt Conference we continued the efforts toward the establishment of a board of national representatives/coordinators within the E.U. chapter. Aim of this structure is to improve cooperation and networking between members of different countries and to promote local activities especially in the “new” countries.

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<th>Country Coordinators SPR European Chapter:</th>
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<td>Italy: <a href="mailto:giulio.defelice@ixtu.org">giulio.defelice@ixtu.org</a> and Francesco Gazzillo <a href="mailto:freuwin@libero.it">freuwin@libero.it</a> and <a href="mailto:irene-messina@hotmail.com">irene-messina@hotmail.com</a> and <a href="mailto:gianluca.lococo@virgilio.it">gianluca.lococo@virgilio.it</a></td>
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<td>Portugal: Agostinho F. L. Almeida <a href="mailto:agostinhoa36@gmail.com">agostinhoa36@gmail.com</a> and Joao Salgado <a href="mailto:jsalgado@ismai.pt">jsalgado@ismai.pt</a> and Ana Nunes da Silva <a href="mailto:anacatarinans@gmail.com">anacatarinans@gmail.com</a></td>
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We now have 34 Coordinators in 22 countries. Only France and Belgium are still missing and the colleagues in these countries are cordially invited to join the group. Please mail to Henning.Schauenburg@med.uni-heidelberg.de

As first result of the new network we can present to you two reports on research activities in the European Chapter by the respective coordinators. Thank you to Tomas and Volkan!

**Czech Republic**

Historically, isolated research efforts appeared in the last decades (connected with leading psychotherapy experts in our country, such as Stanislav Kratochvil and Jan Vymětal). They, however, did not give rise to any systematic research program. More systematic efforts in the field of psychotherapy research were initiated in 2010 with a small research grant focused on psychotherapy training and psychotherapist development. Since that time, research efforts have been slowly increasing. In 2012, the Center for Psychotherapy Research was founded in Brno by several SPR members to support further advancement of psychotherapy research in the Czech Republic.

**Center for Psychotherapy Research Brno (Masaryk University, Faculty of Social Studies)**

A five year research project (2011-2015) focusing on integrative psychotherapists’ development was funded. The project resulted in a number of empirical studies and literature reviews covering three main research lines: (a) psychotherapist development towards integration from the perspective of seasoned therapists, as well as psychotherapy trainees; (b) integrative psychotherapy training from trainers’, as well as trainees’, perspectives, and (c) the development of case formulation skills in integrative trainees.

Furthermore, several small-scale projects are currently being realized or are in preparation, for instance:

- An ongoing research on psychotherapist development (e.g., helpful and hindering events in psychotherapy training);
- Intensive (case study) process research, carried out in collaboration with an international group associated with the Relational Mind project led by Jaakko Seikkula, Ph.D., Finland
- Qualitative assessment of therapeutic change using CHAP (Change After Psychotherapy, developed by Sandell, 1997)
- A national survey on the use of psychotherapeutic methods in practice;
- Research on outcome deterioration and change resistance;
- Translation and validation of research instruments (e.g., CORE-OM, WAI, ORS, SRS).

Predominantly, we were developing an expertise in qualitative methods (grounded theory, thematic analysis, interpretative phenomenological analysis) in the last years. Nevertheless, having translated several key measures, we are planning to broaden our activities to include quantitative research as well.

**Other sites**

There are several other research efforts spread across the country: An ongoing research project on the effectiveness of and curative factors in outpatient group psychotherapy led by Jiří Růžička, Ph.D., in Prague

Participation in an international multi-site project called “Patients’ Perceptions of Corrective Experiences in Individual Psychotherapy” in co-operation with Sigmund Freud University, Vienna, led by Martin Kuška, Ph.D., in Prague

Research on the effectiveness of CBT has been carried out by Ján Praško, Ph.D., and his team in Olomouc

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**Turkey:**

**Hacettepe University Psychotherapy Research Laboratory (HUPRL: www.hupal.hacettepe.edu.tr)**

HUPRL’s missions were described as: (a) to perform systematically psychotherapy efficiency, outcome and process research in order to evaluate and increase the effectiveness of Cognitive Psychotherapy practice that is applied widely in Turkey, (b) to assess the research area comprehensively with quantitative and qualitative methods, (c) to contribute of composing instruments that will serve o psychotherapy area, (d) to perform and support research and training activities specific for the need of psychotherapy area (e) to train psychotherapists whom will contribute to psychotherapy science and practice.

The vision of the Psychotherapy Research Laboratory (HÜ-PAL) adopts a structure mainly based on research and practice. Its aim is to contribute to the area of evaluation the efficiency of psychotherapy and the training of psychotherapy in Turkey. Results of the researches will produce knowledge about the process of cognitive psychotherapy that is widely applied; furthermore this will provide some findings for the mental health area. Graduate students will be able to use their skills in the mental health area. Results of the researches will help other psychologists who are working in the mental health field in terms of widespread psychotherapy training.

Numerous research projects have been conducted in the HUPRL such as: (a) Assessment of Therapeutic Alliance and Ruptures in Therapeutic Alliance in Short Term Cognitive Behavioral Psychotherapy, (b) Examining Relational Variables: Attachment Styles, Interpersonal Schemas and Therapeutic Alliance in the Process of Cognitive Therapy.

(a) Assessment of Therapeutic Alliance and Ruptures in Therapeutic Alliance in Short Term Cognitive Behavioral Psychotherapy: Recent trends in psychotherapy research indicating that the therapeutic alliance might be the best predictor of therapeutic outcome. From a trans-theoretical model, therapeutic alliance refers to an agreement on the tasks, goals and bond between therapist and patient. Therapeutic alliance rupture means an impairment or a reluctance in the quality of relationship between therapist and patient. Accordingly, the aim of this research is to examine the therapeutic alliance and rupture on change process in a short-term cognitive behavioral therapy in terms of both counselor and client characteristics. Sample has consisted of students applying to Medico Center (Beytepe Campus) for their low
level of depressive and anxiety symptoms relating to some adaptation problems to university, test anxiety, presentation anxiety, lack of communication skills, stress management, assertiveness. They have completed an information form, Beck Depression Inventory, Beck Anxiety Scale, Interpersonal Schema Inventory, automatic thought questionnaire, dysfunctional attitudes scale and Relationships Scales Questionnaire at pre-post treatment and 6 months follow-up. All sessions has been recorded as audio and visual to further evaluation of the therapeutic alliance and alliance ruptures by third party observer.

(b) Examining Relational Variables: Attachment Styles, Interpersonal Schemas and Therapeutic Alliance in the Process of Cognitive Therapy: The aim of this Project is to investigate the relational variables like attachment styles, therapeutic alliance, and interpersonal schemas in the context of a cognitive behavioral therapy process. In the context of the Project, as a product of studies some educational materials were developed which can be used both clinical and educational settings. In this aim, visual materials and a case study book was prepared.

Istanbul Bilgi University Psychotherapy Research Lab (www.bilgipsikoterapiarastirmalari.com)

Istanbul Bilgi University Psychotherapy Research Lab has an ongoing research project which is described below in detail:

One of the major aims of this project is to empirically investigate the unique play processes developed in psychodynamic psychotherapy and identify factors associated with better outcomes. According to literature, when children develop pretend play (one thing is playfully treated as if it were something else) and when the cognitive (the ability to use higher-order thinking processes), emotional (expressing positive and negative emotions in play as well as demonstrating ability for emotion regulation) and relational (the ability to transfer meaningful social roles to play) level of the play increases, the child develops different coping skills that help improve his/her daily functioning. Two factors related to psychotherapy help improve the level of the child’s play. One of these factors is the therapist’s verbal interventions and the other one is the relationship that develops between the child and the therapist (therapeutic alliance). However, the findings in this area come from theoretical publications and clinical case studies which leave many questions that have not been empirically tested. Questions such as which types of play are associated with better outcomes in psychotherapy, what types of interventions help facilitate such play and the role of therapeutic alliance in the development of play have not been empirically tested. As such, a psychotherapy process research has been devised that can represent the psychotherapy process and the factors associated with change more holistically. Patients and their families who come to Istanbul Bilgi University Psychological Counseling Center for psychodynamic play therapy will be given questionnaires and their individual sessions will be audio/video recorded to help enable the systematic coding of the child’s play, therapist’s verbal interventions and the developing therapeutic alliance. A secondary aim of this research is to test the effectiveness of psychotherapy through pre-posttest comparisons.

Even though there is a large body of theoretical literature associated with psychodynamic child psychotherapy, there is very few empirical research in this area and the existing research has mostly focused on the effectiveness of psychotherapy. Psychotherapy process research that investigates the factors associated with effectiveness is conducted much less because of its labor intensive nature. When one looks at the situation in Turkey, to our knowledge, there is no existing systematic psychotherapy process research. As such, this will be the first systematic psychotherapy process research in Turkey and will be an important contribution with the proposed design. This empirical investigation will provide important information that can help improve the effectiveness of psychodynamic play therapy in Turkey.

In addition to the conceptual contributions, this project also has clinical and educational aims. The audio and video recordings of the sessions will help enable the systematic coding of different factors such as play types, therapeutic interventions and therapeutic alliance which will be accomplished through the development and adaptation of certain coding manuals that do not yet exist in Turkey. Students will be trained on these measures and develop standard psychotherapy assessment abilities. Also, an educational archive will be
prepared that involves the recordings of the sessions and the coding manuals will be adapted into a standard psychodynamic play therapy training which will have broader effects.

Continuing Projects:
Mentalization and Symbolization in Play
Therapist’s Feelings and Concomitant Affect Expressed in Play
Relational Structures in Play and Core Conflictual Relationship Themes
Linguistic Structures in Play: Emotion and Abstraction Patterns

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I hope that those reports are an encouraging incentive for others to follow.

Finally:

I now say good bye as president and like to thank all colleagues who helped me with my tasks during the last three years and most of all I wish Stig all the best for his term.

I hope to see many of you in Jerusalem

Henning Schauenburg