



Newsletter

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North American Chapter – Society for Psychotherapy Research

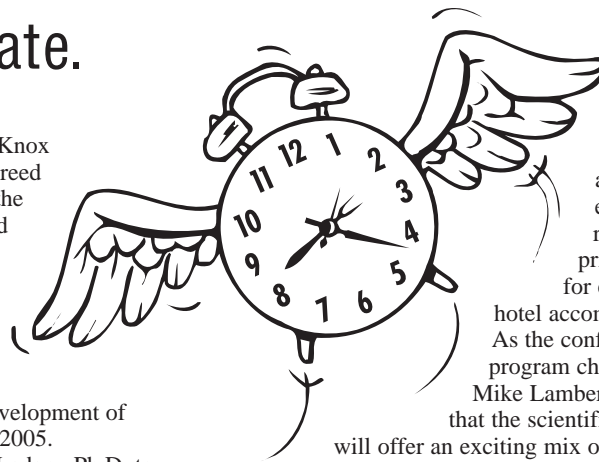
President's update.

Lynne Angus, Ph.D.

I am delighted to announce that Sarah Knox Ph.D. and Jeffrey Hayes Ph.D. have agreed to be nominated for president-elect of the NA-SPR. An election ballot is included in this newsletter and both Sarah and Jeffrey have contributed personal statements identifying their respective goals and plans for NA-SPR's future development. Please be sure to participate in this election and contribute to the future development of our chapter. Voting deadline is 1 May 2005.

I would also like to welcome Nick Ladany Ph.D. to the NA-SPR executive team as executive officer of NA-SPR. Nick will be assuming responsibilities for NA-SPR budget reporting, conference contracting, membership accounting and NA-SPR web site design over the next few months. I would like to thank Nick for his willingness to contribute to the development and vitality of NA-SPR in this capacity and wish him well in the years to come.

I have recently returned from Montreal where the full SPR Executive met to review the June conference site and receive an update on the Scientific Programme. Chris Perry and his local host committee have done a wonderful job securing an excellent conference site close to McGill University in the heart of Montreal. Information regarding accommodations for the conference will be posted to the SPR Montreal



conference website soon and there are excellent reasonably priced options for every taste in

hotel accommodation. As the conference program chair,

Mike Lambert reported that the scientific program

will offer an exciting mix of breakfast plenaries, symposiums, panels, posters, and workshops.

I would like to note for our Canadian NA-SPR members, a special pre-conference workshop, scheduled for Wednesday 22 June 2005, has been co-organized with the Canadian Institute of Health Research and NA-SPR to provide a forum for information exchange and discussion regarding research grant support for psychotherapy research. Be sure to check the preliminary program on the conference website for further information regarding panel participants, time and place for this workshop. At the meeting in June I will be ending my tenure as President of NA-SPR and handing the baton over to the able hands of Chris Muran. I do hope you will join us at the conference!

President 2003-2004

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Previous Past Presidents

Adam Horvath, 1999-2001
Ellen Frank, 1996-8
Tracie Shea, 1994-5
Varda Shoham, 1993
Karla Moras, 1992
Robert Elliott, 1991
Clara Hill, 1990
David Orlinsky, 1989

Past Meetings

Springdale, UT, 2004
Newport, RI, 2003
Puerta Vallarta, Mexico, 2001
Tucson, AR, 1997
Santa Fe, NM, 1994
Panama City, FL, 1991

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Laurie Hollis-Walker
Raj Maharaj
Barbara Thurston



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Becoming a psychotherapy researcher.

John S. Ogrodniczuk, Ph.D.

Sound guidance is essential in the development of young psychotherapy researchers, just as it is for any other fledgling professional. As a recipient of the 2004 SPR Early Career Award, I was asked to write about my experiences in becoming a psychotherapy researcher and to offer my insights about some of the keys to success as a psychotherapy researcher. What follows is not an exhaustive list of do's and don'ts, rather I offer my views about some of the more critical factors to consider when beginning a career



as a psychotherapy researcher.

First, I will tell you a bit about myself. I graduated from the University of Alberta in 1997 with a Ph.D. in Medical Sciences-Psychiatry. That same year, I began a two-year

postdoctoral research fellowship in the

Department of Psychiatry at the University of British Columbia. I have remained at UBC ever since, where I am now an Assistant Professor. The psychotherapy research group to which I belong is small, consisting of myself, Bill Piper, and two research assistants. However, because we conduct our research at three psychiatric outpatient clinics (in three different

cities: Vancouver, Richmond, and Edmonton), many people contribute to our research program.

Rather than focusing attention on one particular aspect of psychotherapy in my quest to understand how it works, I have found it more stimulating to seek answers to questions that involve different aspects of the psychotherapeutic process. Thus, I have addressed such issues as therapist technique, the role of social support in treating bereaved patients, the effect of patient personality characteristics on the psychotherapy process, and gender effects in psychotherapy.

My current research focuses primarily on the partial hospitalization (day treatment) of patients with serious personality disorders. This research is concerned with identifying the types of patients that flourish and flounder in this form of treatment

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Remembering Laura Rice, Ph.D.

Irene Elkin recently informed us of the sad news that Laura Rice died in West Yarmouth Rhode Island on July 18, 2004. In recognition of her exceptional contributions to the development of the field of psychotherapy process research, NA-SPR has dedicated a Student Travel Award in her honor that will be given to the best psychotherapy process student submission in each NA-SPR Travel Award competition. As a former student of Laura's, and a longtime friend and research collaborator, Les Greenberg has contributed the following remembrance of Laura and her seminal contributions to psychotherapy research.

Leslie S. Greenberg, Ph.D.

Laura Rice received her PhD from the University of Chicago in the sixties and after teaching there for a number of years came to York University in 1968 where she developed the Counselling programme. She was greatly respected and liked by her students and colleagues. She retired in 1986 but continued to work at York on developing an experiential approach to therapy until she left around 1993. Laura started with Roger's group in Chicago and as well as being a wonderful teacher of Client-Centered approach to therapy was first and foremost a psychotherapy process researcher. She was a true investigator and a remarkably innovative contributor to the field of psychotherapy research. She believed deeply in the importance of observation of what actually occurs in therapy and of categorizing behavior that was similar as behavior rather than assumed to be similar conceptually. In an era when the hypothetico-deductive method dominated she championed the development of coding categories, based on observation and methods to locate meaningful clusters of process into meaningful categories and to generate hypotheses based on these observations

By example she imbued in her students the value of the close observation of process. Her earliest and highly original contribution was the development of a process rating measure that rated Client Vocal Quality. While not denying the importance of meaning she believed that style and manner of client processing was more important than the content of what they said. This work was done before she came to York but led to her specifying an in session problem that clients often worked on in therapy called problematic reactions, in which clients were puzzled about their reaction to a particular situation. She postulated that the affective reaction stemmed

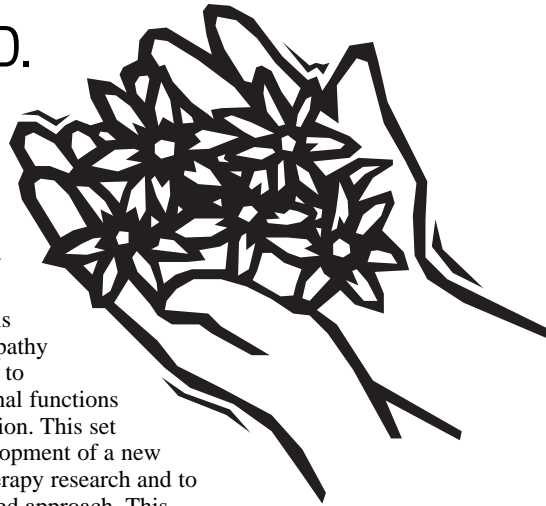
from the activation of cognitive/affective schemes relevant to recurring classes of situations in which clients find themselves functioning in unsatisfying ways. This prefigured the advent of

cognitive therapy.

In this work she developed a description of the in-session marker of problematic reactions and an effective means of intervention involving evocative responding. This expanded the view of empathy from understanding alone to include the major additional functions of evocation and exploration. This set the template for the development of a new method to both psychotherapy research and to treatment – an events based approach. This events based approach blossomed into a task analytic study of the information processing involved in the resolution of affective tasks in therapy and ultimately into the Process Experiential approach to therapy. Her research efforts truly led to improvements in therapy and ultimately to a marker guided and process-guiding approach to treatment. Laura's work has had a major impact on the directions of psychotherapy process research, establishing that studying what clients and therapists actually do in therapy is of major significance.

Perhaps Laura's greatest contribution was her mentoring and stimulation of a generation of psychotherapy process researchers that led to a change in the intellectual climate of the leading Society of Psychotherapy Research toward the recognition of the importance of process research.

Beginning with Rogers', intensive listening to clients and tapes of psychotherapy led her to identify, important ingredients in successful psychotherapy. This journey led to the construction of well-grounded and detailed micro-theories of different routes to therapeutic change much more differentiated than Rogers' general process description of change. In 1980's Rogers recognized her as the major contributor to research on Client-Centered therapy. At a more personal level, Laura was a private person who came alive in therapy. She was an incredible listener and highly respectful of others. She embodied the Client Centered conditions as both a therapist and as an academic and research supervisor. Her intellectual acuity, creativity and real curiosity was inspiring. Most of all by conveying unconditional confidence in my potential and abilities as a therapist and a research investigator, and by encouraging and giving me the freedom to explore what I thought about research and theoretical questions, she allowed me to develop faith in my own understanding and ideas. This was her invaluable gift to me. She similarly empowered and inspired many of her students who remain forever grateful. 🐾



Recent books by members.

D. Orlinsky, Ph.D.

A newly published volume should be of interest to many members and is available to SPR from Oxford University Press at a 20% discount (US\$ 31.95).

The book is:

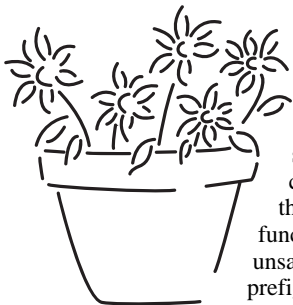
The Psychotherapist's Own Psychotherapy: Patient and Clinician Perspectives,

edited by Jesse Geller, John Norcross, and David Orlinsky.

The book views the personal therapy from diverse theoretical perspectives, and its chapters include research findings as well as presentations by well known therapists about their own experiences as therapy patients and their experiences as therapist's therapists.

For a view of the Table of Contents, see the attached Word file <Geller/Norcross/OrlinskyTOC.doc>. To order online at the discounted price, go to www.oup.com/us and enter the promotion code 24518.

Note that the list of distinguished authors includes many SPR members: Harry Aponte, Judith S. Beck, Emanuel Berman, Andrew C. Butler, Laura Brown, Jean-François Botermans, James F. T. Bugental, Kelly A. Connor, Rebecca C. Curtis, Windy Dryden, Robert Elliott, Jesse D. Geller, Henry Grunbaum, Harry Guntrip, James D. Guy, Myrtle Heery, Clara Hill, Tom Kirsch, Anton-Rupert Laireiter, Richard Lasky, Jay Lebow, Philip Lichtenberg, John C. Norcross, David E. Orlinsky, Rhea Partyka, William M. Pinsof, Mazia Kaiser, M. Helge Ronnestad, Gary R. Schoener, Ulrike Willutzki, Hadas Wiseman, and Bryan Wittine. 🐾



Special thanks to York University for the generous donation of postage and printing of this newsletter.

NA-SPR President-Elect 2005/06.

Sarah Knox, Ph.D.

I am honored, and humbled, to be invited to run for President of NA-SPR. Viewing myself as one still in the early stages of my career, the opportunity to serve the organization that has been so much a part of my professional development is indeed exciting.

My first involvement with SPR/NA-SPR was in 1996, when I presented a paper at the International Meeting held in Amelia Island, Florida. Since then, I have attended many NA-SPR and/or SPR meetings, and have found that doing so inevitably leaves me with a head-full of new research ideas that I can't wait to pursue. It is, in fact, the stimulation, as well as the warm camaraderie, of the organization that has made me feel both welcomed and invigorated, sentiments I trust are shared by all members. I also now serve on the Editorial Board of *Psychotherapy Research*, and view this as an additional opportunity to serve the organization.

Much of my research has focused on the therapy relationship, a construct complex enough to keep me busy for several lifetimes. As is true of many members of SPR, I am fascinated by trying to understand what goes on between therapist and client, and how those interactions help or hinder the therapeutic process and outcome. An additional area of research involves supervision and training of those learning to be therapists. Here, again, my work seeks to explore how therapy may be rendered more successful via careful attention to sound approaches to supervision and training. Methodologically, I am primarily a qualitative researcher, but one with a commitment to bridging the occasionally prickly debates between advocates of qualitative versus quantitative methodologies.

My vision (or, as will become evident below, double-vision!) for NA-SPR is fundamentally shaped by the knowledge that the organization is now on quite solid footing, both programmatically and fiscally. Thus, rather than propose revolutionary new initiatives, I would seek to continue to support the efforts of my leadership predecessors. Having said that, there are two areas in particular (thus the double-vision) that I'd hope to focus on as NA-SPR President.

First, as many in NA-SPR have already expressed, the health of the organization rests upon successful recruitment and retention of graduate students and new professionals. Toward that end, the recent conference in Utah included several activities targeted for these audiences (e.g., sessions in which seasoned members spoke about their career paths; mentoring opportunities). Many of us likely remember how nurturing it was to be brought into the SPR/NA-SPR fold by a more experienced member. And if we joined early in our careers, we probably recall, as well, how helpful it was to be able to talk to folks more advanced in the profession about how they navigated their early days. Thus, my hope is to continue, and build upon, such efforts through a variety of means (e.g., conference

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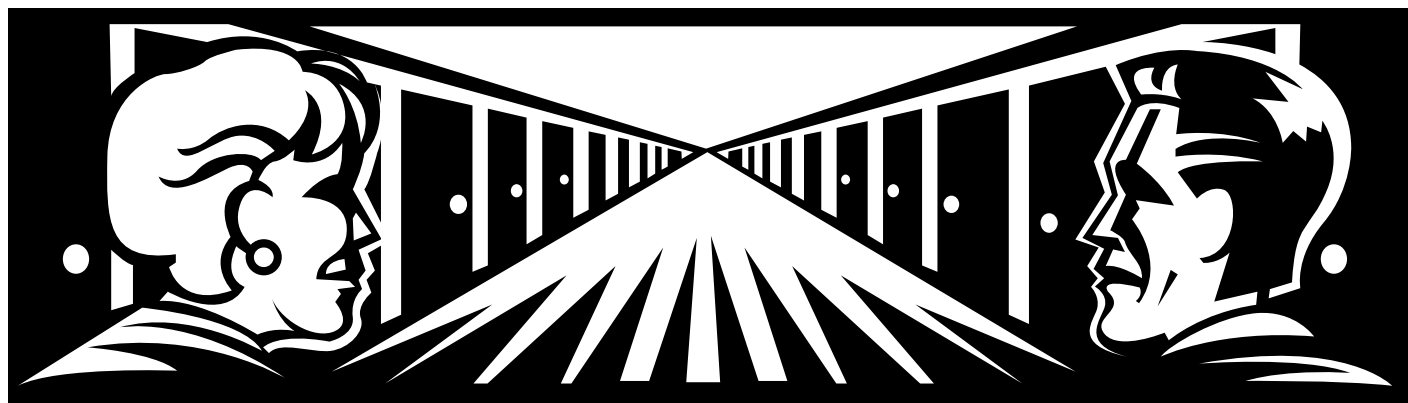
Jeffrey A. Hayes, Ph.D.

Pennsylvania State University

I am delighted and honored to be nominated for president-elect of NA-SPR. Throughout most of my career, SPR has been my professional home, in the very best sense of the word. My academic lineage in SPR spans four generations, and I am fortunate to have been raised and nurtured by outstanding psychotherapy researchers. I am also privileged to have developed close ties with many SPR members, both in North America and abroad. Thus, it is with a deep sense of loyalty and commitment that I welcome the opportunity to serve as president-elect to an organization from which I have received much.

Currently, I am Associate Professor and Director of Training in the Counseling Psychology program at Penn State, and I maintain a small private practice. I have been on the faculty at Penn State for 12 years, having worked previously at Ohio State's counseling center and at Wittenberg University. My primary scholarly focus is in the area of countertransference. I have published 27 articles, some of which are not bad, and have co-authored a book, *The Psychotherapy Relationship*, with Charlie Gelso. I have received early career awards from SPR and Division 29 of the APA. I am on the editorial boards of the *Journal of Counseling Psychology and Psychotherapy*, and I serve as Associate Editor of *Psychotherapy Research*.

I perceive NA-SPR to be a strong organization, due in no small part to the current and recent leadership provided by numerous, dedicated individuals, including Lynne Angus, Chris Muran, Louis Castonguay, and Adam Horvath. Because of its health, I believe that NA-SPR would benefit more from a seamless transition in governance than from drastic change. Therefore, I would continue to emphasize many of the same priorities that have contributed to NA-SPR's present wellbeing: promoting membership growth, fostering mutually beneficial relationships with other professional organizations, and providing intellectually stimulating, enjoyable conferences. In terms of my credentials for carrying out these responsibilities, I have worked on the Membership Committee of NA-SPR, I hold offices within Divisions 29 and 17 of APA, and I have organized and hosted a regional SPR conference at Penn State. I also believe it is important to provide organizational support to NA-SPR members who are interested in obtaining grants, and to explore additional opportunities for enhancing the NA-SPR family by reaching out to researchers in Mexico and the Caribbean. 🐼



and examining possible reasons for why. The next phase in my research on day treatment will involve studying methods that might help keep patients engaged in day treatment, and hopefully enhance the benefit they receive from day treatment. (Patients with personality disorders are notoriously difficult to keep in therapy and day treatment is no exception.) I have been fortunate to have my research on day treatment funded by a 1-year grant from the Group Psychotherapy Foundation, and a 3-year operating grant and 5-year salary award from the Canadian Institutes of Health Research.

I see many important areas for psychotherapy researchers to invest in (the possibilities are really only limited by one's imagination). I cannot list all of them here, but some of those that I personally find interesting and anticipate pursuing at some point in the future include:

1. Examining functional brain changes associated with psychotherapeutic treatment.
2. Establishing psychodynamic psychotherapy as an empirically validated treatment for major depression.
3. Developing psychotherapeutic interventions for people with subthreshold depression.
4. Establishing the cost-effectiveness of group therapies.
5. Establishing the effectiveness of long-term psychotherapies.

I do not profess to have the formula for success as a psychotherapy researcher. However, in my short career I have discerned a handful of key factors that should make success more likely. As I gain more experience, I will learn more and my views may change, but for now, I perceive the following as among the more important.

1. Upon graduation, it is useful to seek postdoctoral fellowship training opportunities. Fellowships allow you to hone your skills as a researcher without the added pressures that come with a full academic appointment (e.g., teaching, administrative responsibilities). Perhaps the most important reason for doing a fellowship is that it allows you to work closely with a mentor and learn from someone with much experience and success. The advice and guidance that you receive from this mentor is invaluable. It is quite likely that the relationship you form with your mentor will become one of the most important in your professional career. This certainly holds true for myself.
2. When you seek your first academic appointment, it is important to choose an environment where the department Head/Chair is supportive of your area of research. This is not to say that you cannot pursue your interests without this support, but with the moral and monetary support of the primary administrative

person in your department, your life will be much easier.

3. Psychotherapy research is difficult to do as an individual. A team effort is usually required. It is very important to establish connections with like-minded colleagues. This may involve establishing relationships with others in your department or other departments at your university, clinics in your community, or other universities. SPR meetings provide a wonderful opportunity to form such relationships. I have been extremely fortunate to form very good working relationships and friendships with Bill Piper and Tony Joyce. I consider my SPR Early Career Award more as recognition of how well we work together as a team and less as an individual accomplishment for myself.
4. You should ensure that the place you choose to start your career provides sufficient access to patients and therapists. Psychotherapy research is difficult if you have few patients to study or few therapists to provide therapy.
5. Psychotherapy usually requires significant operating funds. In addition, salary awards are an important source of funding that can support your research in various ways (e.g., the money freed up by a salary award could be used to fund additional positions for your research team, such as a postdoctoral fellow). You should make sure that you become aware of all available funding opportunities. In Canada, the primary funding agency is the Canadian Institutes of Health Research. Other funding opportunities available to those at Canadian institutions include the Social Sciences and Humanities Research Council, the Canadian Psychiatric Research Foundation, the Fund for Psychoanalytic Research, and the Group Psychotherapy Foundation (the latter two are actually American granting bodies that are open to anyone). Many of the provinces also have health research funding bodies. Similarly, most universities have internal funding opportunities. I am not aware of the funding opportunities in other countries.
6. You need to develop a thick skin because you will experience rejection throughout your career. I realize that "rejection" is a cold, harsh term, but I use it to emphasize that your work will not always be readily and unconditionally accepted by others. Manuscripts will be rejected (hopefully not often, but it is inevitable). Grant proposals will be rejected (this is certain as the success rate for operating grants and salary awards from CIHR is only 20%). It is hard not to take such rejection personally. You must understand that this is part of the process for an academic researcher. Good research evolves through a process of rejection and revision.

7. Most importantly, enjoy what you are doing and work hard at it. Good things will follow.

I am sure that I have missed other important factors to consider, which emphasizes the point of seeking advice from multiple sources. Nevertheless, if you attend to these few factors, you will put yourself in a better position to succeed as a psychotherapy researcher. 🐼

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SARAH KNOX

programming, continuation and further development of mentorship opportunities, listserv and/or website dedicated to such members). The more embraced by the NA-SPR community such individuals feel, the more likely they are to remain a part of that community.

Second, I'd like to encourage open discussion of ways to better integrate qualitative and quantitative methodologies in our research. Given the profession's press for evidence-based practice, both methodologies have much to contribute to our efforts toward answering the central question that undergirds our organization: How can we better understand psychotherapy, and thus better serve clients? With that aim in mind, my hope is that the occasionally contentious debates about which methodology does what better will yield, instead, to fruitful discussion of how they may be more effectively integrated to explore the very questions that guide us. Conference programming directed toward such discussion would likely prove quite stimulating.

In closing, I am excited to pursue election as NA-SPR President, and would be honored to serve the organization that has been so much a part of my professional life. We have been well tended by our previous leaders, and I am committed to continuing this tradition of successful stewardship. 🐼