

Society for Psychotherapy Research

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an international, multidisciplinary, scientific organization

President's Message by Robert Elliott

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You can never predict the results of a scientific conference. The general outlines you know in advance, even if you forget them each year: too many interesting presentations at the same time; the sleep deprivation and growing exhaustion; old friends, new friends; great conversations; the pile of requests for articles. I enjoy all of those, but what I really treasure are the surprises: the discovery that someone else has been thinking along parallel lines; the brand new approach, or the creative wrinkle to an old approach; the satisfying pay-off from years of persistent effort; the clinically interesting bit that you can use with your patients; the emergence of new possible collaborations; and the unexpected connections weaving between seemingly unrelated presentations.

This past June's international SPR meeting was no exception. Its location in place and time occurred at the nexus of new and old, between mundane and mythic realities:

- Was it the last meeting of the old century?; or the first meeting of the new millennium?
- Are the old paradigms still as strong as ever, revitalizing themselves to face new challenges from both critics and health care managers?; or have the new paradigms finally arrived, ready to offer genuine alternatives?
- Was the conference site a large, manicured golf park in the deepest suburbs of Chicago?; or was the place a Navaho ziggurat of octagons piled together, a winding maze of hallways?
- Was it Indian Lakes Resort, as the sign outside said?; or was it really Indian Hills Resort, as the program said?

• And what of the conference logo? Was it a version of the ancient Greek symbol of healing; or a garden snake with a body image problem? Does it symbolize our return to the SPR's birthplace in Chicago; or does it refer to the emergence of a truly international SPR?

I think it is safe to say that all of these realities, and more, were true of this past June's Chicago-2000 SPR meeting. With just over 400 registrants and 360 separate presentations, the meeting was only slightly smaller than last year's meeting in Braga, Portugal. Old traditions continued to comfort with their familiarity: the opening reception of hors d'oeuvres and reconnecting with old friends; the business lunches; late afternoon poster sessions over

and around drinks; the banquet with its outstanding jazz band. At the same time, we continued our tradition of innovation: With Bill Piper's forbearance, we moved the Presidential Address to the opening night; we introduced sets of afternoon semi-plenary sessions of more general interest; we fully implemented a system of coherent tracks throughout the meeting; and we carried forward a long-discussed plan to set up interest sections within SPR. Franz Caspar (email: caspar@psychologie.uni-freiburg.de) and I (email: robert.elliott@utoledo.edu.us) invite your comments on these and other aspects of the conference, which will aid planning for next year's meeting in Montevideo, Uruguay.

Special thanks go to: David Orlinsky, chair of the local arrangements committee and conference organizer par excellence, along with Marcia Bourland, and Irene Elkin; my fellow program committee members, including David and Irene (again), Bill Stiles, Suzanne Smith and Brendan Elliott; Irene's band of loyal graduate students who ran the registration table with grace and competence. Thanks also to Peggy Volk, local site trouble-shooter for Conferon, the conference organizing company; the staff of the Indian Lakes Resort. In addition, I want to thank Bill Piper for his leadership during the planning phase of the conference and for his keynote Presidential Address set the stage for the conference so well. In his speech, he offered a pluralistic vision of the interdependence of the community of psychotherapy researchers and the need for us to increase collaborative efforts across theoretical orientations, research paradigms and national boundaries. Finally, I thank the new and old SPR members who came from all over the world to make this a truly memorable and exciting conference. Next year in Montevideo!

P.S.: Don't forget to vote for one of the two candidates for the office of General Vice-President, Janice Krupnick and Karla Moras! Information about each is included in this newsletter (page 2-3). Your voice is important. And stay tuned for further developments in the creation of SPR interest groups.

Janice L. Krupnick, Ph. D.

As I reflect back on my professional life, and indeed, almost my entire adult life, among the most important constants have been my identity as a psychotherapy researcher and my membership in SPR. Since attending my first SPR meeting in Pacific Grove, California in 1980 and presenting for the first time at SPR in Aspen, Colorado in 1981, I have come to regard SPR members among my most cherished friends and colleagues. I feel truly honored to have been nominated for the presidency of the organization with which I feel most identified.

My route to the world of psychotherapy research was a somewhat circuitous one. I have a B.A. degree in English literature from Oberlin College, a master's degree in social work from the University of Michigan, and an M.A. and Ph.D. in clinical psychology from the University of California at Berkeley. It was during a two-year post-MSW fellowship in the psychiatry department at Mt. Zion Hospital in San Francisco, however, that I first became aware of and interested in studying the process and outcome of psychosocial treatment. Those were the early days of applying the control-mastery method to transcripts of the psychoanalytic treatment of a single patient. I became an eager research assistant on that project, completing many ratings of "Mrs. C's" increased boldness and independence as a consequence of her therapist's having "passed" various therapeutic "tests." When I wanted to take on a project of my own from that study, however, I was turned away because I was not a psychologist and therefore had not had the requisite research training. By the end of that year, however, I took on my first treatment outcome project, assessing the effects of a new intervention in the recently formed in-patient adolescent unit.

I went from Mt. Zion to the psychiatry department at the University of California, San Francisco where I worked for five years with Mardi Horowitz at the Center for Stress and Anxiety and, later, when we became a clinical research center, the Center for the Study of Neuroses. As a fledgling assistant clinical professor, I had wonderful opportunities to learn about and participate in a variety of psychotherapy research projects, including studies on psychotherapy outcome with adults who had lost parents or spouses through death as well as an exploration of the impact of the therapeutic alliance on treatment outcome. The highlight of my work at the Center was being part of a research team consisting of Mardi, Bob Wallerstein, and myself. Watching and analyzing videotapes of brief, dynamic treatments, our discussions culminated in a book on how to conduct brief psychotherapy with individuals with different personality styles.

After my first three years at UCSF, I moved to Washington, D.C. for a year because of a position my husband was taking at NIH. During that year, I worked as a research assistant for Morris Parloff at what was then the Psychotherapy Research Branch at the National Institute of Mental Health. I also worked in the same office as Irene Elkin who later became my research mentor when I did a study of the therapeutic alliance in high and low outcome cases in the Treatment of Depression Collaborative Research Program for my doctoral dissertation.

Upon returning to San Francisco, I began work on my doctorate at UC Berkeley so that I could acquire those research skills that would enable me to be an independent investigator. After only two more years, however, I would be returning to Washington, D.C. (when my husband took a permanent position at NIH), completing most of my doctoral program at a distance. Since I had not yet completed even my coursework, Clara Hill was gracious enough to provide me with a personal tutorial on psychotherapy research while I worked as a consultant at the National Academy of Sciences, writing or co-authoring all the chapters on psychotherapy for a volume on the stress of bereavement. During that time, I also became a co-winner of an APA award for "best contribution to the literature on women and psychotherapy."

In 1978, I joined the research faculty at George Washington University where I worked with Stuart Sotsky on a large-scale study of therapeutic alliance and outcome in the TDCRP, this time using the full sample of 239 subjects in assessing the impact of alliance across psychological and pharmacological treatments. I have also been a consultant at the National Institute of Mental Health, the American Psychiatric Association, and at the National Academy of Sciences. My first project at the American Psychiatric Association was on the cost-effectiveness of psychotherapy, a study that later became the lead article in the American Journal of Psychiatry and the impetus of an NIMH-sponsored conference on that topic. More recently, I have been consulting on the Practice Research Network, assessing the psychotherapy practice patterns of 1,000 U.S. psychiatrists.

I also currently serve on an Institute of Medicine Committee on the health effects of service in the Gulf War.

I have been on the psychiatry faculty of Georgetown University in Washington D.C. for the past nine years and currently hold the position of Research Professor of Psychiatry. My teaching there includes seminars on the treatment of women who have experienced sexual assault, research readings in psychotherapy research, and a semester-long course on brief psychotherapy (for which I was given the "Outstanding Teacher Award" in 1997). At the present time, I am principal investigator of an NIMH-funded treatment development grant to adapt interpersonal psychotherapy to a group modality for low-income women who have posttraumatic stress disorder subsequent to histories of interpersonal trauma. I am also site-PI of a national study assessing an intervention for survivors of breast cancer, site-PI of a study assessing an intervention for parents of young children with eating disorders (I direct the sub-study on the effects of the therapeutic alliance in treatment outcome as well as developing measures of therapist adherence and competence), co-PI of an investigation assessing the outcomes of low-income depressed women who have been randomly assigned to cognitive-behavior therapy, pharmacotherapy, or treatment as usual, and co-PI of a research infrastructure grant aimed at developing the research careers of our junior faculty. During the past two years, I have served on a committee to develop treatment guidelines for posttraumatic stress disorder and have been on the American Psychological Association's Task Force on Empirically-Supported Treatments.

I have also served in various capacities for SPR. From 1994 through 1997, I was SPR's liaison to the National Institute of Mental Health, attending their thrice yearly council meetings and reporting back to the North American chapter on research funding and opportunities. I have been on the Editorial Board of Psychotherapy Research since 1997 and serve on the editorial boards and do ad hoc reviews for several other psychotherapy-focussed journals. I was responsible for local arrangements for last year's NASPR meeting in Washington D.C. although the meeting was ultimately cancelled (although not because of my hosting skills!!!)

I am pleased with many of the directions in which SPR has gone in recent years, but see many other directions in which I would like us to go. During my twenty years of membership in the organization, SPR has truly become an international group, representing mental health concerns across many continents and cultures. I find it inspiring to learn about the ways in which we have shared goals and commonalities. In the coming years, however, I think it would be useful to learn more about what makes each of our regional groups distinctive. I would encourage more cross-cultural collaborations so that we can learn from each other about how to make our treatments and methods for studying them more effective and better tailored to fit the specific needs and environments of individuals representing multiple cultures and healthcare systems.

As I moved in my research endeavors into less traditional treatment settings, e.g., recruiting low-income subjects in schools and family planning clinics in the past few years, I have also become more interested in finding ways to make psychotherapy more relevant, available, and accessible to a broad range of individuals. Thus, I would encourage SPR members to move into areas that may have not received as much research attention as others, e.g., developing and assessing treatments for special populations, minorities and low SES groups, to think about settings other than university-based clinics and hospitals where services may be provided, and I would like us to stimulate more research on modalities, such as couples and group therapies, that are less frequently explored. As someone who has always been fascinated by treatment development and adaptations of existing treatments for specific populations, I would encourage work on finding ways to make treatments fit the needs of individuals with varying diagnoses, problems, and situations.

Finally, as I move into that phase of life that Erikson said focussed on issues of "generativity versus stagnation," I opt for the former. I would like us to think more about ways to nurture and develop the next generation of psychotherapy researchers. As the healthcare system in both the U.S. and abroad continues to evolve and change, we must prepare graduate students and younger professionals for the environments in which they will do their work. Thinking about ways to disseminate and teach evidence-supported treatments will serve them and their future clients well as will thinking creatively about ways that they can facilitate and support their research projects. I would direct some of our thinking to developing effective mentors so that the future of psychotherapy research can remain as healthy and robust as some of our research findings.

Karla Moras, Ph.D.

I am deeply honored to have been nominated to preside over the Society that consists of outstanding colleagues and pioneers in the field that has been my focal interest for nearly 25 years. Thank you.

This statement: describes my main aims for the international SPR if I am elected to serve as its President, gives an overview of my research career, and is a genuine attempt to be brief (really).

AIMS FOR SPR

1. Maintain SPR's robust health. The International SPR is thriving. Its membership is expanding throughout the world; its financial status is very strong. Thus, my main aim will be to work with the other members of the Executive Committee to identify, and then support, what appear to be the key causal and maintaining processes for SPR's successful trajectory. A related aim is to informally poll members on new initiatives and notable oversights that need attention.

2. Maintain SPR's unique character. Why is it that so many of us annually invest the travel time and other resources needed to convene? At least part of the answer for many members lies in the persistence and pervasiveness of certain values imparted to our Society by its founders (Orlinsky and Howard). Bill Piper noted SPR's *inclusiveness* in his Presidential Address this year. *Generativity* also is a core element, as is the chance to get *sophisticated yet collegial critiques of one's research* from experts. Working to preserve the foregoing aspects of SPR's organizational character will be a second key aim of mine.

3. Foster scientific advances on the effects and efficiency of psychotherapies. Signs exist in the U.S. that we are on the threshold of an era of unprecedented federal funding for research on all types of psychologically-based interventions. For example, the recent Surgeon General's Report highlights the facts that neuroscience research indicates that brain structure manifests plasticity well into adulthood, and that learning and experience of the types associated with psychotherapies can change brain structure. Thus, we have emerged from the National Institute of Mental Health's "Decade of the Brain" with greater support than before for the value of psychotherapy as a treatment modality. During my years on the Executive Committee, I would propose additions to our annual conference programs that highlight research opportunities and directions that arise from the newly expanded base of acceptance of psychotherapy as a treatment that can have "real" and enduring effects.

RESEARCH CAREER OVERVIEW

Listed below are selected milestones, both events and publications, of my career in psychotherapy research.

- Hans Strupp accepted me as one of his graduate students in clinical psychology at Vanderbilt University. My research training focused on developing psychotherapy process measures and on process-outcome studies.
 - Did dissertation research on patient dropout and outcomes at a community mental health center.
 - Was mentored by Irene Elkin as a post-doctoral research fellow at the U.S. National Institute of Mental Health (NIMH). My research used process-outcome methods to test the theorized, specific mechanisms of action of Interpersonal Psychotherapy (Klerman et al, 1984).
 - Learned cognitive-behavioral therapies for anxiety disorders and did psychopathology research on the DSM-III-R nomenclature at David Barlow's Center for Stress and Anxiety Disorders (State University of New York at Albany).
 - Awarded a NARSAD (National Alliance for Research on Schizophrenia and Depression) grant to study the relationship between anxiety and depression.
 - Associate Editor, Psychotherapy Research
 - Joined the Center for Psychotherapy Research, University of Pennsylvania (Paul Crits-Christoph, Director).
 - President, North American Regional Chapter of the International SPR
 - SPR Early Career Contribution Award
 - Visiting scholar, Northwestern University, with Ken Howard's research group
 - Received an NIMH treatment development grant to develop a combined cognitive-behavioral and medication intervention for medication-resistant depression.
 - Received an Independent Scientist Award grant from the NIMH to do research on refining efficacious treatments for more "difficult to treat" disorders.
 - Received a Pfeiffer Foundation grant to examine a set of consultation guidelines for psychiatrists and psychotherapists to use when they deliver dual-provider, combined medication and psychotherapy treatments to patients whose depression is "treatment resistant" (the guidelines were developed as part of my aforementioned NIMH grants).
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SPR Awards 2000

The Distinguished Research Career Award was presented to Larry Beutler, Ph.D.

Wolfgang Lutz, Ph.D. was the recipient of the SPR Early Career Award.

Future Meetings.

- ? 2001 International meeting: Montevideo, Uruguay, June 20-24, host: Sylvia Gril
- ? 2002 International meeting: Santa Barbara, CA (USA), June 23-27, host: Larry Beutler
- ? 2003 International meeting: Weimar, Germany, June 25 - 29, host: Bernard Strauss
- ? South America Chapter Conference, Gramado, Rio Grande do Sul, Brazil, September 1-3, 2001
- ? Joint Meeting of the SPR European and UK Chapters, Leiden, The Netherlands, March 7-10, 2001 info: <http://www.Leidenuniv.nl/SPR>
- ? North America Chapter Conference, Puerto Vallarta, Mexico, November 7-11, 2001

SPR Web Sites

<http://ted.educ.sfu.ca/SPR/>

<http://www.iep.uminho.pt/SPR/default.html>

IMPORTANT

Remember to cast your vote by **October 1, 2000**, to insure that is included in the results

Nominate candidates for SPR 2001 awards by **December 1, 2000**

Call for Nominees for the 2001 Distinguished Career (Senior) Achievement Award and Early Career (Junior) Achievement Award

Each year, SPR makes two Achievement awards: one to a senior distinguished investigator and one to a promising investigator early in her or his research career. We encourage everyone to nominate deserving individuals for these awards. Don't assume that someone else will nominate the person that deserves this year's award. The deadline for the submission of nominations is DECEMBER 1.

Informal inquiries may be made to any member of the awards selection committee, which is composed of the three most recent past presidents: Bill Stiles (committee chair) <stileswb@muohio.edu>, Marvin Goldfried <marvin.goldfried@sunysb.edu>, and Bill Piper <piper@interchange.ubc.ca>.

Distinguished Career (Senior) Achievement Award. This award that reflects a lifetime of scientific work and constitutes a major and significant contribution to psychotherapy research. The primary criterion for this award is the scientific merit of the nominee's contribution. To make a nomination, please send: (a) a copy of the nominee's curriculum vitae; (b) copies of six of the most important papers or book, (c) at least three letters of recommendation (one from the nominator) attesting to the quality, significance, and impact of the nominee's research. The three recommenders should represent more than one institution. All of the materials, except for the publication, should be in English. If the publications are not in English, please include an abstract of each in Eng-

lish.

Early Career Achievement Award. This is an early career award, normally granted no more than 9 years after the person has completed his or her research training. The award should reflect the person's productivity as well as promise in making scientific contributions to psychotherapy research. To make a nomination, please send: (a) a copy of the nominee's curriculum vitae; (b) a personal statement from the nominee that summarizes his/her program of research; (c) copies of four representative publications (the nominee should be the first author on some of these publications); (d) at least three letters of recommendation (one from the nominator) attesting to the quality, significance, and promise of the nominee's work. The three recommenders should represent more than one institution. All of the materials, except for the publication, should be in English. If the publications are not in English, please include an abstract of each in English.

Please send nominations to William B. Stiles, Department of Psychology, Miami University, Oxford, OH 45056, USA. Email: <stileswb@muohio.edu>.

A list of past winners of these awards is posted in the archive section of SPR's web site.

REMEMBER: The deadline for the submission of nominations is DECEMBER 1.

PSYCHOTHERAPY RESEARCH

Read your journal. * Cite it when you write. * Submit your best work.

1999 Journal Report to SPR Members
William B. Stiles, North American Editor

This is a brief summary of journal operations in 1999. A full report posted on the SPR web site: <http://www.educ.sfu.ca/spr/>.

Editor transitions: Chess Denman is the new Associate Editor in UK. Henning Shauenburg is the new European Book Review Editor. Uwe Hentschel will become the European Editor in January, 2001, replacing Bernhard Strauss, whose term ends in December, 2000.

As compared with 1998, new submissions in 1999 were down in North America, up in Europe, steady overall. The quality of manuscripts seems steady and good, though most need work. The nonacceptance rate was 79% based on editorial decisions in 1999. However the eventual acceptance rate climbs to 40-50% after 3-4 years. (See full report on the SPR web site for details.) Publication lag is now 7-9

months from final acceptance.

The journal's full text is now available electronically to institutions that subscribe to the journal on the Oxford University Press web site: <http://www3.oup.co.uk/psyres/>.

The SPR web site now has contents of forthcoming issues, with author addresses.

Calls for papers (details on SPR web site):

- (1) Delivery of psychotherapy services (deadline: May 31, 2001).
- (2) Violence and trauma (deadline: December 31, 2001).

Send suggestions for books to be reviewed for the journal to the book review editors, Stan Messer (books in English) <smesser@rci.rutgers.edu> or Henning Schauenburg (Books in German, French, or Spanish.)