

President's Message

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Dear SPR Members,

Those of you who were able to attend the International Meeting in Montreal this June, 2005, enjoyed a very successful conference hosted by **J.Christopher Perry** and his committee of esteemed colleagues, **Martin Drapeau**, **Marilyn Fitzpatrick**, **Serge Lecours** and **Caroline Dovic**. The meetings went especially well in terms of convenience and problem solving. The hospitality of the hosting committee as well as the city of Montreal made participants feel welcomed comfortable and safe. We should also be aware of financial contributions made for the meetings by our Journal publisher **Taylor & Frances** who sponsored the Welcoming Reception and the **Departement de Psychologie and Faculte des Letters et Sciences Humaines at the Universite de Sherbrooke**, who sponsored the program booklet. These contributors made it possible for the Society to keep to the budget but also to feel valued in our efforts to study psychotherapy.

The scientific committee composed of **Erhard Mergenthaler**, **J. Christopher Perry**, and me had an easy time assembling a stimulating program. It is a pleasure to work with such outstanding individuals. Hats off to Erhard, who worked tirelessly with his staff to handle electronic submissions and numerous requests for last minute changes and scheduling conflicts. Members of the Society would be surprised if they were fully aware of Erhard's time commitments on behalf of the membership. His further contributions will be apparent at the 2006 Edinburgh meetings, as he has now assumed the duties of Program Chair.

As I begin my term as President of SPR I am reminded of the state of the Society when I became General Vice President in 2003. An unresolved financial crisis, problems with Oxford Press and the need to find a new publisher, the impending end of **Paulo Machado's** term as Executive Officer, added to the run-of-the-mill problems. I am pleased to announce that the majority of financial problems have been solved. The International Society is in good shape, as are all chapters, with the exception of the Latin



American Chapter, which is struggling to make ends meet. Thanks go largely to **Karla Moras** for our present solid financial condition. Karla painstakingly worked to solve this problem. Few people could or would have performed so remarkably well in such a difficult and thankless job.

Our relationship with our new publisher **Taylor and Frances** appears to be a solid one. As readers of the Journal can see the new format and care with which set-up and distribution is handled is a solid improvement. They want the Journal to succeed and are doing more than expected to bring this to reality.

Although **Paulo Machado** has officially turned the responsibilities of the Executive Officer over to **Robert Lueger**, he continues to help out. "Thanks" is hardly enough to show appreciation to Paulo for all the work Paulo did, and for his kind and considerate manner when doing much more than he was asked to do. Fortunately for all of us he did not just drop his duties and walk away but has made every effort to help Bob take over without undue uncertainty or things left undone. Paulo has my vote for Man of the Year.

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President's Message (continued)

At its meeting in Montreal, the executive committee voted to hold the 2009 meetings of the Society in Barcelona, Spain, where we will be hosted by **Luis Botella** and his associates. Very strong presentations were made by **Beatrice Gomez** for Buenos Aires and **Stalikas Anastasios** for Greece, and perhaps these sites will contend for the 2010 meetings of the Society. We appreciate the time, thought, and energy that went into formulating a proposal for meetings at these sites.

Two individuals were nominated for the annual election of General Vice President. The elected person will subsequently

become President-Elect, and President of the Society. The candidates are **Jacques Barber** and **Adam Horvath**. Please carefully read their statements that appear in this newsletter and cast your vote.

These are exciting times for psychotherapy researchers. We have, more than ever, a chance to impact clinical practice and social policy. Our contribution to the health and well being of persons is bound to become more valued and recognized.

Goldfried, Hilsenroth Receive SPR Senior, Early Career Awards

Marvin R. Goldfried, Ph.D., received the **2005 Distinguished Research Career Award** of the Society for Psychotherapy Research at the Society's annual conference in Montreal, Canada, in June. Dr. Goldfried was cited for his career-long contributions of theoretical and empirical work in psychotherapy research. Dr. Louis Castonguay introduced the award and presented Dr. Goldfried with a plaque commemorating the award.

Although his more recent work has focused on the cognitive-behavioral perspective, Dr. Goldfried began his career with training in a psychodynamic orientation. Later he switched his focus to behavior therapy, and was a founding member of the Association for the Advancement of Behavior Therapy. He made critical contributions to an empirical understanding of self-control and cognitive coping skills as components of therapeutic change. For the past 20 years, he has become a major figure in the movement toward psychotherapy integration. Here, he was a co-founder of the Society for the Exploration of Psychotherapy Integration, which has been instrumental in identifying the research agenda for integrative and eclectic therapy. More recently he has become involved in the integration of lesbian, gay, and bisexual issues into mainstream psychology through networks and key articles in scholarly publications. Dr. Goldfried has contributed significantly to delineating mechanisms of change that are common to different forms of interventions. In related research, he has developed a transtheoretical coding system and applied it to psychodynamic-interpersonal, cognitive, cognitive-behavioral, and client-centered psychotherapy.

Dr. Goldfried was among the first group of associate editors for the Society's journal, *Psychotherapy Research*, and served as President of SPR. In addition to the Distinguished Research Career Award, he has been recognized as Distinguished Professor of Psychology at the State University of New York at Stony Brook, and by the American Psychological Association for Distinguished Contributions to Knowledge.

Mark J. Hilsenroth, Ph.D., received the **SPR Award for Outstanding Early Career Achievement**. The author of more than 90 publications, Dr. Hilsenroth has focused his research on psychodynamic approaches to psychological treatment and assessment. Dr. William Stiles introduced the award and presented Dr. Hilsenroth with a plaque commemorating the award.

In addition to his exceptional research productivity, Dr. Hilsenroth was cited for his mentorship of young psychotherapy researchers. First in Arkansas, and more recently at Adelphi University, he has nurtured developing proteges who have made important contributions of their own. He has served as an associate editor for *Journal of Personality Assessment* and has been a member of the editorial board of *Psychotherapy Research*. Dr. Hilsenroth also has received early career awards from Division 29, Psychotherapy of the American Psychological Association, and the Society for Personality Assessment.

2005 General Vice President Elections

Remember to cast your vote by October 1st.

In Memoriam

Klaus Grawe

4/29/1943—7/10/2005

Klaus Grawe died on July 10, 2005, at the age of 62. After a Sunday morning swimming, his heart stopped beating. It was a shock to everyone.

Klaus Grawe was Professor of Clinical Psychology and Psychotherapy at the Department of Psychology at the University of Berne, Switzerland. He also directed the outpatient clinic for psychotherapy at the University of Berne (Psychotherapeutische Praxisstelle) as well as the post-graduate training program in psychotherapy for clinical psychologists and medical doctors at the Institute for Psychological Therapy in Zürich and Bern.

Klaus Grawe served SPR in many ways. From 1988 to 1992 he was President of the European Regional Chapter. From 1991 to 1996 he was co-founding editor of *Psychotherapy Research*. From 1994 to 1995 he was International President of the Society.

Born in Wilster/ Schleswig Holstein, Germany, in 1943 as the second of four children to Ludwig, a lawyer, and Charlotte, working in youth welfare, he grew up in post-war Hamburg with a love of literature, chess, and swimming. He went to the humanistic track of a Jesuit high school and decided to study history and philology at the University of Hamburg. However, he soon discovered that he had different interests. A soccer accident left him blind for a couple of weeks. He then changed his plans and started to study psychology. He began his studies at the University of Hamburg and focused on experimental psychology. For a short time, he studied at the University of Freiburg, where his broad interests included parapsychology. Back in Hamburg, he earned his master (Diplom) in 1968 and his Ph.D. in 1976.

From 1969 to 1979, he was clinical and research associate at the Psychiatric Hospital at the University of Hamburg. During this period, he also trained in client-centered and behavior therapy. In 1971, he co-founded the first inpatient psychotherapy ward at the same hospital, and started his first comparative treatment study. He also started to teach, supervise and train graduate and postgraduate students in clinical psychology and behavior therapy.

In 1979 he also finished his habilitation at the University of Hamburg and – even before finishing it – received an appointment as Full Professor at the University of Berne in Switzerland. He not only drafted the new curriculum in Clinical Psychology and Psychotherapy, but also founded the outpatient center as well as an outstanding post-graduate training program. His research interests spanned a wide range of major topics in *Psychotherapy Research*, including outcome and process research, assessment, quality management, large-scale meta-analyses, and theoretical integration.

Klaus Grawe received substantial grants for psychotherapy research projects from the Swiss National Science Foundation. His achievements include more than 150 journal articles and book chapters, mostly in German. He was the author, co-author, editor or co-editor of 12 books. The three most recent have had a large influence on clinical psychology and psychology, especially in Europe and German-speaking countries.



He was member of the executive committee of the German Psychological Society (DGPs), co-editor of the *German Journal of Clinical Psychology and Psychotherapy* (*Zeitschrift für Klinische Psychologie und Psychotherapie*) from 1984-1993, co-editor of the book series "Progress in Psychotherapy" (*Fortschritte der Psychotherapie*), and board member of several scientific journals including *Psychotherapy Research*. He received various prestigious awards, including the lifetime award for his contribution to applied psychology from the Association of German Professional Psychologists (Berufsverband Deutscher Psychologinnen und Psychologen, BDP).

His 1994 meta-analysis on the outcome of psychotherapy was the most comprehensive and ambitious in German, and triggered a heated debate in academic circles as well as in the larger community about the efficacy and effectiveness of psychotherapy in general and various approaches. He also contributed to the German psychotherapy legislation as a scientific advisor. Although he viewed a sober analysis of the

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Jacques P. Barber, Ph.D.

Candidate for SPR General Vice President



I am honored to be nominated for a leadership position. As a committed SPR member for nearly 20 years, I participate actively in both annual meetings and the Journal. I cherish SPR because of the pluralism of theoretical outlooks, respect for thoughtful, empirically grounded arguments, and the geographical, cultural, scientific, and therapeutic diversity of our international society. Having lived in France, Israel, and the U.S. makes me appreciate pluralism, in science and in society at large.

I began working as a psychotherapist and learning psychoanalytic therapy almost thirty years ago while conducting neuropsychological research at Tel-Aviv University. At the University of Pennsylvania, I studied mechanisms of change in cognitive therapy with my Ph.D. supervisor, Rob DeRubeis. I later joined Lester Luborsky and Paul Crits-Christoph, both former SPR presidents, at Penn Center for Psychotherapy Research, where I am currently a Full Professor. I worked on the CCRT, and developed measures of therapist interventions. I have studied the therapeutic alliance, therapists' competence, the interaction of alliance and therapeutic interventions on outcome, the "fit" between personality characteristics and types of psychother-

apy, and the efficacy of various therapies for personality disorders and cocaine dependence (please see <http://www.uphs.upenn.edu/psycther/barber.html>). Currently, I am conducting a large study comparing dynamic therapy vs. an SSRI for depression.

The large network of SPR researchers has allowed me the privilege of conducting collaborative studies in different parts of the world, including the Karolinska Institute in Stockholm, where I am an Adjunct Professor. One of our projects is an examination of the efficacy of dynamic therapy vs. dialectical-behavioral therapy for suicidal borderline patients. A second study is a test of the efficacy of manualized time-limited supportive-expressive therapy vs. non-manualized community-based dynamic therapy for patients with personality disorders. In Israel, Hadas Wiseman and I have conducted research to characterize the interpersonal patterns of second generation Holocaust survivors.

My first goal as General Vice-President is to continue to foster the tradition of conducting excellent science within the context of the camaraderie and pluralism of SPR. My second goal is to increase our membership from countries with low representation, and include researchers representing diverse therapeutic schools and approaches. For example, I will make our annual meetings more attractive to CBT and Family Therapy researchers by increasing the number of multi-perspective plenaries and symposia. Third, I will increase our efforts to facilitate the mentoring of tomorrow's researchers by increasing their participation in symposia alongside senior researchers. Fourth, I want to encourage the involvement of clinicians in SPR to increase the clinical relevance of our research and to enhance the dissemination of our findings through shared plenaries and conferences. Finally, I will encourage the development of multi-center studies of naturalistic follow-up of patients with complex disorders in psychotherapy.

SPR has enhanced my professional career in many ways, especially by honoring me with its Early Career Award. I look forward to working with the executive committee and the international membership as General Vice President, so that I may give back to the organization.

Use the enclosed ballot to vote by mail, e-mail, or fax.
Vote by October 1st.

Adam O. Horvath, Ph.D.

Candidate for SPR General Vice President



I consider it a great honour to be nominated as General Vice President for the society. I thank the nominating committee for considering me. My association with SPR began towards the end of my graduate training. I was starting my research on the therapeutic relationship and was encouraged by Laura Rice and Les Greenberg to come to the Assillomar meeting in 1980. The experience of this first SPR conference has had a lasting effect on my career in at least two important ways: I came to appreciate that, as a scientist, I was part of a diverse international community with many voices and a breadth of approaches; if I hoped to contribute to the field I needed to listen and learn from each these voices. Of equally impact was my opportunity to meet formally and informally with many of the experienced senior scientists (as one young member recently put it: "at SPR you get to have dinner with your reference list"). In the process, I have not only gained deeper understanding of the science but, by example was shown the importance of mentoring and supporting students and young researchers. I now consider SPR my primary scientific community.

My activities in SPR have included hosting the meeting in Vancouver (1995) and co-hosting the 2001 North American Chapter conference in Puerto Vallarta with Louis Castongay and Margarita Tarragona. I was President of the North American Chapter (1999-2001) and managed the SPR web site from its start in '94 to 2002.

I am currently a Professor in the Counselling Psychology Program at Simon Fraser University (Canada). My duties have included coordination of the program as well as chairing the University Ethic Review Board. For the past two decades I have been responsible for the advanced clinical supervision of our senior graduate students. I have enjoyed continued external funding for my research activities for the past 19 years. Clinical practice has been part of my professional life for the past 35 years and is a continued source of both inspiration and "reality check" for my academic/

research activities. I have been active on the editorial boards of several Journals including *Psychotherapy Research*.

My research agenda clusters around issues of the psychotherapy change process. I am pursuing three somewhat distinct but related topics: The first focuses on the therapeutic relationship; it's role and impact on client outcome in different treatment modalities, it's relationship to client problems and personality variables, as well as issues related to therapist processes that contribute or limit the development of a positive working alliance. In this area I have done some instrument development, research synthesis, and more recently some theoretical work. A second, related, line of research concerns the couples therapy process and focuses on how clients conceptualize their relationship issues and how these conceptualizations evolve and impact immediate and longer term outcomes as a result of specific in-therapy events. Most recently I have been collaborating with a colleague in Europe on a long term programmatic examination of the use of language in different therapies. We are looking for specific functional language patterns that are linked with the development of client resources in therapy and post-treatment. Over the last two decades, as a direct result of being part of the SPR community, I have had the pleasure of working with over a dozen colleagues from Europe, Latin America, and Asia. A sample of my publications can be found at <http://www.educ.sfu.ca/fri/horvath/>

If I were elected as vice-president I would strive to maintain and strengthen the connections among colleagues in different parts of the world: psychotherapy research is a global enterprise and SPR is in excellent position to foster projects and communication among researchers that bridge borders and continents. I am especially interested in supporting and continuing the work of our colleagues who have reached out to researchers in Eastern Europe and Latin America.

An urgent challenge for SPR in North America is to advocate for a more balanced perspective by the major funding agencies on which research resources are allocated. I strongly support recent efforts in this direction initiated by Bill Stiles and colleagues and would work to enhance the public profile of SPR as the reasoned, expert, voice in the research community. Last, but not least, I am interested in promoting the unique welcoming professional atmosphere of the SPR conferences. As we grow in numbers and diversity it is important, I believe, not to lose the personal connections, the opportunity to do more than report research results, to explore ideas across theories and traditions in an open and accepting manner, and to mentor the succeeding generations of therapy researchers.

I thank you for considering my candidacy.

Grawe (continued)

effects of psychotherapy as a necessity, his scientific heart belonged to more fundamental questions such as: How does the therapeutic process develop? Which ingredients make a good psychotherapy beyond the limits of schools of psychotherapy? How can we best train psychotherapists for their demanding tasks? His most recent contributions focused on the integration of the new emerging fields of neurobiology and brain sciences with clinical psychology and psychotherapy. His challenging book "Neuropsychotherapie" sold out a few months after its publication.

Klaus Grawe was a loving and cheerful father and husband. He was married to Mariann Grawe-Gerber with whom he raised five children, the youngest being thirteen. Many of you know Mariann as an SPR member and conference attendee. She will continue to chair the post-graduate training program at the Institute for Psychological Therapy in Zürich. Mariann has also initiated the Klaus Grawe Foundation to promote psychotherapy research.

Klaus Grawe will be sorely missed by the Society. He impressed not only his colleagues and friends at SPR by his straightforward manner, his wide-spanning theoretical, conceptual and empirical view, but also by his sense of humor, his warm interest in friendships, and his outstanding loyalty. His impact on psychotherapy in Europe and the world will last well beyond his recorded accomplishments.

-Klaus Grawe's current and old team in Bern.

Selected Readings:

Grawe, K. (2004). *Neuropsychotherapie*. Göttingen: Hogrefe.

Grawe, K. (2004). *Psychological therapy*. Seattle and Toronto: Hogrefe.

Sylvia Gril: A Poem

Sylvia Gril died in April, 2002, ten months after the SPR conference in Montevideo. Originally she was to host the conference, but as a result of developing bone cancer, she was unable to continue the lead role. Nevertheless, she dedicated much of her last months working on behalf of SPR, despite efforts from colleagues to shoulder more of her duties. SPR colleagues have asked that the following poem from Dr. Gril be published in the newsletter in her honor.

puedo escribir,
dejar mensajes desde mi desesperacion de faros equivococ
luces largas que se mezclan con un mar salado, salvaje
remolinos que hunden sueños
descuartizan intenciones
congelan abrazos
derrumban amazonas,
armaduras inútiles, fortalezas de papel, viento, ceniza
aun puedo escribir
no caer
no caer
no caer

I can write,
leave messages written in desperation stemming from equivocal lights
long-distance headlights mingling with a savage, salty sea
maelstroms drowning dreams
quartering intentions
freezing hugs
tumbling down Amazons.
Futile armors, fortresses made of paper, wind, cinder
I still can write
do not fall
do not fall
do not fall

Stanley D. Imber

Stanley D. Imber, President of the International Society for Psychotherapy Research in 1981-1982, died on June 9th, 2005 in La Jolla, California. Stan was a clinical psychologist, educated at Harvard College (BA, 1948), with graduate training at Princeton University, and University of Rochester (PhD, 1953).

His academic career as a professor of psychiatry and mental health researcher spanned a half-century of faculty appointments at Johns Hopkins School of Medicine in Baltimore (1952-1975) and then Western Psychiatric Institute at the University of Pittsburgh School of Medicine. Stan was a member of the ground-breaking psychotherapy research group at Johns Hopkins led by Jerome Frank in the 1950s, the group that helped bring objective, experimental scientific methodology to the study of psychotherapy. Always interested in how patients' attitudes, expectations and social factors affected their emotional and mental well-being, recovery, and their responses to psychological treatments, Stan studied the "placebo effect", developed short "induction" courses to prepare people for psychotherapy, lectured, taught and wrote on ethics in research, and both led and participated in numerous "clinical trials." His research life produced one of the field's seminal books (with the Hopkins group), and more than 55 scientific articles in professional journals, and numerous chapters.

Stan retired from academic life to La Jolla/San Diego where from 1997-2004 he took on a major role in civic life as Chair of Common Cause of San Diego County. He leaves his wife of 53 years, Shirley Raphael Imber, two daughters Lois Mintz and Julia Peck, and five grandchildren.