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**THIS ISSUE:**

<i>President's Message 2007</i>	<b>1</b>
<i>SPR Research Awards/ Australia Group Mtg.</i>	<b>2</b>
<i>Nicolò's statement</i>	<b>3</b>
<i>Castonguay's statement</i>	<b>4</b>
<i>Executive Officer Report</i>	<b>5</b>
<i>News about Journal</i>	<b>6</b>

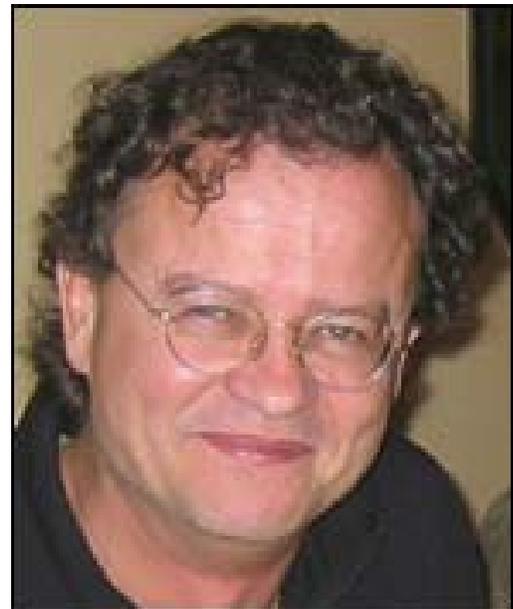
## President's Message:

### Innovation and convergence in psychotherapy research

Jacques P. Barber

I am writing this piece for the newsletter after having enjoyed meeting many of you at our 38<sup>th</sup> annual meeting in Madison. Let me begin with a few words about the conference setting. Monona Terrace, the site for our last international meeting was first designed by internationally renowned architect Frank Lloyd Wright in 1938 as a cultural, governmental and recreational building. However, the building opened only 10 years ago (*viz.*, 40 years after Wright passed away). The building was therefore modern, user friendly, and had wonderful facilities for the conference. The setup also made it easy to meet and speak with old friends and colleagues. The success of the conference organization is due to the dedicated work of the local host committee which included Greg Kolden (chair), Bruce Wampold, Tracey Smith, Liza Guequierre and Will Shattuck. They did a fabulous job, and even the weather was organized beautifully. I can still visualize peaceful Lake Monona from the roof during our welcome reception and the ending cocktail party.

As expected, the conference was not as busy as our previous meeting in Edinburgh. We had approximately 345 participants representing all our chapters and local groups (from Argentina to Taiwan via Australia, just to name a few). A large number (>100) of students were in attendance as well. However, the members that came to the meeting were extremely active, and we were all busy attending up to eight parallel sessions on Thursday and Friday and six on Saturday morning for a total of 320 presentations. There were plenaries on innovation and challenges in outcome research (Steve Hollon, Hans Kordy and Glenys Parry) and process research (Robert Elliott and Robert DeRubeis) which presented fascinating overviews of our field and suggested some promising directions for future research. Consistent with the "innovation and convergence in psychotherapy research" theme of the conference, we were glad to witness very active participation from colleagues involved in studying vari-



ous forms of family therapy and CBT. There were also a series of events organized by the culture special interest group that were well attended. It is my intention to continue working on increasing diversity at our annual meetings and thus have our Society become increasingly more inclusive of various approaches, methodologies and cultures.

I am grateful for the excellent work done by our past president, Erhard Mergenthaler. Erhard's dedication can be seen in multiple areas. For instance, he helped bringing the Society back to a solid financial footing and provided us with a sound information system that he has been developing for, at least, the last 4 or 5 years. This new system now enables us to conduct internet-based elections, quickly determine membership, collect fees, and efficiently develop conference programs. In conjunction with our relatively new Executive Officer, Tracy Eells, Erhard reorganized the back office of the Society and worked diligently to transform our Society into a more modern, efficient, and well-functioning organization. I feel very privileged to follow Erhard as your president and to have Tracy on

## President's Message (continued)

board. In order to introduce you to the many aspects of the Executive Officer's responsibilities, we are creating an Executive Officer corner in the newsletter, where Tracy will be able to provide pertinent information. I have also asked him to provide you with a brief summary of the information he conveyed to the members present at the meeting.

In this newsletter we have included information for the election of General Vice President. We have two extraordinary candidates who have demonstrated their commitment over the years to the Society and to psychotherapy research. When you

have a moment, please go to the website and vote for your choice. Bernhard Strauss, president-elect, will include a call for papers in the October newsletter. Please keep in mind that the deadline for the submissions for the Barcelona 2008 meeting will be sometime in early December.

As SPR incoming president, I look forward to working with all of you. I am especially interested in hearing your feedback on how we can improve the Society and our annual meetings. If you have an idea or comment about the Society or the meetings, please do not hesitate to contact me at [barberj@mail.med.upenn.edu](mailto:barberj@mail.med.upenn.edu).

## Annual Research Award Winners

### 2007 Distinguished Research Career Award

**Clara Hill, Ph.D. received the 2007 Distinguished Research Career Award** of the Society for Psychotherapy Research at the Society's annual conference in Madison WI, USA. Dr. Hill, a Professor in the Counseling Psychology Program at the University of Maryland, was cited for representing the model of a distinguished researcher through her innovative scholarship, caring mentorship, and service to the field, which together characterize her impressive and extensive contributions to the field. Drs. Barbara J. Thompson, Barbara L. Vivino, and Libby Nutt Williams nominated Dr. Hill for the Distinguished Career Award and presented her with a plaque commemorating the award. As an innovative researcher, Dr. Hill developed some of the first clearly defined taxonomies of Counselor Response Modes, Therapist Intentions, Client Reactions, and Client Behaviors which were integrated in her first book: *Therapist Techniques and Client Outcomes, Eight Cases of Psychotherapy*. Dr. Hill also contributed greatly to the conceptual understanding of the basic skills involved in learning how to conduct therapy as reflected in her book *Helping Skills*. In addition, Dr. Hill developed the Consensual Qualitative Research (CQR) methodology to overcome some of the limitations of prior qualitative research and to add rigor to this field. More recently, Dr. Hill has become interested in dreams and has published extensively on empirical evidence regarding her model for working with dreams. Over her career, Dr. Hill has been very productive writing and editing 7 books, 150 journal articles, and 34 book chapters. Dr. Hill was also recognized

for her extensive mentoring of a large number of students, some of whom have become her close collaborators over the years. Dr. Hill clearly sees her mentoring relationship as a life span endeavor and she is always available for support and guidance. Dr. Hill has contributed extensively to the field through her prior work as editor for the *Journal of Counseling Psychology*, and currently as editor of *Psychotherapy Research*. She has also served as President of both SPR and NASPR.

### 2007 Outstanding Early Career Achievement

**Sarah Knox, Ph.D. received the SPR Award for Outstanding Early Career Achievement.** Dr. Knox is an Associate Professor in the Counseling Psychology program at Marquette University, having received her PhD in 1999 from the University of Maryland. She has been productive, with 25 journal articles and chapters to her credit. Sarah has been most interested in therapy process defined broadly, with studies of therapist self-disclosure, internal representation by clients of their therapists, gift-giving in therapy, therapists' experiences when clients commit suicide, client insight, and addressing race in cross-cultural dyads. Sarah is always on the cutting edge of topics that particularly concern therapists. Furthermore, her research typically involves qualitative methods, which help her get close to the phenomena under investigation and which again thus have more relevance for practitioners. In addition, Sarah has been an active member of SPR, presenting her work at annual conferences and serving on the Editorial Board of *Psychotherapy Research*.

## 2007 Australia Regional Group Meeting

**We are pleased to announce the 2007 Australia Regional Group Meeting of the Society for Psychotherapy Research to be held on Thursday 6th and Friday 7th December 2007 with the meeting theme of "Evidence-Based Psychotherapy: Discovering the Effective Components of Change".** Jacques Barber will be joining us and we hope to see some other international guests come 'down under' for this Southern Hemisphere summer conference. Why not have Christmas on an Australian beach? Please consider submitting a presentation

proposal for the meeting, due September 30th. Registration is low (\$150 SPR members, \$20 students) and accommodation inexpensive. We are pleased to invite you to join us in this wonderful event this year. Warmly, Brin Grenyer (Chair), Robert King, Trevor Crowe and Frank Deane. For a conference brochure or information email [grenyer@uow.edu.au](mailto:grenyer@uow.edu.au) or check the SPR website under the Australia Group section. Visit [www.psychotherapyresearch.org](http://www.psychotherapyresearch.org) for more information.

# 2007 GENERAL VICE PRESIDENT ELECTIONS

## Dr. Giuseppe Nicolò MD Terzo Centro Terapia Cognitiva Rome, Italy

It is a great honour for me to have been selected as a candidate for the position of General Vice President at SPR, an highly dedicated and committed association which largely tries to improve the knowledge base of psychotherapy among the scientific community worldwide. Such commitment I have shared with all its members for the last ten years.

As a MD and a psychiatrist I have received formal training in CBT while investigating implications of other approaches and theories such as Psychoanalysis (Weiss and Sampson research about Control Mastery Theory), family and group therapy and community treatment for severe patients, interpersonal approach.

Along with some Italian colleagues I have founded the *Terzo Centro di Psicoterapia Cognitiva* of Rome. This Centre, fully endorsed by psychotherapy practice, has prompted the creation of a database of psychotherapy sessions, which currently includes about 1200 recorded and transcribed sessions. Activities have also led to the designing and the implementation of two survey tools of psychotherapy sessions: the *Grid of Problematic States* and *Metacognition Assessment Scale*, which, conveniently applied to the sessions of psychotherapy with severe patients, have contributed to the development of the interpersonal metacognitive model of psychotherapeutic intervention, a new theoretic model described in a recent volume of *Psychotherapy of Personality Disorder*.

My vocational path has strictly consisted of a clinical practice with severe patients and the researches I have promoted have mainly been aimed at standardising a model for the direct application of data in clinical practice. The process of researching in psychotherapy has also enhanced a new vision of our cognitive theoretic approach and fostered an integrated perspective which emphasizes the role of the therapeutic relationship.

My current endeavours are being direct to explore a new trend for research within neurocognitive and metacognitive functions in schizophrenia.

I have been personally involved in the organization of many congresses such as the 35<sup>th</sup> annual meeting of the Society for Psychotherapy Research (Rome, 2004), on which occasion I was elected to the Presidency of the European Chapter. Thanks to the collaboration of many colleagues I have also attained to the realization of a summer school in Rome, and a methodological workshop in



Geneva, events that have fostered many students and young researchers participation.

Over the last three years I have dedicated myself to the initiatives such as promotion of exchanges of scientific information specifically addressed to young researchers from different countries in the pursuit of professional development, implementation of scientific competence and contribution to personal growth. I believe that communication and understanding play a fundamental role in creating a supporting and stimulating climate of joint cooperation, where students are to be considered its fundamental members.

I am co-author and editor of some books of psychotherapy research and a member of the Scientific Board of Italian and International journals.

I am teacher at Italian Society of Behavioural Therapy as well as at School of Cognitive Psychotherapy and Director of Mental Health department in Rome. [www.terzoentro.it](http://www.terzoentro.it)

**Vote Online Now!!**

**The election module is open at the SPR homepage.**

**Go to <http://www.psychotherapyresearch.org> and place your vote today.**

**Voting ends: October 2, 2007**

## 2007 GENERAL VICE PRESIDENT ELECTIONS

### Louis Castonguay, Ph.D. Professor of Psychology Penn State University

I am deeply honored to be nominated as President of SPR. SPR has provided me with an exciting and fulfilling pathway for my professional development. It was at a SPR meeting in 1982 that, while a student in a Masters program at the Université de Montréal, I first met “Big Names” in the field (I remember, in particular, how Hans Strupp was patiently answering questions of mine while trying to understand the “English” that I then barely spoke!). SPR was also where I presented my first psychotherapy study, which I conducted with Marv Goldfried who was my doctoral advisor at Stony Brook. It was also via SPR that I met Len Horowitz, one of my postdoctoral mentors at Stanford, as well as many friends and colleagues with whom I have been collaborating for many years. Meaningfully, SPR is also a place where several individuals who I have mentored since becoming a faculty member at Penn State University (such as Michael Constantino, Martin Grosse Holtforth, Greg Halperin, Georgios Lampropoulos, Gia Maramba, and Alex Schut) have made significant contributions.

SPR is an organization where I have devoted much of my time and energy. I served as President of the North American chapter from 2001-2003, acted on numerous committees over the years, and have served on the Editorial Board of *Psychotherapy Research* since 1996. SPR has also been very generous to me. It selected me as the recipient of the Early Career Contribution Career Award in 1998 and, more importantly, it has provided me an optimal forum for presenting and improving my research.

My research focuses on the process of change in different forms of psychotherapy. Within this context, I have investigated several factors related to the client (e.g., emotion), therapist (e.g., intervention focus) and the relationship (e.g., alliance). Building on these process studies, and in collaboration with Tom Borkovec and Michelle Newman, I have also investigated new integrative treatments for generalized anxiety disorder and depression. Furthermore, with numerous colleagues, and especially Tom Borkovec and David Kraus, I have developed practice research networks (PRN), which are aimed at facilitating active collaborations between clinicians and researchers in the conduct of scientifically rigorous and clinically relevant studies. Over the years, my scholarly work has led to more than 80 publications, including three co-edited books (on principles of change with Larry Beutler, insight with Clara Hill, and on psychotherapy integration [in French] with



Conrad Lecomte).

Based on my experience as President of the NASPR, I would devote my SPR presidential mandate to increasing membership, fostering stronger relationships with other organizations that have complementary goals, and addressing the training and professional needs of young scholars. Based on my experience in developing PRN, I would also focus my presidential mandate on increasing the involvement in our organization of full-time clinicians. Ultimately, I would like to see SPR become the premier forum for generating and sustaining open, collaborative, and productive dialogues between researchers and clinicians about how to increase our understanding of therapeutic change and improve our treatment effectiveness.

**Vote Online Now!!**

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**Voting ends: October 2, 2007**

## Executive Officer Report

Tracy D. Eells

In this report I will discuss developments at SPR in the last year, provide a financial report, discuss membership, and give you an idea of future developments under consideration for SPR.

### New Developments

The last year has seen a number of developments that have strengthened the administrative core of SPR. First, we moved our website to a new hosting company, Affiniscape, Inc., which is based in Austin, Texas USA and which specializes in hosting association websites. Although the appearance of the website is much the same, the Affiniscape site has many "back end" features that greatly enhance functionality. Among many other enhancements, these allow us to create web pages easily and without programming skills, to maintain an online database, to include an online payment option for membership dues and conferences, and to save on conference costs by using a conference module that we create and manage. In addition, you can easily keep your personal profile up to date so you will not miss any issues of *Psychotherapy Research*. As before, all members have free access to all issues of *Psychotherapy Research* through the website. A new addition to our website is the members' measures section. It permits download of several psychometric measures developed by SPR members. If you would like to post a measure you developed, send me an e-mail note and I will show you how. I encourage you to log on to the new website frequently as we plan to regularly update it.

A second development is the recognition among members of the Executive Committee that SPR must become a more professionally and efficiently managed organization without sacrificing SPR's culture of intimacy, informality and congeniality. The new website helps considerably in this regard. In addition we have purchased a license for QuickBooks Online, which allows for easier and comprehensive management of SPR's accounting needs. We have also implemented online voting, online dues renewal (eliminating the high cost of postage and handling), and a late fee policy on dues to better manage cash flow.

### Financial Report

SPR's financial condition is solid but lean. It is solid in the sense that we have assets approximately equal to the cost of running the organization for one year. These reserves allow the Executive Committee to commit necessary resources to plan in advance for future conferences, to provide the journal to members, to support central office functions, and to support students. Importantly, they also provide a "rainy day" fund, should one ever become needed. SPR is lean in the sense that membership dues and annual operating expenses are approximately equal. More specifically, 2007 dues income was \$79,585, as of mid-June, and costs (excluding the conference)

are about \$82,000. The difference is made up with interest and royalty payments. Although the final accounting for the conference in Madison is not complete, it looks like we will make a profit of about \$10,000 to \$20,000 from the conference.

You might be interested to know that about \$13 out of the \$95 regular membership dues goes to support costs related to students. SPR is truly an organization that supports its student members, and in a very tangible way.

Because of these positive developments, and despite additional costs related to the new website, the Executive Committee will not need to increase dues in calendar year 2008.

### Membership Report

Membership in SPR as of mid-June was 1001. Regular members made up 69% (or 688) of the total, students were 27% (272) and 4% (or 41) of our members are retired. These numbers represent a slight increase over the final 2006 membership, but a significant increase over paid membership at this time last year. Thanks to the efforts of now Past-President Erhard Mergenthaler, we had a surge of membership renewals in fall 2006, and most of these individuals renewed as well for 2007. Thank you for your support of SPR!

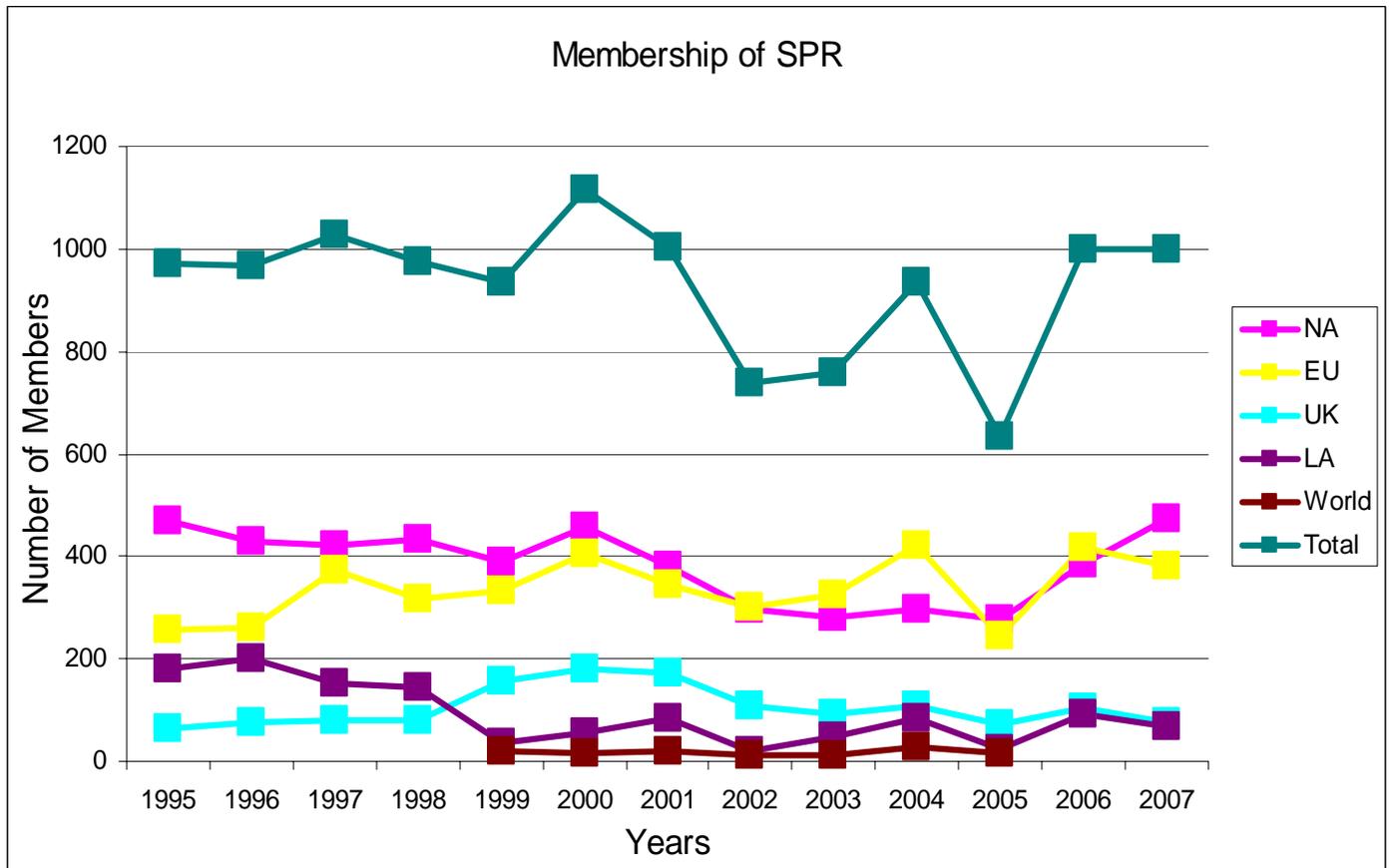
Please note that an e-mail announcement will be sent in early September to renew your dues for 2008.

### Future Developments

In the coming year, at the direction of the Executive Committee, SPR will be purchasing Director and Officers' Insurance. This insurance will protect the assets of SPR as well as those of your Executive Committee as they carry out their responsibilities on behalf of the organization. In addition, in compliance with our bylaws, our 2007 books will be audited in early 2008. A third development will be continued enhancements to our website. Please check the site regularly. Finally, we will explore the option of establishing an SPR Foundation. The Foundation will permit one to make donations or other contributions to SPR on a tax deductible basis. Although SPR is a tax-exempt organization, its current business structure does not allow for tax-deductible donations.

Finally, I wish to add a personal note. I am now completing my first year as your Executive Officer. The year was made much smoother as a result of the continued support of the Executive Committee, especially Erhard Mergenthaler. In addition, my predecessors, Bob Lueger and Paulo Machado, help me make the transition much easier than it would have been otherwise. They were always available to answer questions as the need arose. Special thanks also go to Cory Harmon for putting the newsletters together, and to our web master extraordinaire, Sven Schneider.

## Executive Officer Report (continued)



## News About the *Psychotherapy Research Journal*

Clara Hill and Paulo Machado

Things are going very well with the journal. Our submissions are up (2002: 95, 2003: 99, 2004: 97, 2005: 134, 2006: 149, 2007: 180 projected)—that's a sign of health for the journal. Our rejection rate was 59% in 2006. This figure is based on the final decision on a manuscript. The average time from submission of a manuscript to the first decision in 2006 was 51 days—under 2 months!

The average time from final acceptance to actual publication is too long—341 days in 2006. But we're doing a lot to work on the backlog problem: 1) we've increased from 4 to 6 issues per year so we have a lot more pages, 2) we've removed the translations of the abstracts so again we've freed up space, 3) as soon as papers are copyedited they now go on ifirst (you can get to this site through the SPR website and clicking on the journal) and can be cited. We're confident that the backlog problem will be resolved within a year or so.

We have a number of special sections that will appear in the near future: children and adolescents, client experiences, the case of

Lisa, interdisciplinary dialogues. We are also actively soliciting papers for several other special sections. Please send papers for special section by the deadline indicated:

Culture and psychotherapy: July 1, 2007

Dreams and daydreams and psychotherapy: October 1, 2007

Treating eating disorders in psychotherapy: February 1, 2008

Couples and family therapy: April 1, 2008

Statistical and methodological issues in psychotherapy research: July 1, 2008

Group therapy: October 1, 2008

We have a mission to make *Psychotherapy Research* the premier journal in the area. You can help by submitting your manuscripts to the journal, providing fair and educational reviews for the journal if asked, and asking your library to subscribe to the journal.

Finally, we are grateful to Taylor & Francis for their extraordinary work in publishing the journal.

### Mark Your Calendar!!

**2008 International meeting: Barcelona, Spain—June 18-22, 2008**

**2009 International meeting: Santiago, Chile—June 24-27, 2009**