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President's Message:

Bernhard Strauss

Dear SPR Members,
Every summer, SPR's president has the opportunity to send a message to the members of our society. My term as the president began during the 39th meeting of the SPR which was held in Barcelona. Those of you who had the chance to come to Spain will agree that this meeting was marvelous. Our friend and colleague Luis Botella and his team did an excellent job as the local host and organiser and Barcelona, the capital of Catalonia, provided a wonderful background for our meeting that included presentations on a very high scientific level.

As I had mentioned in my opening address, this meeting set a record with the highest number of submissions ever. More than 600 participants from all continents (and 31 different countries) came to Barcelona. The scientific program included 116 panels (and almost 400 papers), 8 brief communication sessions, and 2 poster sessions (with a total of 155 posters). Additionally, 10 structured discussions covering fields ranging from cultural aspects of psychotherapy research to training issues completed the program. It was a great pleasure to experience how lively and international SPR is. On behalf of the Executive Committee, I would like to thank all who have contributed to this successful conference: the local host Luis Botella, his committee consisting of Laia Belles, Sergi Corbella, Antonia Maria Gomez, Olga Herrero, Meritxell Pacheco, Nuria Grano, and the Facultat de Psicologia i Ciències de l'Educació i de l'Esport Blanquerna (Ramon Llull University), who generously sponsored our meeting. Thanks also to the members of the program committee: Hans Kordy, Robert Russell, Ulrike Willutzki, David Orlinsky, Louis Castonguay who helped me in composing an attractive program. Our special thanks to Sven Schneider, who in a convincing manner organised the electronic system for the registration and the submissions and answered hundreds of e-mails related to the conference. I would also like to add my appreciative thanks to Jacques Barber for his excellent presidential address ("Toward the Resolution of Core Conflicts in Psychotherapy Research") and for



his work as the former president. The way he chaired SPR makes it very easy for me to continue. I am happy to have him for another year as an advisor and I am also happy to have Tracy Eells as an excellent EO. Generally speaking, our Society is in a very good condition. The back office works very efficiently, we have an excellent group climate in the Executive Committee and, fortunately, SPR also has a solid financial foundation. Thanks to Clara Hill's and Paolo Machado's work as editors, the journal *Psychotherapy Research* is doing very well and has increased its impact factor considerably to an amount close to 2.0, thus bringing *Psychotherapy Research* into the top region of the scientific journals of our discipline.

Special interest sections

Currently, the SPR has one active special interest section (culture and psychotherapy) which was chaired by David Orlinsky during the recent years and actively contributed to the recent annual meetings. In Barcelona, we were able to organise a couple of panels related to the situation of psychotherapy (practice, research and training) in a variety of different countries. Interesting discussions raised the idea to implement a special interest section dealing with research on psychotherapy training and on the influence of psychotherapy research to generate clinical practice guidelines in different countries. Feedback of members related to this idea is highly appreciated!

President's Message (continued)

Future Meetings

It is my pleasure to encourage all SPR members to come to the next year's (the 40th) Annual Meeting which will be held in Santiago de Chile (June 24-27). It will be the second time that SPR will hold its annual meeting in Latin America. The Latin American chapter is an active part of our society. The local host, Guillermo de la Parra and all his colleagues will work hard to organise a wonderful meeting. I had the pleasure to be the guest of the last year's local meeting of Chilean psychotherapists in Renaca. You can believe me: SPR has made the right choice when they accepted the invitation to come to Chile next year! Louis Castonguay, who will be the program chair for the Santiago conference, will publish his call for submissions in the October newsletter.

The Executive Committee has already planned SPR meetings until the year 2013: The 41st Meeting will be held in Asilomar (California) in 2010 (June 23-27). The local host will be George Silberschatz, incoming president of the NA chapter. 2011, SPR will meet in Bern, Switzerland (with Franz Caspar hosting the meeting). 2012, Clara Hill and Barbara Thompson will invite SPR to meet in the Baltimore (Maryland) area.

Finally, the EC has decided to hold the meeting in 2013 in Australia (Brisbane) which also reflects that we have a growing and very active group of colleagues from Australia in our Society.

SPR is well prepared to continue providing a multidisciplinary, transtheoretical and international forum of scientific exchange. I am happy to serve as SPR's president, to work together with all of you, and to contribute to the SPR's growth and status. Please do not hesitate to send your feedback, proposals and ideas to me (Bernhard.Strauss@med.uni-jena.de), or to other members of the Executive Committee.

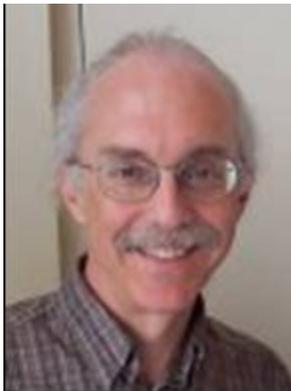
Election of the General Vice President

Fortunately, we have two excellent candidates who are willing to join this committee as the General Vice President. Lynne Angus and Giuseppe Nicoló both have been committed to SPR for many years and both would be excellent presidents in the future. Please make use of the opportunity to vote for your choice on the SPR website and cast your vote by **October 1st**.

With the best wishes to all of you,
Bernhard Strauss

Annual Research Award Winners

2008 Distinguished Research Career Award



Robert Elliott, Ph.D., is Professor of Counselling in the Counselling Unit at the University of Strathclyde, Glasgow, Scotland. He received his Ph.D. in Clinical Psychology from UCLA in 1978. He taught at the University of Toledo 1978-2006, where he is now Professor Emeritus of Psychology. He has also held visiting faculty positions at the Katholieke Universiteit Leuven (Belgium), York University (Canada), University of Sheffield (UK), and La Trobe University (Australia). He served as President of the Society for Psychotherapy Research (2000-2001) and as co-editor of the journal *Psychotherapy Research* (1994-1998). He is co-author of *Facilitating emotional change* (1993, with Leslie Greenberg and Laura Rice), *Learning process-experiential psychotherapy* (2004, with Jeanne Watson, Rhonda Goldman, and Leslie Greenberg), and *Research methods in clinical psychology* (2nd ed., with Chris Barker & Nancy Pistrang), as well as more than 90 journal articles or book chapters. He is a Fellow in the Divisions of Psychotherapy and Humanistic Psychology of the American Psychological Association and winner of the 2008 Carl Rogers Award for Contributions to Humanistic Psychology. He is currently Co-Editor Emeritus of the journal, *Person-Centered Counseling and Psychotherapy*.

2008 Outstanding Early Career Achievement Award



Kenneth Levy, Ph. D., is a broadly trained clinical psychologist whose research interests bridge the areas of social, personality, and developmental psychology. His research focuses on attachment theory, emotion regulation, personality disorders, and psychotherapy process and outcome. He has been systematically studying a complex long-term treatment for seriously disturbed patients (Borderline Personality disorder or BPD). He also has been intimately involved in one of the few psychodynamic RCTs involving any psychiatric disorder and one of the few that have compared dynamic therapy vs. CBT for any disorder.

NEWS ABOUT THE *PSYCHOTHERAPY RESEARCH JOURNAL*

Clara Hill and Paulo Machado

Expanding the Number of Issues per Year

We expanded from 5 to 6 issues a year starting in 2008. This increase is a real sign of growth for us and an indication of how vigorous we are and how much of a need there is for an international outlet for psychotherapy research. The increase in pages will allow us to decrease the backlog and publish manuscripts more quickly. In addition, it will allow us to take on some new initiatives.

Special Sections

The major initiative is special sections, which serve to tie together several papers and make for greater impact of individual studies. We are very pleased to announce several special sections for the journal. Please consider submitting your research to these special sections. And please send this announcement on to others you think might be doing research in these areas.

There are several special issues in the pipeline:

Case of Lisa
Interdisciplinary dialogues
The real relationship
Couples and family therapy

There are several special sections with upcoming deadlines:

Group therapy—Oct 1, 2008
Neuroscience—March 1, 2009
Language analysis/microanalysis—May 1, 2009
Case formulation—May 1, 2009
Personality disorders—June 1, 2009
Psychodiagnosis/psychopathology—September 1, 2009

Please submit manuscripts for these special sections through Manuscript Central—you can reach the submission portal through the SPR website.

Of course, we are always also eager to receive manuscripts on other topics relevant to psychotherapy research. And if you have ideas about other special sections that you would like to see in the journal, please let us know.

Submission Rates

Our submission rates have climbed steadily since 2003 (99, 97, 134, 149, 153).

Acceptance Rates

Since 2005 when we started with the online manuscript tracking system, 40% of the manuscripts that have been submitted have been accepted.

Becoming Truly International

We have moved toward internationalization of the editorial process. Hence, we no longer consider the Editors-in-Chief to be European and North American. Rather, we have two Editors-in-Chief from diverse regions. These Editors-in-Chief share the responsibilities and rotate the assignment of manuscripts. Likewise, we share the Advisory Editors, so that anyone from around the world can be assigned to review a manuscript. The only exception is if a manuscript is submitted in a language other than English, we assign it to an Action Editor who speaks that language, and that person assigns the manuscript to reviewers who speak the language.

Our Publisher

We continue to be very pleased with Taylor & Francis. They have done a wonderful job with the journal and have been very easy to work with.

Impact Factor

Many of you may not know that part of the way the journal is evaluated is by the impact factor. The impact factor is calculated by the number of times articles in the past two years have been cited. Our impact factor has at about 1.0 for the last several years (meaning that the average article gets cited once in the first 2 years after publication). We are very pleased that the impact factor increased this past year to about 2.0. Please help us keep the impact factor high by sending us your best manuscripts and by citing the journal frequently in your manuscripts.

Medline

We are now indexed in Medline, along with other indexing services (e.g., PsycINFO).

The Journal is on the Website

The journal is fully accessible to all SPR members through the SPR website. T&F were terrific about uploading all the issues of the journal back from the very beginning. If you go to the SPR website and click on the journal, you can get access. We are also posting two high profile articles at a time for the public to have free access—so check that out. Finally, we have posted the ethical standards and hints for writing and reviewing manuscripts for the journal—check those out. Manuscripts that have been accepted and gone through peer review are now placed on [ifirst](#) so that they can be accessed before appearing in print.

This Journal is Our Journal

Finally, remember this is our journal—we want to be proud of it. We want it to be the best journal in the field for psychotherapy research. Please make this the journal where you first submit your work.

2008 GENERAL VICE PRESIDENT ELECTIONS

Lynne Angus, Ph.D. Professor of Psychology York University

I am deeply honoured to be nominated for President of SPR. My engagement with SPR colleagues and friends has been key to the development of my narrative research program at York University – where I am a Professor of Psychology —and shaped my identity as a process-outcome psychotherapy researcher. It was in fact at my first SPR conference in Evanston Illinois (1985) — where I presented qualitative research findings on metaphor in psychotherapy for the first very time—that I experienced firsthand the openness to new ideas and differing points of view, therapy approaches and research strategies that defines the essential ‘ SPR experience’ for me. And as I would come to learn over the years, it is precisely this special atmosphere of communality and diversity that is the basis for the emergence of shared interest networks, new research collaborations and specialized learning that are essential for the achievement of research excellence and innovation in psychotherapy research —two values that are highly prized by SPR members. My recent experience as a co-editor for a forthcoming book addressing SPR’s rich legacy of research excellence and innovation has only served to strengthen this conclusion for me. If elected, it is precisely these key values — respect for diversity and communality while prizing research excellence and innovation— that I will be fully committed to supporting and enhancing as President of SPR.

And it is perhaps because my own development as a psychotherapy researcher was so strongly influenced by my participation in SPR that these values hold such importance for me. Mentored by David Rennie, I began my academic career as a qualitative researcher who was interested in understanding the contributions of metaphoric language for clients experiences of change. It was at SPR however that I was introduced to a range of qualitative and quantitative methodological strategies that enabled me to address psychotherapy research questions of increasing complexity and sophistication and shaped my identity as a committed methodological pluralist. Importantly, it was through research collaborations with SPR members in England, Finland, Germany, Portugal, Spain and the US that I had an opportunity to develop and refine the Narrative Processes Coding System for application in family, individual and group therapy settings. This narrative research program has resulted in over 25 NPCCS-related research publications and has been supported by three major research grants in Canada. Additionally, Les Greenberg and I co-developed the York I Depression Study Transcript databank (1994) that has resulted in numerous research collaborations with SPR members in



Europe and the USA and will be the basis for a forthcoming, special section of Psychotherapy Research. In 1998, Les and I were also funded to mount the York II RCT Depression Study that has since become the basis for numerous published process-outcome studies assessing the contributions of autobiographical memory specificity, narrative process modes and emotional engagement to therapeutic outcomes in EFT and CCT treatments of depression. Key outcome findings from the York II RCT also contributed to the recent designation of EFT as an evidence-based treatment of depression, by APA Division 12. Most recently, through my involvement with SPR – and in collaboration with Louis Castonguay and Clara Hill — I have begun to explore and empirically investigate key principles of change in a range of evidence-based therapy approaches and research practice networks.

In terms of administrative experience, I am a past-president of NA-SPR and had the opportunity to participate on the SPR executive in that capacity. Both experiences provided me with a valuable understanding of the complex administrative and financial issues that can arise when serving a diverse, International community of psychotherapy researchers, scholars and practitioners, such as SPR. If elected, I will work towards enhancing the visibility of SPR for broader participation by child, family, couples and CBT psychotherapy researchers as well as developing strategies to engage clinical practitioners. And finally, as I strongly believe that it is only by knowing and understanding our past, that we can begin to imagine and shape a desired, possible future, I am also highly committed to increasing the active involvement of both young scholars and senior SPR members in the ongoing activities of the Society.

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 1, 2008

2008 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 for a second time. I have shared SPR commitment with all its members for the last ten years, and I consider SPR my first professional association.

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 1250 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 35th 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 Service in Rome. More information will be available on www.terzocentro.it.

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Voting ends: October 1, 2008

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.

New Developments

We are now in the third year using our new website, which is hosted by Affiniscape, Inc. based in Austin, Texas. The new website has enabled us to expand services to members, including online payment of dues and conference fees, rapid development of webpages, consolidation of chapter websites to the International website, and importantly, the maintenance of a single, up-to-date, web-based database of our membership. You can manage your own personal contact information at www.psychotherapyresearch.org by clicking on the "Member Section" tab and then on "My Personal Data". The new website also allows you electronic access to all articles published in *Psychotherapy Research*, and contains a list of psychometric measures, also under the "Member Section" tab. Currently, 12 measures are posted on the website. If you would like to add a measure, send me an e-mail note. We are also in the third year of managing our accounting using QuickBooks Online. This service allows us to record all financial transactions that flow through the central office and to easily prepare reports for the Executive Committee and membership.

In other developments, the Executive Committee had an extensive discussion about the pros and cons of legally reorganizing SPR so that the organization can accept charitable donations on a tax-exempt basis. For now, the Executive Committee has elected not to pursue this option.

Financial Report

Financially, SPR is solid with reserves equal to about one year's operating revenue, a conservative amount recommended by experts for non-profit organizations. This reserve provides us with a rainy day fund and a source of revenue to fund advances for future conferences as well as a source of interest income, which last year was equivalent to regular dues from more than 120 members. As a result, we are able to keep dues as low as possible.

In calendar year 2007 our income was \$95,832. Dues accounted for 85% of income, or \$81,275. We also collected \$2,674 in book royalties, thanks to the generosity of David Orlinsky and Helge Ronnestad, editors of *How Psychotherapists Develop*, and Louis Castonguay, and Larry Beutler, editors of *Principles of Therapeutic Change That Work*. We collected about \$11,533 in interest income. Our expenses in 2007, excluding the conference, were \$87,866. The Madison conference made \$21,085 over expenses.

For 2008, the Executive Committee budgeted \$95,025 in revenue and approximately the same in expenses. The major expense items are dues owed to chapters (26%), journal subscriptions (23%), central office labor (20%), and Executive Committee meetings (19%). The Barcelona conference yielded revenues that exceed expenses although final numbers have not yet been calculated.

The Executive Committee decided to reconfigure dues for 2009 such that an early bird rate will replace the late fee. The result is no fee increase if members pay the early bird rate. Please pay your dues early! It represents a savings to you and allows the Executive Committee to plan better.

Membership Report

Overall membership increased approximately 9% from June 2007 to June 2008 (1001 to 1094). The largest increase was among students (28%), who increased in number from 272 to 349. Regular membership changed from 688 to 705, an increase of 2%. Thank you for your support of SPR!

Future Developments

In the coming year we will audit our 2007 books and will continue to enhance the website. The Executive Committee will continue a discussion about how to use our reserve and what the optimal relationship is between the central international organization and the chapters.

Please do not hesitate to contact me with any questions about the operation of our Society.

2009 Membership Dues		
Member Type	Early Bird Rate (Sept. 15 - Dec. 31)	Regular Rate (After Dec. 31)
Regular Member	\$95	\$115
Students	\$40	\$60
Retired	\$45	\$65

2008 NASPR Conference

I would like to invite you to attend the upcoming NASPR conference in New Haven, Connecticut from September 25 to September 28. Mark Beitel has arranged a great site at the Omni Hotel and the New England landscape is absolutely spectacular in the early Fall. George Silberschatz has put together a wonderful scientific program characterized by both quality and breadth in the presentations.

The conference begins with a plenary address -- "Processes that contribute to sustained therapeutic change" -- by Sid Blatt. Subsequent panels, open discussion sessions, papers and posters will address various facets of psychotherapy, such as the role of different processes of change, therapists' effects, treatments for particular Axis I and Axis II disorders, effectiveness research, supervision, couples therapy, and religion in psychotherapy research. The entire program is available at <http://www.naspr.org/>. Check it out--and then click on the registration page.

At the meeting in New Haven, the chapter will vote on whether NASPR should become a charitable organization. By a unanimous vote in July, NASPR members decided to provide an annual honorarium of \$1000 to the chapter's Executive Officer and to set the length of the term at four years. Thanks to all of you who voted. I am delighted to announce that Sarah Knox (Marquette University) will be NASPR's next Executive Officer, replacing Nick Ladany

whose term will end October 1. I appreciate the work of the nominating committee--Clara Hill (chair), Lynne Angus, and Micki Friedlander--for generating an excellent list of candidates, and my heartfelt gratitude goes out to Nick as well for his exceptional job as the chapter's first EO.

In 2009, 9 regional NASPR meetings will be held in 5 countries at the following locations: Montreal, Provo, UT, Taipei, Williamstown, MA, Milwaukee, Mexico City, San Francisco, Brisbane, and Philadelphia. Specific dates and locations are being generated by the local organizing committees and will be announced in the Fall NASPR newsletter.

Finally, congratulations to the following students who received NASPR Travel Awards for the SPR conference in Barcelona: Jackie Gruter-Andrew (Simon Fraser University), Aaron Fisher (Penn State), Matthew Davis (University of Utah), Cristina Muniz de la Pena (University of Albany), Andreas Comminos (University of Wollongong), and Sam Nordberg (Penn State).

I hope to see you in New Haven.

All the best,

Jeff Hayes
President, NASPR

Mark Your Calendar!!

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

2010 International meeting: Asilomar, USA—June 23-27, 2010