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President's Message: Louis Castonguay

It is both a humbling and exciting experience to write my first column as President of SPR. As my mandate is just beginning, I shall restate the goals that I described two years ago in my candidacy statement. But first, nothing gives me more pleasure than to report on the SPR meeting that just took place in Santiago de Chile! Thanks to the boundless energy and organizational skills of Guillermo de la Parra (the local chair) and the members of his local committee, the meeting could not have been a more successful celebration of SPR's 40th anniversary!

The warmth and efficiency of our Chilean hosts were felt throughout the entire meeting, and so was the joyful spirit of the Chilean culture – not only as expressed by the marvelous dance and music that brought life to the opening ceremony, but also by the costume banquet that ended the meeting with an exponential dose of fun (to have a taste of the meeting as a whole and the banquet in particular, I invite you to visit the photo gallery on our website). With more than 400 presentations covering a vast array of topics related to psychotherapy (you can still view the program and book of abstracts on the web) and nearly 400 participants representing 28 countries, the essence of the meeting was one of diversity and connections. While it allowed old friends to reconnect, the meeting also provided a unique opportunity for establishing new relationships and collaborations with more than 100 new members and students attending.

The spirit of diversity and connections was also reflected by the theme of the conference, "*Building bridges between clinical practice and research.*" This theme was not only addressed in several presentations during the meeting, but it was also at the core of two special plenary sessions, each of them involving a discussion between a reputed clinician (Patricio Olivos and Marta del Rio) and an influential researcher (Bill Stiles and Lorna Benjamin). Two other plenary sessions also took place. Whereas Bernhard Strauß opened the meeting with a fascinating presidential address on the relationship between psychotherapy training and research (another



instance of much needed connections), David Orlinsky closed the scientific program with evocative remembrances of the past, as well as meaningful thoughts about the present and future of SPR – a most memorable way to celebrate the 40th birthday of our organization!

While Bernhard's presidential address will be published in an upcoming issue of *Psychotherapy Research*, David kindly agreed to post his talk on the SPR web site. As you will see, David's talk featured a number of pictures of well-known members of SPR. Many of these pictures were also featured on large posters that were created for and displayed at the conference. You will find a small version of this poster in this newsletter, and I would be more than happy to send hard copies of that small version to those of you who want one (lgc3@psu.edu).

The conference in Chile was truly special and, as a program chair, I want to thank the members of the local steering committee (Guillermo de la Parra, Luis Tapia, Claudio Martínez, Marta del Río, Patricio Olivos, Laura Moncada) and committee-at-large (Alejandra von Bergen, Valentina Plaza, Oriana Vilches, Iván Armijo, William Aylwin, Paula Dagnino, and Walter Kühne), as well as the program committee (Lynne Angus, Michael Barkham, Gary

President's Message (continued)

Burlingame, Isabel Caro, Laurie Heatherington, Betty Gomez, Gary Diamond, Heidi Levitt, Robert Russell, Bernhard Strauss, and William West). I also want to acknowledge the support of special friends (Jacques Barber and David Kraus) as well as the work of a great team of graduate students: James Boswell, Dana Nelson, and Sam Nordberg. And I am especially grateful to Andrew McAleavey and Sven Schneider, whose help was crucial in organizing this meeting.

My goals for this year

I also want to thank Bernhard for the wonderful job that he did as President. His leadership made it both pleasant and easy for the members of the executive committee to work cohesively toward the needs and further growth of SPR. I am fortunate to be able to count on his wisdom and experience to help me meet the goals that I set up for my mandate. Two of these inter-related goals are to solidify ties with other organizations (e.g., *Association of Behavior and Cognitive Therapy*, *Society for the Exploration of Psychotherapy Integration*, *Divisions of Psychotherapy and Clinical Psychology of APA*) and to increase membership. As one way to achieve these goals, I will soon be sending an invitation to join SPR to different websites and training programs. You will find this invitation at the end of the newsletter (as well as on the web), and you should feel free to use and distribute it to your colleagues and students.

I am planning to give special attention to the recruitment and retention of students, as another of my goals is to foster the engagement (and better address the needs) of young scholars in our organization. In line with this goal, this newsletter includes the first of what I hope will become a new tradition: A student column. It is written by Sam Nordberg, who describes his experience at the Chile meeting (with the hope of enticing more students to attend SPR in the future) and a new way by which student members have been communicating among themselves since the meeting (where would we be without Facebook?!). Future newsletters will contain columns by students from diverse regions in the world.

Young scholars' engagement and the recognition of their contributions to our organization will also be enhanced by the creation of a new student poster award, as well as the development of a "special interest section" on training. The award, which will be given for the first time in 2010 at the Asilomar (California) meeting, will be described by Kim de Jong (who spearheaded this exciting new initiative) in the next newsletter. The special interest section on training is being organized by Jan Karlsson, who also chaired a very interesting discussion on future research in psychotherapy training at the

Chile meeting. If you are interested in joining, please email Jan at jan.karlsson@sll.se.

The last (but not the least) of my presidential goals, intrinsically reflected in the theme of the Chile conference, is to create more connections between researchers and clinicians, and thus more involvement of practitioners in SPR. Panels will be organized for the next SPR conference toward this goal, as well as the other goals mentioned above. I will describe these in the next newsletter. The next newsletter will also feature the call for papers that Lynne Angus (our President-Elect and Program Chair) is currently preparing for the SPR meeting in Asilomar.

Important things for you to know and to do

In the meantime, I strongly encourage you to pay close attention to all the important issues covered in the current newsletter. First, you will find the statements of three candidates for the next presidential election of SPR: Guillermo de la Parra, Leigh McCullough, and Christopher Perry. We are fortunate to have three excellent and well-known scholars willing to devote their time and energy to our organization. There is no doubt that SPR will be in good hands, irrespective of who of these three will become our next General Vice-President (and then President Elect, President, and Past President after that). **Please vote before the deadline of October 1st**. Your vote is also requested with respect to changes in the bylaws that have been proposed by the executive committee at the last SPR meeting. These changes are aimed at easing the creation and development of "special interest sections," such as the one on training mentioned above (please click here).

The newsletter also contains reports from our executive officer, Tracy Eells, who has continued to masterfully manage organizational issues at the core of SPR functioning (his report highlights, among other things, the good financial status of our organization, which has allowed us to not increase the membership fees for the third year in a row), and of our journal (reflecting the excellent work of Paulo Machado as managing editor and marking the end of Clara Hill's outstanding job as Editor-in-Chief). If you don't already know it, you will also find out who received the Distinguished Career Award in Chile (one of the most influential and beloved member of our organization). Also, please read George Silberschatz's description of how unique the 2010 Asilomar meeting will be (with regard to its spectacular setting but also in terms of registration and accommodation features), and pay attention to the announcement of some of the up-coming SPR meetings. As my friend and colleague Jeff Hayes pointed out to me recently, SPR conferences have been or will be held on 5 different continents and in 8 different counties this year. A true measure of diversity and connections!

Mark Your Calendar!!

2010 International Meeting: Asilomar, USA—June 23-27, 2010
2011 International Meeting: Bern, Switzerland—June 29-July 2, 2011

2009 Distinguished Research Career Award

William B. Stiles, Ph.D.



William B. Stiles is a professor of psychology at Miami University in Oxford, Ohio, USA. He received his Ph.D. from UCLA in 1972. He taught previously at the University of North Carolina at Chapel Hill, and he has held visiting positions at the Universities of Sheffield and Leeds in England, at Massey University in New Zealand, and at the University of Joensuu in Finland. He is the author of *Describing Talk: A Taxonomy of Verbal Response Modes* and more than 250 book chapters and journal articles. He served as president of the Society for Psychotherapy Research (1997-1998) and as North American Editor of *Psychotherapy Research* (1999-2003). He is currently Associate Editor of *British Journal of Clinical Psychology*, and Co-editor of *Person-Centered and Experiential Psychotherapies*.
Website: <http://www.users.muohio.edu/stileswb/>

You will find a poem on our web site that Robert Elliott wrote for Bill and read at the Award Ceremony of the SPR meeting in Chile.

2009 SPR Europe Conference

We would like to invite you to the 7th European Conference on Psychotherapy Research, organized by the European chapter of SPR. The conference will be held in Bozen/Bolzano, Italy, on October 1st – 3rd, 2009.

Sandra Sassaroli, the local host, has chosen the Castel / Schloss Maretsch (see picture page 4) as the venue for this meeting. Castel Mareccio is a medieval castle nicely restored as a conference center that is located just a walk from the city center of Bozen/Bolzano. Outside the castle you will find yourself in a vineyard from which you can enjoy a gorgeous view of the Rosengarten, a ridge of the southern high Alps. Inside, you will participate in a dense program of over 150 presentations on psychotherapy research. On the evening of October 1st, the conference will be opened in the interior court of the castle, by Jacques Barber's plenary address and our welcome reception. The program will continue on the next two full days; it was put together by an international scientific committee (Oscar Gonçalves, Erhard Mergenthaler, Sandra Sassaroli, Joseph Schwitzer, Wolfgang Tschacher). Please have a glance on the topics via the SPR website www.psychotherapyresearch.org. Vittorio Lingiardi will hold the other plenary address that will close the meeting on Saturday afternoon.

After the work, all will continue the conversations in the city of Bozen, the northernmost city of Italy that combines Mediterranean with Tyrolean-Austrian culture. We are looking forward very much to welcoming you to this conference.

Best regards,

Wolfgang Tschacher
President SPR-EU

NASPR 2009 Regional Meetings

Based on the creative initiative and leadership of Jeff Hayes, NASPR former President, 8 regional meetings have been organized in 2009. Two of them have already taken place and emerged as highly successful, both in terms of attendance and intellectual stimulation.

The **Mexican** regional meeting took place on March 13 in Mexico City (for more information, please contact Margarita Oliveres-Tarragona at margarita@grupocamposeliseos.com).

The **Taiwan** regional meeting took place on July 17-18 in Taipei (for more information, please contact Lifei Wang at lfwang@ntnu.edu.tw).

In the next several months, six more regional meetings will be held by members of the NASPR chapters (details for most of these conferences are posted at naspr.org):

The **Australian** regional meeting will take place November 30-December 2 at Mater Hospital in Brisbane (contact Brin Grenyer at grenyer@uow.edu.au).

The **Canadian** regional meeting will be held at McGill University in Montreal October 23-24 (contact Marilyn Fitzgerald at Marilyn.Fitzpatrick@mcgill.ca).

The **Mid-Atlantic** regional meeting will be co-hosted by the University of Pennsylvania and Children's Hospital of Philadelphia and will take place November 6-7 in Philadelphia at 3535 Market Street, 16th floor (contact Marna Barrett at msb@mail.med.upenn.edu).

The **New England** regional meeting will take place at Williams College (Massachusetts) October 2-3 (contact Laurie Heatherington at laurie.heatherington@williams.edu).

The **Rocky Mountain** regional meeting will take place October 23 at Utah Valley University in Orem (contact Rachel Crook-Lyon at rec2@byu.edu or Melissa Jones at Melissa_Jones@byu.edu).

The **Mid-West** regional meeting will be held at Marquette University, Milwaukee, Wisconsin October 16-17 (contact Stephen Saunders at stephen.saunders@marquette.edu or Sarah Knox at sarah.knox@marquette.edu).

Castel/Schloss Maretsch, SPR European Conference, Bolzano October 1-3, 2009



NEWS ABOUT THE *PSYCHOTHERAPY RESEARCH JOURNAL*

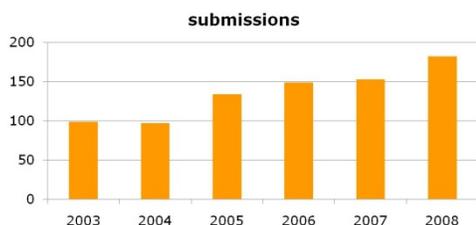
Clara Hill and Paulo Machado

Editors, Associate Editors, Book Review Editors, Editorial Board

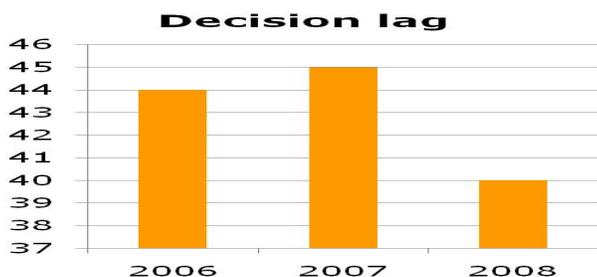
Paulo P. P. Machado and Clara E. Hill were the Editors-in Chief (Paulo being Managing Editor). J. Chris Muran will be replacing Clara E. Hill as Editor-in-Chief beginning January 1, 2010. Franz Caspar, Jeffrey A. Hayes, and Wolfgang Lutz were Associate Editors (Hector Fernandez Alvarez and Mark Evans stepped down during 2008). Book Review Editors were Henning Schauenburg and Karla Moras (Barry Wolfe stepped down during 2008). Eighty-eight people served as Advisory Editors (on the Editorial Board).

Some facts about our journal

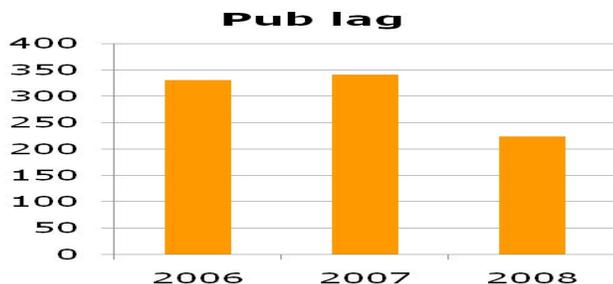
The number of new submissions has been steadily increasing since 2003



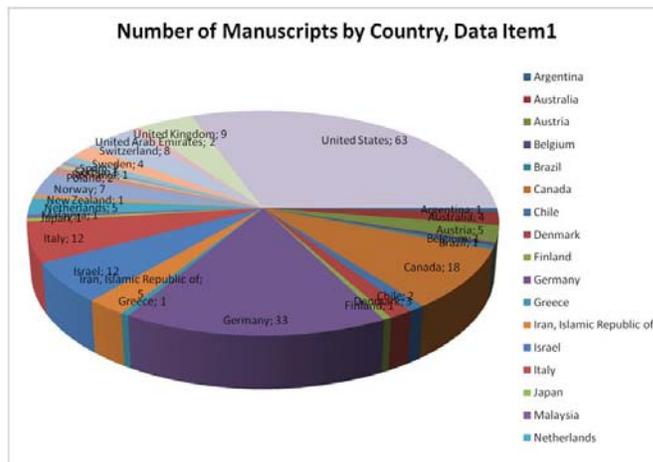
The average time from submission to decision was **40 days** in 2008 for regular manuscripts, so the average authors gets a decision back about their manuscript in less than 2 months after submitting it for review



Publication lag (time from acceptance by action editor to appearing in print) in 2008 was **224 days**, which is down substantially from 341 days in 2006 and 331 days in 2007.



The country of origin of our submissions reveals the true international nature of our journal and society



Impact factor

ISI reports that the journal's impact factor 1,579 in 2008, above the average of the last 5 years.

Upcoming special sections

- Call for papers on the following special sections:
- Training psychotherapists--Jan 1, 2010
- Neuroscience-March 1, 2010
- Language analysis/ microanalysis-May 1, 2010
- Case formulation-May 1, 2010
- Personality disorders-June 1, 2010
- Psychodiagnosis/psychopathology-September 1, 2010

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

Asilomar 2010— The Meeting You Won't Want to Miss!

Though many of us have just recently returned from the memorable SPR meeting in Santiago, I am writing to get everyone thinking about the next SPR meeting to be held June 23-27, 2010. Write these dates in your calendars now because this is one meeting you will not want to miss. Why am I so confident? First, because Lynne Angus has already begun planning some very creative and stimulating program initiatives, and second, because the local organizing committee is extremely excited about the venue: the beautiful Asilomar Conference Center (<http://www.visitasilomar.com>) near Monterey, California.

Asilomar is a 107 acre state park and conference facility located on a pristine stretch of the Pacific coast line (the next door neighbor is the Pebble Beach Resort) located about 90 miles south of the San Francisco Airport. The lodging and conference facilities are all done in the Arts and Crafts style of architecture and many were designed by the world famous architect Julia Morgan (the architect whom Hearst chose to design his castle at San Simeon). The name Asilomar means "refuge by the sea" and from the moment you enter through the beautifully designed gate you will feel the tranquility of this very special place. In fact, many of us who attended the 1980 SPR meeting that was held at Asilomar still recall how difficult it was to leave this wonderful refuge at the end of the conference! One key difference between our 1980 meeting and the upcoming meeting is that 30 years ago we had to share Asilomar with other groups. For our 2010 meeting we will be

taking over the entire facility for four days, meaning we'll have the whole place to ourselves.

The 2010 Asilomar conference will be a "destination meeting" in that the lodging, meals, and meetings will all be housed in one location. Attending this meeting will be very affordable -- those who are familiar with Northern California would call it an unbelievable bargain: room rates are about \$160 per night, including three meals per day; most rooms can be shared by several people, which bring the rates down even lower. Because we have reserved the entire facility for our meeting, attendees will be required to register for all 4 days of the conference. Many SPR members typically wait until the last moment to take care of registration, and if you fit in that category this would be a good opportunity for some behavior modification. I cannot emphasize strongly enough how important it will be to register early for the 2010 meeting. If you want to be assured of having a room of your own or of sharing a room with particular people, early registration will be essential.

We will begin sending out more details about the meeting in a few weeks. I encourage you to check out Asilomar's website (<http://www.visitasilomar.com>) and think about taking a little extra time before or after the meeting to enjoy this beautiful part of the world. I look forward to seeing you at Asilomar.

Best regards,
George Silberschatz, Local Host



2009 GENERAL VICE PRESIDENT ELECTIONS

Guillermo de la Parra, Ph.D. Pontificia Universidad Católica de Chile

At the last International SPR Meeting in Santiago, Louis Castonguay and I moderated an open discussion where some colleagues talked about their “intrinsic” motives for the choice of their respective line of research. I asked myself about my intrinsic motives for being involved in research and becoming an active member of SPR. I thought about my biographical background, being the son of a Chilean father and a Polish-German immigrant mother, and studying in a German school in a Spanish speaking country. I concluded that these “intrinsic” motives had to do with enhancing communication, building bridges between different cultures, and later, between psychotherapeutic clinical practice and psychotherapeutic research.

In the early eighties, I obtained my Ph.D. (“Dr. med.”) at the University of Ulm, Germany. Returning to Chile, one of my aims was to offer scientifically supported psychotherapeutic approaches to people who couldn’t afford it, evaluating their outcomes. During these years we obtained one of the first (if not the first) grants for psychotherapy research in Chile, studying Strupp’s “Time Limited Dynamic Therapy”. In 1992, I attended the 23rd International Annual Meeting in Berkeley and became an SPR member. This very special scientific community, with its openness to different viewpoints, different scientific approaches and with its collaborative stance felt homey to me.

A couple of months later, as part of a group of colleagues from Uruguay, Argentina and Chile we founded the Latin American Chapter, with the support of Horst Kaechele, Ken Howard and later, David Orlinsky. I served as Latin American Chapter President from 2000 until 2002. During my service, we were able to significantly increase the number of Latin American members, to draft our bylaws and to obtain differential registration fees according to the income level of the different countries. Currently, I am chair of the Psychotherapy Unit and Associate Professor of the Psychiatric Department of the Pontificia Universidad Católica de Chile. My research activities include: outcome research within the framework of the clinical activities of the Unit, process-outcome research in collaboration with Mariane Krause and adapting the Operationalized Psychodynamic Diagnostics (OPD), in Chile.

This year I served as the Local Host for the 40th International SPR Meeting. We were very pleased with the scientific level, the number of submissions and the attendance rate. But, we were particularly pleased with the very high attendance by Latin



American colleagues (almost 30%), many of them clinicians. These results are products of systematic work by Latin American and Chilean members in encouraging research amongst Latin American professionals, and in making research available to clinicians. This success fits with my “intrinsic” motives of being engaged in research, being part of the SPR community and trying to build bridges between practice and research as well as between different cultures.

I am very honored to be nominated as candidate for General Vice President of SPR. I think that electing a Latin American member for the first time represents a further step in the integration of the Northern and Southern hemisphere and in the internationalization of our Society.

Vote Online!!

The election module opens September 1 on the SPR homepage.
Go to <http://www.psychotherapyresearch.org> and place your vote.
Voting ends: October 1, 2009

2009 GENERAL VICE PRESIDENT ELECTIONS

Leigh McCullough, Ph.D. Modum Bad Research Institute

I am enormously pleased and honored to be nominated for the General Vice-Presidency of SPR, both for the added opportunity to nourish research, and to develop collaborative research on psychotherapeutic practice. SPR has been, in effect, my professional lodestar, standing at the center of the profession to which I have devoted myself since the mid-1980s.

The field of psychotherapy is now moving into a new, more productive era, in which evidence-based practice is crucial, and substantiating process research is essential. SPR is a leading instrument of that work because it is not exclusive to a single therapeutic orientation and it focuses on international collaboration.

For nearly 30 years, I have been managing, supervising or directing psychotherapy research programs in the United States and Norway, with a main focus on psychotherapy process and outcome. I have collaborated with colleagues in Canada, Italy, Sweden and consulted with many others, so I feel I have the administrative and cross-cultural experience to lead SPR as a comprehensive and effective international consortium. Currently, I direct a research institute at Modum Bad Psychiatric Center in Norway, and continue part-time at Harvard Medical School. I have authored or co-authored 22 chapters, 26 scientific articles, and 4 books. The two principal books emerged from my participation on two clinical trials (Winston, McCullough et al, 1991 & Svartberg et al., 2004); *Changing Character* and *Treating Affect Phobia* - both widely used for training and selected for clinical trials in the US and Europe. I also served as the Voorhees Distinguished Professor at the Menninger Clinic and was awarded the Michael Franz Basch Award by the Silvan Tomkins Institute for contribution to the study of affect in psychotherapy. I have served as an Advisory Editor for *Psychotherapy Research* for 20 years.

Here are a few concrete ways I can imagine contributing to the continuing development of SPR.

Multi-site networks: The further development of multi-site worldwide networks that post robust research designs on-line, available to interested individuals and research groups. A lively example of such international collaboration is the OQ-45 research, studying the effects of providing weekly online feedback to therapists about their patient's progress. (Eighteen countries are participating, including my institution in Norway). I would like to see other such networks encouraged across many research areas. Such broad collaboration can generate much larger sample sizes, permitting more robust, better-targeted analyses, with the potential to identify effective interventions and improve training to serve the needs of diverse patient populations.



An online assessment library: The establishment of a 'Wikipedia-like' annotated Assessment Library -- where assessment instruments could be contributed and downloaded (for free or to purchase), with psychometric properties and selected lists of studies provided.

Mentoring programs: The development of a 'mentor network' of SPR members to mentor junior colleagues, internationally. Incentives could include annual awards for outstanding mentorship.

These are preliminary ideas to add to SPR's continuing growth as the premier center for international collaboration among researchers and clinicians. Being part of this process in a more central role would be a privilege.

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2009 GENERAL VICE PRESIDENT ELECTIONS

J. Christopher Perry, M.P.H., M.D. McGill University

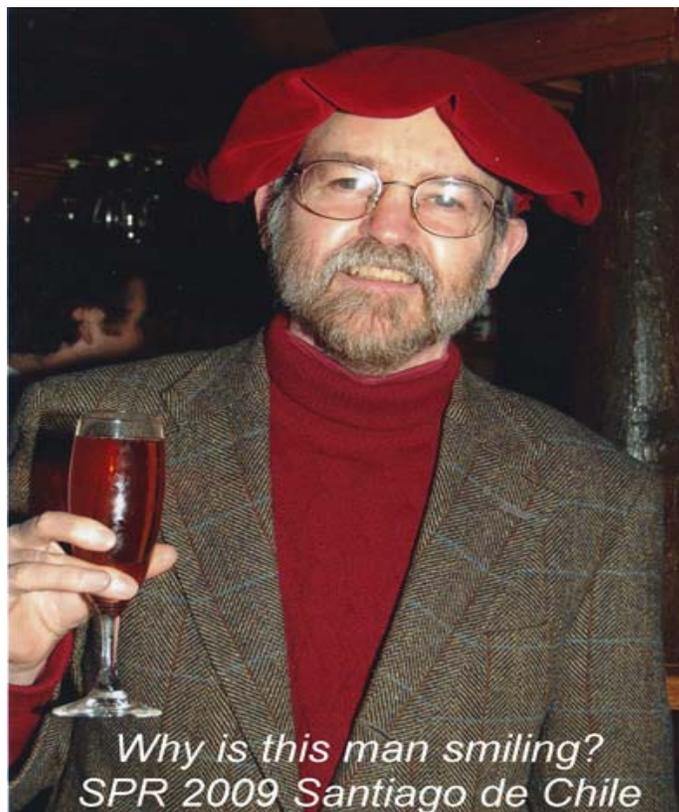
I am honored and delighted to be nominated to run for General Vice-President of SPR. That explains my smile at the Santiago costume banquet! SPR is the meeting I most enjoy, missing only once since 1985. My initial excitement at hearing the leaders in our field was soon complemented by SPR's collegiality and my students' excitement at presenting, learning, and interacting. Formal presentations and impromptu conversations facilitate collaborations. I chaired the host committee for the 2005 meeting in Montreal, working hard to make the venue, food and banquet provide a worthy backdrop. SPR is special.

I am a *Professor of Psychiatry*, McGill University, and *Director of Psychotherapy Research* at Jewish General Hospital, Montreal, Canada, working there since 1992. My family and I live in western Massachusetts, USA, allowing practice and research in both countries, like my study at the Austen Riggs Center. Earlier I was an Associate Professor at Harvard Medical School. I graduated from Duke Medical School, took a masters in public health from Harvard and did my psychiatric residency and research fellowship there.

My mentors emphasized the long-term view of individual development. I study the course of adult psychopathology, the psychodynamic and cognitive basis of personality functioning, and effects of psychotherapy. I currently study how individuals with recurrent depression, personality disorders, and/or treatment-refractory disorders attain sustained recovery and healthy functioning. These treatments and study durations require years. I am very patient!

I measure phenomena that therapists attend to in process and outcome. Alone or collaborating, I have developed methods for assessing personality disorders, defense mechanisms, motives, conflict patterns, cognitive errors, coping action patterns, childhood psychological trauma, and therapeutic alliance. Using transcripts, I study how phenomena like defenses and coping improve. I regularly train other researchers and Fellows. I've conducted RCTs of combined medications and psychotherapy for recurrent depression, recently comparing CBT, dynamic and supportive therapies [await SPR 2010!]. I head a group of five sites seeking funding for a large international RCT of long-term psychotherapy. For my *curriculum vitae* go to IIPR.org, then *scientific advisory board*. Finally, I am conducting a survey of barriers to practicing psychotherapy among both American and Canadian psychiatrists.

SPR is fiscally strong, but greater resources promote greater



possibilities. An investment committee could advise the Executive Officer to enhance return on investments. Building an endowment would allow more travel awards enhancing student participation. Because those finishing training are least favored in research grant competitions, we could develop a competition for first research grants, equitably considering resources and membership across different regions. This may help the coming generation fostering good ideas outside of favored paradigms. To broaden SPR's reach, continued overtures to psychotherapists primarily attending other societies, such as CBT, psychoanalysis, health-economics, and trauma are needed. The same is true for developing economies where psychotherapy confronts large public health challenges. SPR could enhance Web-based resources (manuals, scales, resource directories) to facilitate training and research in those countries. While many have informally made such connections, we could extend our interchange and become a more systematic resource.

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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.

Recent Developments

I will focus this section on the website, which continues to grow. 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 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”. In addition, all members have electronic access to all articles published in *Psychotherapy Research*. A major update of the website software has increased security of your web transactions. We have also added an RSS feed and are beginning to use the website for chapter conference registrations. Furthermore, we have added a student listserv and several SPR forums. I welcome your feedback on each of these developments.

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.

In calendar year 2008 our income was \$103,980. Dues accounted for 90% of income, or \$93,240. We also collected \$2,832 in 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 \$7,908 interest income. Our expenses in 2008, excluding the conference, were \$84,165. The Barcelona conference made \$45,459 over expenses.

For 2009, the Executive Committee budgeted \$104,240 in revenue with expenses of \$123,765. The added expense is due primarily to chapter dues owed from the previous years and a planned audit. The major expense items are dues owed to chapters (38%), journal subscriptions (18%), central office labor (15%), and Executive Committee meetings (16%). The Santiago conference yielded revenues that exceed expenses although final numbers have not yet been determined.

In light of this positive picture, the Executive Committee has decided not to raise dues for 2010. Please take advantage of the early bird rate to save \$20. It will be available from September 15 through December 31.

Membership Report

Overall membership increased from 1094 members in June 2008 to 1106 in June 2009. Regular members increased 6%, although student membership dropped 9% from 349 to 316.

Future Developments

In the coming year we plan to audit our 2008 books. 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.

2010 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

Student Views

Sam Nordberg Penn State University

I am honored to write the first of, hopefully, many student columns for the SPR newsletter. I thought I would take this opportunity to write a few things about my experiences as a graduate student member of SPR; focusing, in particular, on the most recent conference in Santiago, Chile. What a great time, right? I think the best way for me to break out my experiences is to talk about what happened during the days, and then what happened during the nights.

The days were filled with excitement. SPR is one of the few organizations I am a part of that makes a real effort to encourage and support graduate students with affection and hope, rather than with pressure and expectation. For me, presenting at SPR conferences is like presenting ideas to people in my lab. I know that I will be supported. I know that I will learn a lot and, most importantly, I know that my audience is rooting for me. Such an intellectual environment is like having a secure base. I come away from the conference ready to take new risks and new journeys, armed with the knowledge that, should I stumble, I will be supported rather than castigated.

Oh, the collaboration! Everywhere, during the conference, there were small pockets of excited colleagues, hatching new plans for research and cooperation across nations and oceans. Ideas, both grand in their ambition and minute in their detail, flitted about the conference; a backdrop of research to come, even while we celebrated and embraced the results of past collaborations. As a student, there is nothing more humbling and exciting than being included in discussions about new research. And then there were the nights. Dinners and drinks with faculty and students. A masquerade ball, with everyone on the dance floor (an excellent sign, if ever there was one). Superman dancing with a Musketeer. Batman opposite a fairy princess. What more could a student ask for? I think I slept an average of three hours a night and woke each day filled with energy, ready to begin again. Cerebral during the day, carefree at night, SPR manages to achieve a heady mix of both that is, in my experience, as unique as it is wonderful.

Now that the conference is over, how do we, students in particular, maintain this fervor? How can we continue to collaborate and tap into the energy of our colleagues? I was awed by the number of terrific presentations and posters generated by my peers this year. It was with unabashed self-interest that I created a Facebook group for student-members of SPR, which I co-manage with Kim DeJong. My hope is that we can continue to discuss research questions, collaborate, and share funny stories about our advisors over the internet, as a poor (but cheap) replacement for actual in-person contact.

Frequently I have noted that students will join SPR for one conference, do one terrific presentation, and then let their



membership lapse. In other organizations, I can understand why one might do this, but I think SPR offers so much more to student-members. No other organization I am aware of has the ethos of generosity that was so brilliantly captured by David Orlinsky's 40th annual address in Santiago. The luminaries in our field, our heroes, actually want us to succeed. They stress our importance to the future of the field. They collaborate with us. They answer our emails!

I'll conclude with a wish. My wish is that student members of SPR remain members, even when they cannot attend the annual conference and that, indeed, they recruit their peers as new members. Student membership in SPR is down almost 10% this year. Let's reverse that trend! Encourage interested students to join the Facebook group and keep the energy of Santiago alive. Pass around Louis' call for new members (in this issue). The more we recruit new collaborators, the better it is for all of us, and, dare I say, for the field as a whole. I have gained such valuable help and support from this organization that I can say, without a doubt, my trajectory as a graduate student has been profoundly enhanced by this wonderful group of people.

Invitation to Join SPR

Dear Colleagues and Students,

I would like to invite you to join the Society for Psychotherapy Research (SPR). Dedicated to the advancement of scientific knowledge about psychotherapy and behavioral change, SPR brings together researchers, clinicians, and students from a variety of theoretical orientations (e.g., cognitive-behavioral, humanistic, integrative/eclectic, interpersonal, psychodynamic, systemic) and professional backgrounds (e.g., psychiatry, psychology, social work).

Research conducted by SPR members involves a rich diversity of quantitative and qualitative methodologies (within individual case analyses, randomized clinical trials, large naturalistic studies) and spans a variety of treatment modalities (individual, couple, family, and group therapies), client populations (children, adolescents, adults, older adults), and clinical problems: anxiety disorders, mood disorders, conduct disorders, eating disorders, personality disorders, substance use disorders, marital discord, grief and bereavement, and suicide -- just to name a few.

The primary mission of SPR is to foster the development and dissemination of scientifically rigorous and clinically relevant studies related to the outcome of psychological interventions, the process of change, and the characteristics of clients and therapists. Among the many therapeutic factors and issues that have been investigated at SPR are the therapist's techniques and competence, therapeutic alliance, empathy, emotional expression, transference and counter-transference, expectations, interpersonal problems, therapist's effect, client's feedback, dose-effect relationships and patterns of change during treatment, inpatient psychotherapy, behavioral medicine, computerized treatments, psychopathology, attachment, development, neuroscience, culture, diversity, spirituality, gender, assessment and case formulation, prevention, supervision, and training.

For more than 40 years, SPR has provided an ideal forum to address questions such as: Does psychotherapy work? Is there a type of psychotherapy that is superior to all others? Are there forms of therapy that are particularly indicated for specific clients? Can we predict who will benefit from therapy, who will terminate treatment prematurely, and who might get worse during psychotherapy? Is client-therapist cultural-matching beneficial? Are there therapeutic factors that cut across different types of treatment? If so, how important are these common factors for the client's improvement? What is more important for change to take place: a good therapeutic relationship, the use of powerful techniques, or the complex interaction between them and client's characteristics? Do expert therapists do what they say they do?

SPR has also fostered discussion among leaders of the field about controversial issues such as, the link between research and practice, the pros and cons of treatment manuals and empirically-supported treatments, empirically-supported therapeutic relationships, and the strengths and limitations of efficacy and effectiveness research.

Every year, researchers and clinicians from around the world attend SPR's international meetings. Regional chapters (Europe, Latin America, North America, UK) also meet regularly, as do local SPR organizations (e.g., Mid-Atlantic, Ohio, Taiwan). All of these meetings are very friendly, interactive, and welcoming to newcomers. In addition, SPR has its own official journal: [Psychotherapy Research](#). Published by Taylor & Francis, this highly respected peer-reviewed journal features exciting and influential articles aimed at improving our understanding of change and the beneficial effects of psychotherapy.

If you are a student, clinician, educator, or researcher and you are interested in psychotherapy, I strongly encourage you to join SPR. The dues are reasonable (\$115 US for regular members; \$105 for regular members from Eastern Europe and Latin America; \$60 for students; \$65 for retired members). The meetings offer great opportunities to network with leaders and innovators in the field, and the journal will keep you abreast of cutting edge, clinically relevant, and sophisticated research.

To join, visit SPR's web site at www.psychotherapyresearch.org or email me at lgc3@psu.edu

I hope you will join us soon!

Louis G. Castonguay, Ph.D.
President
Society for Psychotherapy Research

The logo for the Society for Psychotherapy Research (SPR) consists of the letters 'S', 'P', and 'R' in a large, blue, serif font. The letters are closely spaced and have a classic, slightly ornate appearance.

SPR

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