

## President's Message: Lynne Angus

*President*  
Lynne Angus, Ph.D.  
York University  
4700 Keele St.  
Toronto, ON M3J 1P3  
CANADA  
[langus@yorku.ca](mailto:langus@yorku.ca)

*Past President*  
Louis Castonguay, Ph.D.  
Department of Psychology  
Penn State University  
308 Moore Building  
University Park, PA 16802  
USA  
[lgc3@psu.edu](mailto:lgc3@psu.edu)

*President Elect*  
Dr. Med. Guillermo de la Parra  
Pontificia Universidad Catolica de Chile  
Marcoleta 387  
Santiago  
CHILE  
[guillermo.delaparra@gmail.com](mailto:guillermo.delaparra@gmail.com)

*Executive Officer*  
Tracy D. Eells, MBA, PhD  
Department of Psychiatry and  
Behavioral Sciences  
University of Louisville  
401 E. Chestnut St., Suite 610  
Louisville, KY 40202  
USA  
[eells@louisville.edu](mailto:eells@louisville.edu)

*Regional Chapter Presidents*  
Luis Tapia, M.D. (LA)  
[maskmag@terra.cl](mailto:maskmag@terra.cl)  
Thomas Schroder, Ph.D. (UK)  
[thomas.schroder@nottingham.ac.uk](mailto:thomas.schroder@nottingham.ac.uk)  
George Silberschatz, Ph.D. (NA)  
[george.silberschatz@ucsf.edu](mailto:george.silberschatz@ucsf.edu)  
Mikael Leiman, Ph.D. (EU)  
[mikael.leiman@laudito.fi](mailto:mikael.leiman@laudito.fi)

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It was in 1980 that Mardi Horowitz, as program chair, convened the 11th annual International conference at Asilomar California and it was truly special for SPR to return to that magical site, some thirty years later. As Program Chair for the 41<sup>st</sup> annual meeting at Asilomar, I was ably assisted by Sven Schneider, Kathrin Moertl and Emily Bryntwick in the creation of a Conference Theme Track that featured 36 presentations addressing "Therapeutic relationships and treatment outcomes : Future directions for psychotherapy research, practice and training". Jacques Barber and Paul Crits-Christoph also convened a special symposium to honor the legacy of Lester Luborsky's contributions to psychotherapeutic research and practice that featured a presentation by Lester's daughter Ellen, now available on the SPR website ([rufejqvjgtrctgugctejQiti](http://www.spr.org/rufejqvjgtrctgugctejQiti)). We were honored that both Ellen, and her sister Lise, could also join us at the Saturday night banquet for the presentation of the first annual Lester Luborsky Student Poster Awards – a true highlight of this year's conference. Bernhard Strauss, as chair of the Student Poster Awards Committee, presented first prize of \$500.00 to Patrick Figlioli (Bern), second prize of \$300.00 to Tobias Krieger (Zürich) and third prize of \$200.00 to Jennifer Doran (New York). A special mention "Raccoon Award" was also awarded to Xiaorong Zhou (China). Please check out the SPR website soon to view the award-winning posters first hand. In order to insure the continuance of this awards program at future SPR International conferences, the Executive Committee has installed a student poster awards committee consisting of SPR members from all regional chapters: Andres Roussos (Argentina), Claudia Cruzat (Santiago de Chile), Thomas Schroeder (U.K.), Micki Friedlander, James Fauth (N.A.) and Fabian Ramseyer as well as the immediate Past President Bernhard Strauss representing the European chapter. Bernhard Strauss also served as the first chair of the committee and Thomas Schroeder has kindly agreed to become program chair for this year. The committee developed criteria to evaluate the poster presentations that were related to the content of the poster, the quality of the presentation and its innovativeness. Many thanks



to colleagues and family members who made donations to the society and helped make the first annual Lester Luborsky Student Poster awards a reality.

Conference participants are also invited to send their favorite Asilomar photos to Sven Schneider [cfo kpB rufejqvjgtrctgugctejQiti](http://www.spr.org/rufejqvjgtrctgugctejQiti) for posting to the SPR website so that we all can share these special memories. Thank you again to George Silberschatz, Diana Owyang and the entire Local host team for working so hard to ensure that SPR's return to Asilomar would be so deeply memorable, enjoyable and rewarding. For SPR members who were unable to attend the conference, be sure to read Kathrin Moertl's overview of Asilomar program highlights that appears later in this newsletter.

Finally, as Asilomar Program Chair, I had the special privilege of welcoming new SPR members from China and India as well as meeting a delegation of 23 members from Taiwan. The capacity to foster cross-cultural conversations about key psychotherapy research and practice issues, as well as develop multi-site research collaborations, is truly unique to SPR and will be a major focus of my energy and efforts as President. As I noted in my nomination statement two years ago, it is the special atmosphere of

## President's Message (continued)

communality and diversity at SPR 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. And 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 over the next year.

### SPR Executive Committee Update

Prior to participating in the Asilomar conference program, the Executive Committee met for one and half days to address a jam-packed agenda. One of the initiatives addressed was the clarification of criteria required for the formation of new SPR chapters and we would appreciate it if you would click [here](#) to view the proposed bylaw amendment and cast your vote.

Additionally, in light of strong EC support for enhancing student and early career member involvement in SPR, an International Training Committee (Chair Stephanie Bauer, Mick Cooper, Sarah Daniel, Hans Kordy, Mariane Krause and Bruce Wampold) was formed in January 2010. A proposal for the development of an Early Career Travel Fellowship program emerged from that committee's deliberations and is now under review by EC members. Discussions at the Past President's luncheon in Asilomar provided strong support for SPR initiatives that would further support a broad range of student participation at International conferences. I also encourage SPR members to send me ([langus@yorku.ca](mailto:langus@yorku.ca)) their suggestions for further consideration by the SPR EC. The development and approval of any new initiatives will be carefully assessed by SPR Executive members, in consultation with the EO, to ensure the continued financial stability of SPR's reserve funds. In response to a suggestion by Executive Officer Tracy Eells, the SPR Executive approved the creation of a financial subcommittee that will be composed of SPR members who are nominated in consultation with each chapter president. The formation of that committee is currently underway.

Finally, we were very pleased to have webmaster Sven Schneider join us at our EC meeting in June. In support of his expert oversight of SPR's web site and conference program system, the SPR Executive has also approved the creation of a technology support subcommittee that will investigate additional ways to further enhance SPR web and

internet capacities to better serve communication and interchange amongst SPR members. Mikael Leiman, incoming president of the EU SPR chapter, has generously agreed to Chair that committee and additional members will be identified shortly.

### Important SPR initiatives for you to know and do

I strongly encourage you to pay close attention to the following important issues included in the current newsletter. First, you will find the statements of our two candidates for the next presidential election of SPR: George Silberschatz and Hans Znoj. We are indeed very fortunate to have two excellent scholars - and committed SPR members - who are willing to devote their time and energy to the organization. **Please make sure you vote before the October 1<sup>st</sup> 2010 deadline** ([jw-4lyy0u4ejqjgcr{tgugctej0iti}fkrw{eqo o qp0lv A cp?3\( uwdctwergpdt?475\)](#)).

As noted earlier, your vote is also requested to approve a bylaw change clarifying criteria required for the formation of new SPR chapters and can be accessed [here](#).

Additionally, Tracy Eells continues to provide SPR with strong financial oversight and his Executive Officer report can be found in this newsletter. We are most fortunate that Tracy has agreed to continue in his capacity as Executive Officer for another five years and I would like to thank him personally for his contributions to the conference registration process that helped insure that Asilomar would be a financial success. Many thanks to Paulo Machado as Managing Editor and Chris Muran for their expertise and editorial input that is essential for the continued success of *Psychotherapy Research*. A Journal Editors update and bios of all three 2010 SPR Career Award winners are also included for your reading pleasure.

Finally, a very special thank you to outgoing president Louis Castonguay -- his boundless energy and organizational acumen have resulted in the inception of several new initiatives in SPR that are described in his Past President's report to follow.

It is truly a special honor to have the opportunity to serve as President of SPR and I am looking forward to seeing you all in Bern, Switzerland next June. A description of that beautiful conference site and photo can be found at the end of the newsletter, for your viewing pleasure.

## Mark Your Calendar!!

**2011 International Meeting: Bern, Switzerland—June 29-July 2, 2011**

**2012 International Meeting: Virginia Beach, VA, USA—June 20-23, 2012**

## 2010 GENERAL VICE PRESIDENT ELECTIONS

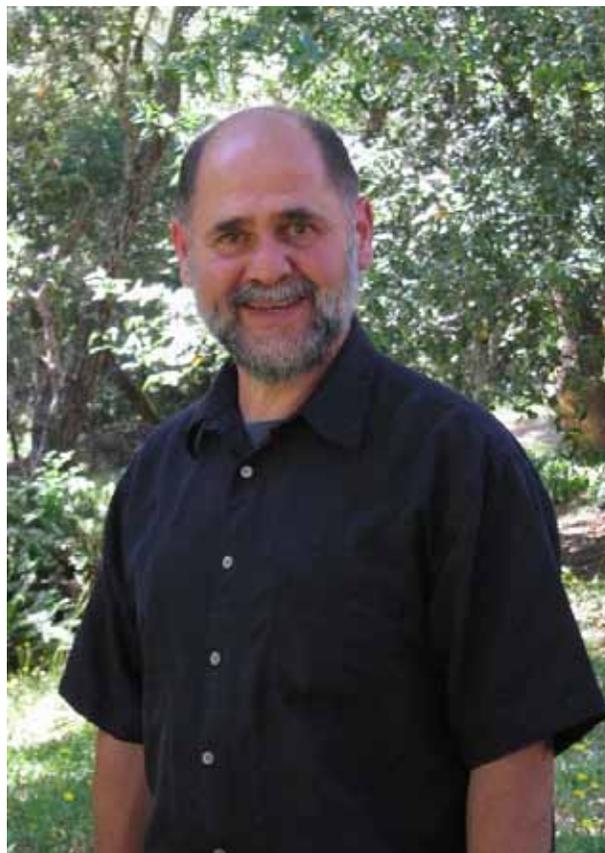
### George Silberschatz, Ph.D. University of California-San Francisco

For more than 30 years SPR has been my research home and the professional organization that I value above all others. I therefore accept this nomination with enormous pleasure and enthusiasm and welcome the opportunity to give back to an organization that has given so much to me throughout my career.

My interest in psychotherapy was sparked during my last year of college at Berkeley when I was introduced to the pioneering work of Rogers, Frank, Strupp, Luborsky, Goldfried, Orlinsky and Howard. I remember feeling both intrigued and inspired by the fact that people were trying to empirically study a complex interpersonal process that seemed so mystifying and elusive. During that same period I was also fortunate to begin working as a research assistant at Mount Zion Hospital in San Francisco where Sampson and Weiss were in the early stages of forming a research group to study the process of change in psychoanalysis. After a couple of years I left San Francisco to begin a Ph.D. program at New York University. I brought my interest in psychotherapy research with me to New York and even though NYU did not have a psychotherapy research program I was determined that my dissertation research would focus on psychotherapy. I learned about SPR early in my graduate school career, immediately joined, and received invaluable support and guidance in pursuing my research from several SPR members.

Many SPR colleagues have written and talked about the incredibly warm, friendly, stimulating atmosphere of our annual meetings, and this was certainly my experience at my first SPR meeting in 1976. I sat through one session after another all day long frequently feeling that I was very lucky to have discovered this organization. I also recall how amazed I felt that several leading figures in the field took time to get to know me and offered their help and feedback on my research. Those early experiences – along with numerous others since then – cultivated the deep sense of gratitude I feel for SPR.

There has been considerable change in the organization since that 1976 meeting. SPR began as a small group of North American clinical researchers and has blossomed into a diverse, truly international organization. At the Asilomar meeting, for instance, we had over 500 participants representing 29 different countries. In my view, the wide cultural, theoretical and methodological diver-



sity found in our membership has strengthened and enriched the organization. What has not changed and what we must be sure to preserve is the warmth, friendliness, methodological and theoretical pluralism, and the deep sense of mutual respect that has been part of SPR since its inception.

I have been an active participant and contributor to SPR for many years. I served as a local host for two international meetings (Berkeley, 1992 and Asilomar, 2010) and am currently the president of the North American Chapter. I thank the nominations committee for nominating me and would welcome the opportunity to serve the Society as the General Vice-President.

#### 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, 2010

# 2010 GENERAL VICE PRESIDENT ELECTIONS

## Hans Znoj, Ph.D. University of Bern

When I was informed of my nomination as General Vice – President of SPR, my first reaction was complete astonishment and wonder. At the same time I felt greatly honored. “What could be the reason for this nomination?” I asked myself and came to only a few answers. I am a devoted, yet skeptical researcher of psychotherapy and its related fields; I have always strongly believed that psychotherapy is part of a greater picture of the human condition, based on biology, culture, and experience. This led me in my student years to become a scholar of Klaus Grawe, who shared a humanistic perspective and at the same time was convinced that general scientific principles determined what happens in psychotherapy. It was through him, more than 20 years ago, that I came into contact with other scientists, psychotherapists, and researchers who gathered in their own community, the Society for Psychotherapy Research.

My love for research and this Society enabled me to fulfill my great dream: After my doctorate I was awarded a 3-year post-doc in San Francisco. There, I thought, was the culminating point of everything I was attracted to: wonderful nature, sophisticated and tolerant people, highly awarded scientists, and competition in order to reach the best possible result. I was also guided into new areas such as the study of emotions, or life-events as both risk and chance for personal development and growth. While attending most SPR-meetings and still interested in the process of change, I was temporarily drawn towards the topic of the general ability of people to overcome even greater disturbing experiences, such as loss of a close person or experiencing life-long disabilities. Investigations and studies led me to think that many of the strategies and mechanisms we found are also ingredients of change in the psychotherapeutic process.

Working as a Professor for Clinical Psychology, I was able to obtain grants to do research, and I subsequently authored and co-authored papers and book chapters on various topics and themes. What strikes me most is the universal ability to change and learn from experiences, which is also the core of the psychotherapeutic process. Back in California, together with coworkers, I began to study bereavement. What happens there is massive change, unwelcome and threatening. However, many people manage not only to overcome grief but also to develop a sense of a more fulfilling, richer life. We, as scientists, can describe this phenomenon, however, we only scarcely know the predictors of such personal growth. Similarly, in psychotherapy, we have many different perspectives and instruments to study the process and outcome but still have difficulties to predict the outcome on distinct factors and variables. Therefore, I am optimistic that even in 50 years from now we as a research community will have plenty of work. Research, however, is nothing without ethics. One of my duties in our University is to chair the ethics-committee. I understand this task as helping to promote a humanistic and at the same time scientifically rigorous research. In the past, psychotherapy research was more often based on opinions and



traditions than on empirical facts and theoretically sound concepts. The Society for Psychotherapy Research has a strong focus here – it is my hope that concepts developed in one tradition will be spread and tested in different conditions to obtain a truly developing science. Here are a few concrete ways I can imagine contributing to the continuing development of SPR:

- a) Promote and test the exchange of concepts, techniques, and instruments by promoting collaborative studies and promoting the exchange with and among young researchers
- b) Exchange ideas and work not only with scientific papers (that are sometimes hard to read and might even hide important aspects of the research) but by using new technologies like the Internet, where there is much more room for presenting tools and processes
- c) Help to protect and further establish the open and truly friendly atmosphere that is so typical of SPR
- d) As a European member, my focus is naturally more driven by international topics and politics; with respect to new members, especially from other continents, this might speak in favor for my nomination.

Last but not least: In Bern I experienced my first European SPR-meeting. That was 1989! It is my special honor and joy to host, together with Franz Caspar, the next International SPR meeting in Bern, more than 20 years later. Being part of SPR and a having a more active role in SPR is a highly exciting perspective, and this privilege asks for a lot of commitment. Thank you for your trust!

## 2010 Distinguished Research Career Award

### Leonard M. Horowitz, Ph.D.

Professor of Psychology, Stanford University



Leonard M. Horowitz was a Woodrow Wilson Fellow and a Social Science Research Council Fellow at the Johns Hopkins University, where he received his Ph.D. in Cognitive Psychology. He was also a Fulbright Fellow at University College, University of London. In 1975, he became a “Special Fellow” of the National Institute of Mental Health, which provided three years of clinical training at the Mt. Zion Psychiatric Clinic, Mt. Zion Hospital. After the training, his research focused on the intersection of personality and interpersonal processes—and the numerous implications for (and applications to) psychotherapy research. During this period he received a James McKeen Cattell Award for Scholarship in 1986-1987. Professor Horowitz has been a panelist of the National Science Foundation and has served on a number of *ad hoc* committees for the National Institute of Mental Health as well as on advisory boards of a number of journals. Together with Hans Strupp and Michael Lambert, he directed an American Psychological Association Task Force on creating a core battery of standardized personality tests for evaluating the outcome of psychotherapy. That work resulted in the book *Measuring Patient Changes in Mood, Anxiety, and Personality Disorders: Toward a Core Battery* (APA, 1997). Professor Horowitz’s test and manual, the *Inventory of Interpersonal Problems (IIP)*, was published together with a manual in 2000 by the Psychological Corporation. The IIP has been translated into more than 10 languages and is used internationally as an essential component in research on personality, psychopathology, and psychotherapy. Professor Horowitz has been president of the Society for Psychotherapy Research from 1992 to 1993 and president of the Society for Interpersonal Theory and Research from 1999 to 2000. His co-edited volume with Stephen Strack, entitled *Handbook of Interpersonal Psychology: Theory, Research, Assessment, and Therapeutic Interventions*, is being published by John Wiley & Sons; it is expected to appear in print in the autumn of 2010.

## 2010 Early Career Achievement Award

### Michael Constantino, Ph.D.

University of Massachusetts, Amherst



Michael J. Constantino, Ph.D. received his Ph.D. from Penn State in 2002, which included a predoctoral clinical internship at SUNY Upstate Medical University. Subsequently, Dr. Constantino completed a postdoctoral fellowship at the Stanford University Medical Center. In 2004, he joined the faculty at the University of Massachusetts Amherst, where he currently directs his Psychotherapy Research Lab, teaches graduate and undergraduate courses on psychotherapy, and supervises clinicians-in-training. Dr. Constantino’s research centers broadly on psychotherapy process, outcome, and integration with adults. He has published both theoretical and empirical work in leading journals and books in the field (over 40 journal articles and book chapters), and he has received both internal and external grant support for his research. Dr. Constantino’s work has been recognized internationally, including with his receipt of the American Psychological Foundation’s 2007 Division 29 (Psychotherapy) Early Career Award, the Society for the Exploration of Psychotherapy Integration’s (SEPI) 2007 New Researcher Award, and fellow status in the American Psychological Association (APA) and Division 29 of APA. Dr. Constantino currently serves as the Early Career Domain Representative on the Division 29 Board of Directors. He is also the Chair of the SEPI Research Committee, a Contributing Editor for *Psychotherapy Bulletin*, and a Consulting Editor for *Psychotherapy Research and Psychotherapy*.

## **2010 Early Career Achievement Award**

### **Bernd Puschner, Ph.D.**

Ulm University



After graduating in psychology („Diploma“) at Saarland University in 1996, Bernd worked as research associate at Mannheim University’s Department of Educational Sciences in a longitudinal study examining family ties and adolescent development after German reunification. In 1999, he joined the Center for Psychotherapy Research in Stuttgart led by Hans Kordy and Horst Kächele where he was responsible for conducting a large-scale longitudinal observational study on the effectiveness of routine outpatient psychotherapy.

In 2003, Bernd moved to Ulm University’s Department of Psychiatry II to start as senior researcher at the newly funded Mental Health Services Research Unit (head, Thomas Becker). There, he acquired grants for and co-led two randomized controlled trials examining the efficacy of feedback of outcome and discharge planning in people with severe mental illness. Since 2009, he is principal investigator of the multicenter European study “Clinical decision making and outcome in routine care for people with severe mental illness” (CEDAR).

Bernd’s major research interests include process-outcome research in mental health including the use of advanced methods for the analysis of longitudinal data (e.g. hierarchical linear models), the application and development of standardized and feasible outcome measures, and the analysis of predictors of mental health. His publication list comprises 35 papers, almost all of them in peer-reviewed journals, six book chapters, and over 50 congress contributions. His work has added to the knowledge base on psychosocial adjustment in adolescents, helping alliance, patient and therapist satisfaction with treatment, interpersonal problems, symptomatic impairment, and on the efficacy and effectiveness of psychosocial interventions for people with severe mental illness (psychotherapy, home treatment, adherence, discharge planning, and outcome management).

## **2011 International SPR Meeting, Bern, Switzerland**

### **June 29-July 2, 2011**



## Past President's Update

### Louis G. Castonguay

I am happy to report on the progress of an initiative that was launched as part of my presidential goal of fostering a greater engagement and better addressing the of early career researchers. With tremendous help from Sam Norberg, Kim de Jong, and Sven Schneider, electronic conferences (called webinars) will soon be taking place, allowing researchers early in their career to interact with influential contributors in our field. After a poll orchestrated by Sam and Kim, two senior researchers were asked and graciously agreed to participate in separate webinars: Robert DeRubeis, who will be talking about outcome and mechanisms research, and Clara Hill, who will be talking about qualitative research. These two webinars will take place in the Fall of 2010, most likely in September and November. The specific dates and times will be announced later via our list serve and the student SPR facebook. While only early career SPR members will be invited to join the webinars (at least the first two), we plan to have them archived so that other SPR members will be able to view them later. We also plan to conduct other webinars, based on the feedback that we will obtain for the first ones. Stay tuned!



### Asilomar Banquet Dinner, June 26, 2010

#### Jacques Barber, Louis Castonguay, Bernhard Strauss



# NEWS ABOUT THE *PSYCHOTHERAPY RESEARCH JOURNAL*

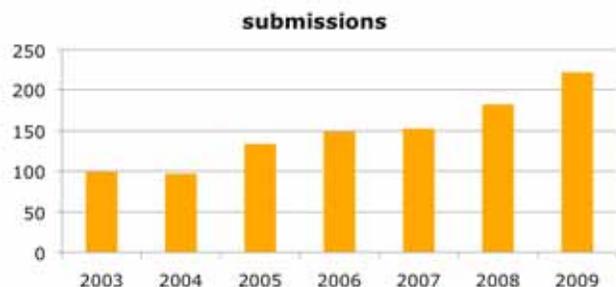
**Paulo Machado and J. Christopher Muran**

## Editors, Associate Editors, Book Review Editors, Editorial Board

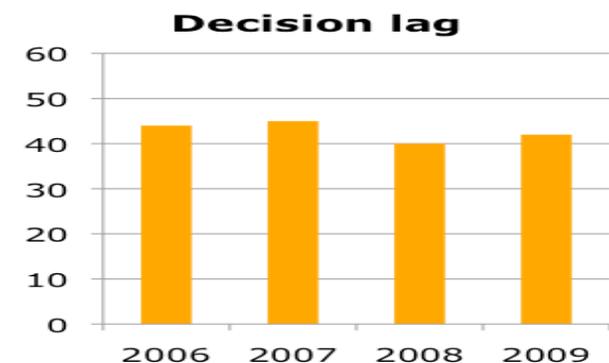
Paulo P. P. Machado and J. Christopher Muran were the Editors-in Chief (Paulo being Managing Editor). Franz Caspar, John Ogrodniczuk, Shelley McMains and Wolfgang Lutz were Associate Editors (Franz Caspar will step down during 2010).

## Some facts about our journal

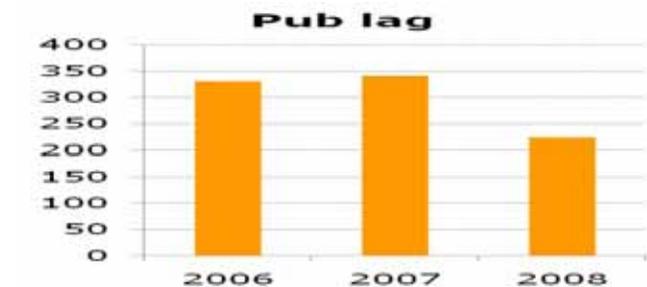
The number of new submissions has been steadily increasing since 2003 (220 in 2009)



The average time from submission to decision was **42 days** in 2009 for regular manuscripts, so the average authors get a decision back about their manuscript in less than 2 months after submitting it for review

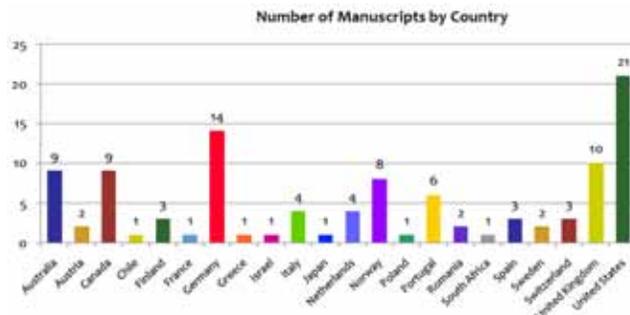


Publication lag (time from acceptance by action editor to appearing in print) in 2008 was **224 days**, which is down substantially from 341 days in 2006 and 331 days in 2007.



In 2009, papers first appeared on iFirst (online electronic final print), on average, 11 weeks (77 days) after acceptance.

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 1,429 in 2009. Above the average of the last 5 years. The 5-year impact factor was 1.673



Read your journal

Cite it when you write

Submit your best work

## Executive Officer Report

### Tracy D. Eells

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

#### Recent Developments

Thanks to the kindness and generosity of our members and others who loved Lester Luborsky, who died on October 22, 2009, SPR has created the Lester Luborsky Student Poster Award. It will be awarded each year to three students who present the best posters at the international conference. Former SPR president Bernhard Strauss took the lead this year in developing criteria and judging procedures for the award.

Another significant development, in keeping with his mandate as president, were several initiatives by Louis Castonguay aimed at increasing engagement by students in SPR. One of these is to organize a webinar for students. The goal is to increase access by early career psychotherapy researchers to senior researchers in the organization. We currently have two webinars planned, both to be moderated by Louis. Clara Hill will give a webinar on "Qualitative Research" and Robert DeRubeis will give one on "Mechanisms of Change and Outcome Research". Although available "live" only to students, the webinars will be recorded so that all members can see them on demand at any time. Another initiative is the creation of a mentoring program for students to facilitate communication between students and established researchers. A list of all conference attendees was sent to students who were invited to contact established researchers and request a meeting at the conference. A third initiative undertaken by Louis and Bernhard was to send letters to graduate students and other members who have not renewed in two years inviting these individuals to rejoin SPR.

A third development is a change in SPR's bylaws affecting the formation of interest groups. With the passage of this change in the fall 2009 election, the processes for starting an interest group are made much easier.

A change you may not see but which is nevertheless important relates to our website. Several security enhancements have been added by Affiniscape, the company we partner with in developing and operating the website. As a result, credit card transactions made through the website are even more secure than they were earlier.

#### Financial Report

Financially, SPR is solid with reserves equal to about three year's operating revenue. This reserve provides us with a rainy day fund, a source of revenue to fund advances for future conferences, and a source of interest income, although the latter has been minimal in the last year. In addition, the Executive Committee has been actively engaged in discussions about how this reserve might best be put to use to further the aims of the society, including benefiting students.



In calendar year 2009 SPR's income, omitting the international conference, was \$106,216. Dues accounted for \$100,460 of this income, an increase of 8% compared to dues collected in 2008. The primary driver is that not enough of our members take advantage of the "early bird" renewal rate, which is available from October through December each year. The Santiago conference made \$40,390 over expenses.

Expenses exceeded income by \$14,686 in 2009, which is somewhat less than was budgeted for. The primary reason we expected expenses to exceed income is due to the timing of dues payments to chapters. The major expense items in 2009 were dues owed to chapters (36%), journal subscriptions (18%), central office labor (16%), and Executive Committee meetings (17%). The Asilomar conference yielded revenues that exceeded expenses although final numbers have not yet been determined.

The Executive Committee decided not to raise dues for 2011. Please take advantage of the early bird rate to save \$20. As noted, it will be available from September 1 through December 31.

#### Membership Report

Overall membership increased 1.5% from June 2009 to June 2010 (from 1106 to 1123). The largest increase was among students members (14%). Regular membership dropped slightly.

## Executive Officer Report (continued)

### Future Developments

In the coming year the Executive Committee will continue to discuss ways to use SPRs reserve and to build on the growth of our student membership. In addition, a finance committee will be organized to help me manage the finances. The committee will consist of members from each of the chapters and will serve two primary purposes. First, it is part of a plan to implement internal checks and balances on our finances. Second, I am hopeful that the committee will serve as a training ground for future Executive Officers. It is important that the many details of serving as Executive Officer not reside in any one person.

It is an honor and pleasure to serve as your Executive Officer. Please do not hesitate to contact me with any questions about the operation of our Society.

### Lester Luborsky Symposium Asilomar, June 26, 2010 Hadas Wiseman



### 2011 Membership Dues

<b>Member Type</b>	<b>Early Bird Rate (Sept. 15 - Dec. 31)</b>	<b>Regular Rate (After Dec. 31)</b>
<b>Regular Member</b>	<b>\$95</b>	<b>\$115</b>
<b>Students</b>	<b>\$40</b>	<b>\$60</b>
<b>Retired</b>	<b>\$45</b>	<b>\$65</b>

## Asilomar Impressions

Kathrin Moertl

York University

The informal prelude to this year's SPR conference took place in San Francisco, where many colleagues started off their conference week and enjoyed their first days in northern California. I learnt some interesting trivia about San Francisco on my flight there: Tourists are easily spotted by running around in shorts and without jackets, anticipating California to be hot. I was glad I brought my jacket. Asilomar welcomed us with its beauty, but also with only 17° C. Those who were hit by surprise were happy to find socks, snacks and wine in the nearby Trader Joe's and then, with the right clothes, walking on the seashore and its breathtaking surroundings was a beautiful experience.

With 600 submissions and over 500 participants from 29 countries, it was one of the biggest international meetings. 10 parallel sessions sounds pretty overwhelming and surely there were always panels one had to miss – but besides the many interesting presentations, SPR was and is about the getting together, which also happens in between sessions. For me personally, it was very exciting to see a growing “qualitative” community at SPR, eager to create a strong position for qualitative studies and triangulate their methods and findings within their own paradigm or by bridging to the quantitative research area. Louis Castonguay focused on exactly this bridging aspect in his presidential plenary address “A promising dawn: Integration in psychotherapy”. In an overview of his work on the principles of change, he presented three main present and future endeavours: (1) The integration in psychotherapy, which included key issues, such as common factors, attachment theory, the interaction of therapist/patient/relationship factors and corrective experiences. All aspects underline commonalities across different psychotherapy schools with respect to specific techniques that could be combined in new integrative psychotherapy schools. (2) The integration of research domains, in which he plead for the collaboration from cognitive, social, psychological (etc.) theories to be able to condense knowledge and derive new clinical guidelines. (3) The integration of research and practice, which



has to leave empirical imperialism behind and put clinical significance into the foreground again.

Louis Castonguay's final remarks suggested to be aware of the past and current research and to be aware of epistemological limitations in our search for truth. I think SPR meetings truly fulfil this call, by providing the space for connecting with other researchers. Every SPR conference I attended during the last years held more than one surprise for me, realizing how many other colleagues focused on the same research topic and worked with similar or new method-applications. As Adam Horvath said in one of his talks concerning the research about the therapeutic relationship, it's time that our studies do not only provide single bricks, that are more or less randomly thrown all over the ground, but that we focus on building the wall and gluing the bricks together. In Asilomar, lunch times, coffee breaks and dinners were used to work on this and in my case, lead to two new promising research collaborations, in which we will triangulate and build upon each other's knowledge. SPR at its best. I am looking forward to meeting, talking and collaborating again in Bern 2011.

# **42nd Annual SPR Conference**

## **Bern, Switzerland**

### **June 29-July 2, 2011**

**Franz Caspar, Local Host**

The next conference will be held in Bern, Switzerland. Bern has been founded by Duke Berchtold V of Zähringen the River Aare in 1191. Before that, for millions of years a unique landscape has been modeled around Bern. Since then, much has happened: A medieval city has been built (Unesco World heritage), a university has been built, Albert Einstein has lived and worked here and invented his relativity theory, there are modern buildings like the world famous museum for painter Paul Klee built by architect Renzo Piano, Klaus Grawe has done psychotherapy research, and in 1989 a great European SPR conference was held here. This is, of course, only an arbitrary and biased selection.

The conference will be organized by president elect Guillermo de la Parra as Program Chair, and by Franz Caspar and his team as local hosts. We are dedicated to organizing a great conference at an unbeatably low fee to allow access also to doctoral (and retired!) psychotherapy researchers. We are also dedicated to provide a great program, which, of course, will also depend on your submissions. Finally, we are dedicated to make tourist suggestions to make the trip even more worthwhile and unforgettable.

More detailed information will be on the SPR conference homepage shortly.

<http://www.psychotherapyresearch.org/conference2011>

