

Society for Psychotherapy Research

an international, multidisciplinary, scientific organization



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President's message by Franz Caspar

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Dear SPR member,

The president's message in the February newsletter usually covers several topics, but it is a special pleasure of your president to advertise the international conference in June. So let me start with this. Santa Barbara is a great place in many respects, as many of you know. When I decided to spend my sabbatical there in the months to come, even though I had never been there myself, everybody who heard of these plans seemed to know and love Santa Barbara. In the meantime I have had the occasion to validate these reports: Santa Barbara is nicely situated between the Mountains and the Ocean, and the sea there is beautifully decorated by boats and islands.

Santa Barbara is never really hot, which I like, in spite of regrets related to relatively cool water temperatures. The California mission architecture of many of the buildings - even the airport - gives the city an especially relaxed flavour. Santa Barbara is a small city, which guarantees a welcome absence of hectic life, yet big enough to offer all you need in terms of shops, restaurants, culture, and waterfront.

The conference hotel is beautifully situated; only a street with not too heavy traffic separates it from the Pacific. It is open on all sides and does not give the feeling of being in conference quarantine: Even for pedestrians, downtown is just 20 walking minutes or a trolley ride away.

Our president elect and conference program chair, Karla Moras, and her committee have scheduled a very attractive program, well structured in topic tracks. Larry Beutler and his assistant Hether Brown have done a wonderful job with all local arrangements. As you may expect: Very competent and able to suit all demands.

We have had an occasion to welcome Mark Aveline - whom I got to know already as a very friendly and competent bylaws committee colleague - in the Executive Council when we met in January. He is in his apprenticeship now, and I'm sure he will be a perfect president.

The nomination committee, which searches for and nominates candidates for International Vice President at the International Business Meeting in June, has been renewed: Horst Kächele and Adele

Duarte step back, and I would like to thank them for their services. The new representative of Europe is Helge Ronnestad from Oslo, Norway. The search committee member for South America had not been selected when this newsletter went into print. Members from South America should please contact their regional vice president if they want to make any nomination. The members for North America and the UK, who continue for another year, are David Orlinsky and Frank Margison. Please contact the person responsible for your Regional Chapter if you have any suggestions for the election.

As you know, last fall, the bylaws and constitution amendments have missed the number of voters needed for a change. We will need an additional vote at the International Business Meeting in July in order to complete the ratification process. There were some minor inconsistencies found by our bylaws experts, but we decided to go ahead with the proposals as they were submitted for the mail ballot, as every change in the text would cost us another year. Therefore we would like to submit the texts as they are, and put the minor changes forward as amendments later. The texts can be found on the SPR website.

Let me finally address an issue discussed by the EC in January: There is some concern that process research and other domains of interest, which are typical for SPR, may seem less important to a broader community of psychotherapy researchers, funding agencies, and a broader public. Is there a danger of being marginalized amidst changes in the field, such as dominance by the biological orientation, evidence based medicine, and the like? These are issues we have discussed; for example, we have considered changes in the congress policy, such as inviting important representatives from other fields, who would normally not come to SPR meetings, and we have discussed how to help SPR members stay in contact with new developments, and more.

This will need more discussion in June! Please come and bring in your ideas!

With cordial regards, see you in Santa Barbara!

Franz Caspar,
President

News from the chapters...

...from North America
by Louis Castonguay

New Vice-President Elect

Congratulations to Lynn Angus for her election as NA Vice-President Elect. Her term will begin at the Annual Business Meeting in June 2002, and she will assume the office of Regional Vice President (North America) at the 2003 Annual Business Meeting. Special thanks to Nichola Ladany for offering his candidacy, as well as for his strong commitment to our organization.

Meetings

NASPR had a great meeting in Puerto Vallarta, Mexico (Nov. 7-11). Close to 100 attended, despite the fact that the meeting took place less than two months after the September 11 attack. The weather was fantastic, the activities were highly stimulating, and we managed to stay financially out of the red! The next regional meetings will be in Newport, RI. (2003, Local hosts: Ben and Judy Johnson) and in Utah (2004, Local host: Michael Lambert). Area group meetings are also taking place in Chicago, Madison, Mexico, Ohio, State College (Mid-Atlantic area). For more information, contact NASPR@psu.edu.

SPR Young Scholars

A group of graduate students and young scholars met at the Puerto Vallarta conference to discuss their role in SPR, as well as ways in which SPR could attend to their unique needs and expectations. A new meeting is planned for the upcoming Santa Barbara meeting. All NA and international graduate students and young scholars are invited to participate. For more information, contact Carol Humphreys (Humphrcl@muohio.edu).

Kenneth Howard Memorial Award

In recognition of Ken Howard's crucial contribution to our society, the executive committee of NASPR created an award in Ken's name. This award will be given annually to the best presentation of a NASPR student. The first Award winner was Sun Young Park, University of Chicago (I. Elkin, advisor). The award was presented at the Puerto Vallarta meeting.

from South America
by Guillermo de la Parra

South American SPR Meeting to be held in August 8-11, 2002.

The 5th SA SPR meeting will be held in Reñaca, Viña del Mar, Chile. We invited renowned SPR members such as Robert Elliot, Horst Kaechele, Eva Bänninger-Huber, Sylvia Gril and Marina Altman. With the aim of communicating psychotherapy research with clinicians, we associated our meeting with a regular Clinical Meeting of the Psychotherapy Committee of the Chilean Psychiatric Association held annually in Chile, and therefore we hope to receive 250 to 300 professionals. Deadline for Papers: May 31, 2002. For more information write to gdelap@vtr.net or pben-dov@udd.cl

News from members...

- Silvia Gril and Marina Altman received an award in the last psychoanalytic conference in Nice, for exceptional contribution to research in psychoanalysis. The awarded project is entitled: Comparing verbal, and non-verbal indicators in mother-baby psychotherapies
- Mardi Horowitz published the fourth edition of his book *Stress Response Syndromes* and a new book, *Treatment of Stress Response Syndromes* is in press. The publishers, respectively, are Aronson and American Psychiatric Press. A reprinting of his earlier book *Personality Styles and Brief Therapy* also appeared in 2001.
- Brin Grenyer (Australia) has recently published "Mastering Relationship Conflicts: Discoveries in Theory, Research and Practice" 2002 American Psychological Association Books. This book presents new discoveries about an important process in psychotherapy: the client's development of mastery over symptoms, conflicts, and problems. It includes original studies on mastery of transference, therapeutic alliance, depression, substance dependence, and personality disorders. Mastery is defined as an ingredient common to all forms of therapy that helps clients develop both self-understanding and self-control. The book demonstrates how the process of mastery works and how it can significantly reduce clients' symptoms and help them respond to emotional conflicts with greater flexibility.
- David Maldavsky recently published a book entitled: Investigaciones en procesos psicoanalíticos. Secuencias narrativas: teoría y método, Ediciones Nueva Visión, Buenos Aires, in October 2001. The book has a partial economic support of the South American SPR chapter.
- Marna Barrett and Jeffrey Berman recently had their research on therapist self-disclosure highlighted in an article in the New York Times (January 1, 2002). See: <http://www.nytimes.com/2002/01/01/health/psychology/1SELF.html>. The research was originally published in the Journal of Consulting and Clinical Psychology: Barrett, M. S., & Berman, J. S. (2001). Is psychotherapy more effective when therapists disclose information about themselves? *Journal of Consulting and Clinical Psychology*, 69, 597-603.
- News from members: If you have contributions or announcements to this section, like books that you have published, awards, or special accomplishments that you would like to share with colleagues, please email Paulo Machado <pmachado@iep.uminho.pt>



SPR 2002 International Meeting in Santa Barbara, California

Sunday, June 23rd thru Thursday, June 27th

Santa Barbara, California welcomes SPR

The setting has been called, "The American Riviera". Santa Barbara, California overlooks the blue Pacific Ocean, and shares the frontal range of mountains on the other side of the city, with the Santa Ynez wine country. The community offers round the calendar outdoor activities (biking, hiking, swimming, golf, horseback riding, ocean kayaking, whale watching, surfing, laying in the sand, etc.), a plethora of small boutiques and large shops, a wide range of outstanding restaurants, and a burgeoning and rapidly acknowledged wine industry. This is truly one of the greatest resort cities of the world.

The Spanish "discovery" of Santa Barbara in the 16th century was presaged by the Chumash Indians and their ancient ancestors. The Franciscan "Mission Builders" made efforts to convert the native people to Christianity while the Spanish army made efforts to subjugate them to the tasks of building a civilization. The collisions among these three groups provide much of the history of this city, but its fame is attributable to Hollywood. Santa Barbara was not only the home of the early B Western (Flying A Studios), but became the retreat of many a movie star during the hey day of the motion picture industry. People, who could go anywhere, came to Santa Barbara --and they still do. We invite you to join them in learning about and playing in this beautiful city that combines numerous cultural traditions and that offers to its guests, an abundance of opportunities and lifestyles.

SPR will hold its annual, international meeting at the Doubletree Resort, an upscale hotel built and managed by Fess Parker (Davy Crockett of Walt Disney fame), who can still be found almost daily somewhere on the premises. On the beachfront, the Doubletree occupies a large acreage near downtown, and offers bungalows, services, and a four star restaurant to its guests. The accommodations are first rate and the prices are unheard of in this city, at this time of year. Though the price is more than "appealing", we have also worked to keep the registration affordable. Those who want to share rooms may do so and we'll even help you find a roommate or more, either at the convention hotel or at one of the other three, nearby hotels that are also in our alliance.

SPR will occupy the entire convention center to ensure that we have room to schmooze, get acquainted, and build some lasting memories. The world-class accommodations, the outstanding program, and the classiest of cities will be capped off by a gala banquet at the Santa Barbara zoo, just a 15-minute walk from the hotel. For our pleasure, the entire zoo will be turned over to SPR for an evening of eating, drinking, strolling, and just sitting and looking at the ocean and the grounds.

This is a meeting that you **MUST ATTEND**. We expect the meeting to be large, so we encourage you to make your reservations early. You must register for a room with the hotel. The SPR website will give you the necessary information www.psychotherapyresearch.org. You must register for the meeting itself from the website.

See you in sunny Santa Barbara!
Larry E. Beutler,
Arrangements Chair

It's a Packed Program!

Once again, we have a very large and truly international program to anticipate. In fact, the number of excellent submissions plus the wish to avoid needing seven concurrent sessions during every time slot led the Executive Council to extend the conference into the afternoon of the last day. This year, the last day's last session will end at 4:30 p.m.

In keeping with SPR tradition, our meeting venue is lovely. For example, during poster sessions you will be able to view posters over one shoulder; the ocean and setting sun over the other. The poster sessions will be indoor/outdoor—an option afforded by the fact that "it never rains in Southern California." All four conference meals will be outside too (international business lunch, regional business lunches, SPR honors lunch, and the conference banquet).

Thanks to many of you, despite dangerous and otherwise deeply troubling world events we have the makings of a major and memorable scientific conference in place.

One innovation this year is that reduced registration fees are offered to registrants from some countries (e.g., Latin American countries), based on the World Bank Economic categories. The idea was introduced by Guillermo de la Parra, our South American Regional President. The complete fee schedule is on the conference registration forms. SPR members will receive the forms by mail. They also are available at the Santa Barbara conference website which can be accessed via <http://www.psychotherapyresearch.org/program>. (If you take that route, dancing waves as well as the preliminary program will greet you.)*

Also, Continuing Education (CE) credits will be available for many sessions, thanks to the sponsorship of Santa Barbara County and to Hether Brown of the local arrangements committee. The cost will be \$35 U.S. to LCSWs, LVNs, MFTs, PhDs, PTs, and RNs (unfortunately, CMEs for MDs cannot be offered). The number of credits that can be earned for \$35 depends mainly on the number of submitters who respond to the Program Council's invitation to send in additional materials so that their presentations may be considered for CE.

For a more complete description of this year's conference site, see Larry Beutler's contribution to this Newsletter. Also, don't forget that Santa Barbara's Summer Solstice festival will be the weekend that our conference begins. From what we hear, the annual parade (on Saturday, the 22nd) is nothing if not memorable. To convey the parade's ambience, a Santa Barbara resident noted that the 70+ year old female mayor of Santa Barbara dressed as Tinkerbell for it recently.

See you soon!
The 2002 Program Council
Karla Moras, Chair
Larry Beutler
Clara Hill
David Orlinky

* Thanks to Brendan Elliott, Adam and Jedd Horvath, and Bob Romanelli for making information about SPR 2002, Santa Barbara, available via the web.

Future Meetings

- 2003 International Meeting:
Weimar, Germany, June25-29,
host: Bernhard Strauss
- 2004 International Meeting:
Rome, Italy, host: Antonio
Semerari
- 2005 International Meeting
Montreal, Canada, host: Chris
Perry

SPR Web Site:

**www.
psychotherapy
research.
org**

www.psychotherapyresearch.org



Search for new North American Editor, Psychotherapy Research

In December 2003, Bill Stiles will end his six-year mandate as the North American Editor for Psychotherapy Research.

During its January meeting in Santa Barbara, the Executive Committee of SPR has decided to create a search committee to find a new North American editor, ideally by December 2002.

The search committee is composed of three members: Louis G. Castonguay (Chair), Paul Crits-Christoph, and Robert Elliott.

Needless to say, we are all very grateful for the tremendous effort and energy that Bill has devoted to the journal. We are also pleased that he has agreed serve as a consultant to the committee during the search for a new editor, as well as to consult with any candidates or potential candidates for the position (stileswb@muohio.edu).

Bill has also written a list of tasks and functions assumed by the NA editor (see next column).

Last year's journal report is posted on the SPR web site:

www.psychotherapyresearch.org/journal.html

Please forward nominations (including self-nominations) to Louis Castonguay. (lgc3@psu.edu or NASR@psu.edu).

Tasks and Functions of the NA Editor

1. Coordinate journal activities with the European Editor and the publisher. Appoint associate editors, a book review editor, and a board of advisory editors. Maintain a list of expert reviewers.

2. Process manuscripts: Receive manuscripts, assign manuscripts to reviewers (or to an associate editor for action), evaluate reviews and manuscripts, write action letters to authors.

3. Maintain records (track manuscripts and authors, reviews and reviewers, editorial decisions).

4. Serve as managing editor, normally for the 3 middle years of the 6-year term (details to be negotiated and coordinated with the European Editor). The managing editor organizes issues of the journal for publication and sends materials to the publisher.

5. Report on journal activities to SPR Executive Council and SPR members, both in writing and in person at the annual SPR meeting.

6. Respond to inquiries regarding the journal. Encourage authors to submit their best work. Represent and promote the journal both within and beyond SPR.

SPR Seeks New Webcoordinator

After eight years of tireless service, Adam Horvath is stepping down as SPR's Website Coordinator ("webmaster"), as of this June. We are very grateful to Adam for the extensive time, effort, and love he put into this work, which included creating and maintaining SPR's presence on the World Wide Web, in the face of ever-increasing complexity. This kind of presence is essential for scientific societies such as SPR, and so it is vital SPR find someone to do this important job.

What is Involved?

One of the challenges facing the Website Coordinator is that the task, along with the technology, is changing almost daily. The job currently entails the following tasks:

1. Locate and liaise with server facilities for our web site. Currently we use two servers, one for the specialized database facilities (such as the membership list, registration services etc.) and the other for everything else. In the future, depending on the kind of server our website is located on, these may be combined.
2. Oversee the general design and functions of the website.
3. Hire and supervise technical assistants who look after the creation and updating of the web pages.
4. Interact with SPR members on a variety of subjects involving the web, including posting notices for jobs, listing conferences, asking for passwords to the membership list, or making suggestions for changes in the website.)
5. Collaborate with conference organizers in developing a web site for the annual conference.
6. Manage the budget allocated for the website and prepare two reports a year for the Executive Committee (January & June).

For a more detailed description of how the web operates on a day-to-day basis, please read the report "How the Web Works" <http://www.psychotherapyresearch.org/archive/webreport02.html>

Qualifications. While the day-to-day coding and programming for the website is usually done by persons hired for these tasks, the Website Coordinator should have a good understanding of the technologies involved. At a minimum, this person needs to be sufficiently knowledgeable to make reasoned decisions as changes in technology demand revisions of the service. It would be helpful if the person who takes the job him or herself had easy access to high speed Internet connection.

Time requirements. Over the long term, the amount of time required will depend on how much "hands on" work the coordinator wishes to do her- or himself. In the past year, the current Coordinator spent 4 - 6 hour per week on tasks directly related to the website. These times generally increase temporarily when short-term projects such as major service upgrades or preparation of conference websites are underway. As this position is analogous to the journal editorship, we envision a similar, 6-year term.

SPR's Website Coordinator Search Committee consists of Robert Elliott (chair; robert.elliott@utoledo.edu), Franz Caspar (caspar@psychologie.uni-freiburg.de) and Paulo Machado (pmachado@iep.uminho.pt). If you are interested in nominating yourself or someone else for this position, please contact a member of the Search Committee.

SPR needs you!