

President's Message

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The SPR 2004 international meeting in Rome was special for a number of reasons. Antonio Semerari and his colleagues at the Terzo Centro in Rome did a magnificent job of hosting the meeting in the Eternal City. There was tremendous enthusiasm for the site of the conference, and the number of registrants, some 577 in total, was the largest in the society's history. The program was extensive and intensive with nine parallel sessions, all well attended. The presidential address by Mark Aveline brought attention to the qualities of the therapist. Three plenary sessions focused on key topics in our field: mechanisms of change in psychotherapy (Rob DeRubeis, Bill Piper, Paul Crits-Christoph), the role of patient attachment status in psychotherapy process and outcome (Paul Pilkonis, Giovanni Liotti, Peter Fonagy), and the therapeutic relationship (Jeremy Safran, Bob Leahy, Adam Horvath). Our webmaster, Erhard Mergenthaler, ensured that the entire process of submission of proposals, review, notification of acceptance, and generation of the program and program booklet was completely computerized. At the business lunch, the Executive Officer, Paulo Machado, pointed out that the society is in good fiscal shape with efficient dues collection and membership at around 800 members and growing.

Our society's journal, *Psychotherapy Research*, is in the hands of a new publisher. From the efforts of a task force headed by Clara Hill, there were proposals from 6 different publishers to take over our journal. A finalist was recommended by the task force, and the Executive Committee selected Taylor and Francis with offices in Oxford, England, to be the new publisher. The leadership of this publishing house has worked closely with us, and we expect this working alliance to continue. In the near

future, the publisher will propose a campaign to attract more subscribers, especially institutional libraries. The financial viability of the journal rests on the membership and the institutional subscriptions.

It is time for the annual election for the next vice president, who will subsequently become the president elect and president. At the meeting in Rome, the nominating committee announced two candidates: Erhard Mergenthaler and Bernard Strauss. An additional nomination of Jeremy Safran was made from the floor. The next day Bernard Strauss withdrew his nomination, so the two candidates are up for election. Please carefully read their statements of candidacy in this issue of the newsletter and VOTE.

One special interest group has applied for and received special status in SPR. This group, headed by Robert Russell, is focused on qualitative and narrative research. According to the by-laws of our society, any group with a petition from some 25 members may form a special interest group. The Executive Committee is receptive to others that might wish to form a special interest group.

A pivotal position in our Society is the office of Executive Officer. Paulo Machado has served with dedication and distinction for the last four years. Bob Lueger of Marquette University in Milwaukee has been selected by the Executive Committee to succeed Paulo, and he will be introduced into the functions of this office during the coming year.

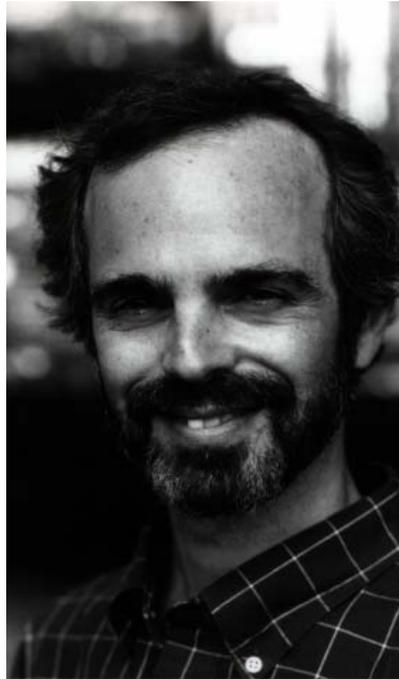
As SPR's incoming president, I look forward to working with the Executive Committee and all of you to further the aims of our society. I am open to thoughts and ideas at jclarkin@med.cornell.edu

Jeremy D. Safran, Ph.D.

I am honored to have been nominated for the office of vice president. I attended my first SPR conference in 1982 in Sheffield and I still remember it fondly. In those days, as many of you recall, SPR was a relatively small organization, and I found the warm, informal and welcoming atmosphere, combined with the intellectual stimulation, exhilarating. I remember sitting around with new acquaintances, talking late into the evening about life, psychotherapy and research, and feeling extremely fortunate that I had found this community. In the years that followed, the yearly SPR conferences became an important touchstone for me, and I would always return home feeling supported, revitalized and brimming with new research ideas. Over time, SPR has grown into a large international organization and I have been extremely grateful for the opportunities I have had to develop friendships with colleagues from different countries and to think with them about the various ways in which culture impacts on both the development of psychotherapy and psychotherapy research. I am delighted to see how the organization has grown, and believe it bodes well for the future of psychotherapy. At the same time, I think that one of our challenges will be to recapture some of the warm, informal spirit that characterized SPR in its earlier years. I will return to this theme later, but first I should probably say a few things about myself.

I am currently Professor of Psychology at the New School for Social Research in New York. I served as Director of Clinical Psychology at the New School from 1993 – 1996 and am now Director of Graduate studies. I am also currently on the Board of Directors of the International Association for Relational Psychoanalysis; Research Committee member, New York University Postdoctoral Program in Psychoanalysis; and Senior Research Scientist in Psychiatry at Beth Israel Medical Center, New York. Previous administrative positions have included Director of the Cognitive Therapy Unit at the Clarke Institute of Psychiatry in Toronto, Canada. Over the years I have served on the editorial boards of several journals, including *Psychotherapy Research* since its inception.

My theoretical background is quite broad. I was originally trained as a cognitive therapist. I also underwent training as a gestalt therapist and subsequently completed psychoanalytic training at the New York University Post-



doctoral Program in Psychoanalysis. My current research interests include topics such as: resolving therapeutic impasses, transference and countertransference, the role of internalization in the change process and the inner processes of the therapist. The books I have published include the following:

Emotion in Psychotherapy (co-authored with Leslie Greenberg); *Emotion, Psychotherapy & Change* (co-edited with Leslie Greenberg); *Interpersonal Process in Cognitive Therapy* (co-authored with Zindel Segal); *Widening the Scope of Cognitive Therapy*; *The Therapeutic Alliance in Brief Psychotherapy* (co-edited with J. Christopher Muran); *Negotiating the Therapeutic Alliance: A Relational Treatment Guide* (co-authored with Chris Muran); *Psychoanalysis & Buddhism: An Unfolding Dialogue*

If elected one of my primary goals would be to work with others to find ways of preserving and recapturing some of the warm, informal and supportive qualities of SPR that have always been among its greatest virtues. I believe this was an important part of the vision of SPR that David Orlinsky, Ken Howard and the other founders had and it will be important for us to find innovative ways of staying true to this vision, as the organization continues to grow and a generational change takes place. I believe that more thought needs to be given to encouraging dialogue among participants both within and outside of sessions. I would like to see conferences structured in a way that promotes more interaction among participants between sessions and that facilitates lively conversation in a relaxed, informal environment. I would thus like to strengthen the sense of community within the organization. I also think that it is important for us to continue to commit energy to mentoring and supporting students - activities that have always been priorities for our organization. And finally I would like to begin discussion of how to establish more of a conversation with the public and with the popular press about what both psychotherapy and psychotherapy research have to offer.

A list of my articles and chapters can be found at <http://www.newschool.edu/gf/psy/faculty/safran/>

Thank you for considering my candidacy.
Jeremy Safran

2004 VP ELECTIONS

Erhard Mergenthaler, Dr. biol. hum.

The aims of the SPR among others are to foster the communication, understanding, and use of findings in psychotherapy research and to enhance the effectiveness of psychotherapies. I identify with these goals in my own scientific work and I wish to focus on them as your new president elect.

I am a Professor of Medical Informatics in Psychotherapy and Director of the Section of Informatics in Psychotherapy that is closely associated with the Department of Psychosomatic Medicine and Psychotherapy at the University of Ulm, Germany.

My membership in the SPR since 1981 has contributed to my multiple activities as a researcher. I have been a visiting Scientist and Professor at the University College London, the Langley Porter Psychiatric Institute University of California at San Francisco, Adelphi University New York, Belgrano University Buenos Aires in Argentina, and the Academy of Science in Moscow, Russia. Currently I am engaged in numerous joint research projects with colleagues in North and South America, Europe, including the UK, and most recently Japan.

My professional background is in computer science and linguistics. For almost 30 years I have applied this expertise to the field of psychotherapy research. My first project was the development of the Ulm Textbank, one of the world's largest psychotherapy data archives. This led to the development of Psychotherapy Transcription Standards and various computer assisted measures for the analysis of transcripts from psychotherapy sessions. For the last 15 years I have focused on the development and empirical validation of the Therapeutic Cycle Model, a theoretical framework that also includes a computer assisted measure that can be applied to all kinds of session transcripts. The model describes the emotional, cognitive and behavioral regulation as core of psychotherapeutic processes and relates it to treatment outcome. It integrates concepts from experimental psychology, neurobiology, informatics and linguistics.

The SPR as a multidisciplinary association has become my scientific home. I have hardly missed any International or European meetings, and have actively supported scholarly exchange not only between our members in so many different countries, but also between the diverse theoretical orientations. At various times I have undertaken research projects



with psychoanalytic and psychodynamic, cognitive behavioral, client centered, or process experiential oriented colleagues. What is at the center of my interest is the psychotherapeutic process itself, leaving me always open to the specific aspects of the disparate therapeutic orientations. For me this is an exciting endeavor that as I believe will lead to an integrative stance.

For the last two years additionally I have taken responsibility for our society's WEB page besides the mailing list that I started many years ago, and have been working closely with our society's president, the secretary, and the regional vice presidents. Starting with this year's Rome meeting,

and with the help of two of my assistants, I have developed a WEB submission module and a WEB based conference planner to be used in the future. The leading thought of this software development was to fit both the members' needs and the constraints resulting from organizational structures of SPR.

In addition to my general commitment to forging links between the various regional and scientific groups within SPR, my specific goal as president elect would be to develop the capacity for information exchange in the society by opening up the resources of modern information technology (e.g., content management systems, newsrooms) to special interest groups. Thus we will be in a position to foster communication and scientific exchange by sharing research findings and data material through the WEB efficiently. In doing so, it would be a great advantage to be, as president elect and in the stages following, part of the Society's Executive Committee, to acquire a detailed understanding of the configuration and operation of the society and to be an active part in the decision processes that may influence such developments.

Thank you for your engagement in the SPR and for supporting my goal. Your decision and vote will help me to complete this work for the benefit of our society.

A list of publications you will find at:
<http://sip.medizin.uni-ulm.de/informatik/publikationen.html>

Remember to cast your vote by October 1st

About SPR Web Pages and SPR Mailing List

by Erhard Mergenthaler

The SPR Web Pages <www.psychotherapyresearch.org> provide all necessary information about our society, including membership application forms and links to regional chapters. The pages mostly are self explanatory. However, a few items may need some additional information.

Member Services - Membership Directory

The membership directory has at least three purposes: 1) We want to keep your personal data up to date; you are welcome to do all changes online by your own, be it mailing address, phone and fax numbers, email addresses, or attribution to interest groups. 2) You can find mailing addresses, phone numbers, and email addresses from individual colleagues with the search option. Using an asterisk (*) in combination with a partial name you also might be able to find colleagues whose names' spelling might be unclear. 3) You will be able to find colleagues with special interests by selecting from a list of topics.

If you have not received or forgotten your user name and password please send a message to: utb@sip.medizin.uni-ulm.de with „SPR Password“ in the subject field. We then will mail you back your account information. We recommend to change your password to one that is probably more familiar to you. This can be done from within the membership directory pages.

Member Services - Measures

More recently we have been starting to include a section on measures provided by members for members. Actually you will find a link to PsyberCare, a computer-based mental health outcomes assessment and management system, and two more links to statistical utilities, e.g. to quickly compute effect sizes, doing an intra class correlation, or to compute confidence intervals and much more. You are welcome to send us information on other measures you may find of interest to our SPR colleagues. Please mail to:

utb@sip.medizin.uni-ulm.de with „SPR measures“ in the subject field.

Archives

We will have some photographs provided by the local host of the SPR Rome 2004 meeting in the archives section. Please have a look at them. If you feel that the one or other photo should not be there please let us know and we will remove it. Just send a mail to: utb@sip.medizin.uni-ulm.de with „SPR Rome Photo“ in the subject field. We do hope that you understand that we could not ask for permission every single colleague that might be on one of those pictures.

SPR Mailing List

As a member of the SPR you also will be a member of the SPR Mailing List (spr-l@sip.medizin.uni-ulm.de). Through this list you will receive mail from the SPR officials like the president or secretary, but also postings from colleagues. You are welcome to post your own messages to the list as well. The list is moderated by the web master in order to avoid unwanted mails (SPAM) to be sent out. Due to different time zones, week ends, or a short absence of the moderator from the office there may be a delay in sending out mails, but usually no longer than two days.

To change your subscription (set options like digest and delivery modes, get a reminder of your password, or unsubscribe from spr-l) you may go to: sip.medizin.uni-ulm.de/mailman/listinfo/spr-l and enter your subscription email address into the field at the very last end of the form, then press „edit options“. The password for the SPR Mailing List is different from the one you need for the SPR Membership Directory.

If you have any questions, proposals or even complaints regarding the web pages and the mailing list please mail to Erhard.Mergenthaler@medizin.uni-ulm.de

Future Meetings

International Meetings

2005 International meeting:

June 22-25, 2005

Montreal, Canada,

host: Chris Perry

2006 International meeting:

June 21-24, 2006

Edinburgh, UK,

host: John McLeod

2007 International meeting:

June 20-23, 2007

Madison, WI, USA,

host: Greg Kolden

Regional Meetings

2004 NASPR meeting will

take place in Springdale,

UT, November 4-7,

2004

2005 Joint EU-UK meeting -

Lausanne, Switzerland,

March 3-5, 2005

Welcome to SPR Montreal 2005

J. Christopher Perry

On behalf of the Host Committee for SPR 2005 in Montreal, let me invite and welcome all to the next international meeting. We in Montreal are working with enthusiasm to make every aspect of next year's annual meeting live up to our logo:

SPR 2005 Montreal – “A Lasting Effect”

Montreal is one of the pearls of North America, where pleasantly enough there is world enough for everyone. Montreal is a mix of cultures, languages, intellectual traditions, cuisines, architectural styles and so on which everyone will find appealing.

The meeting dates will be Wednesday through Saturday night July 23–26, 2005. The conference center, Centre Montreal, is a spacious, modern facility in the middle of downtown Montreal within easy walking distance of many hotels at a range of prices. Good student housing will also be available

at McGill University at very reasonable rates. Restaurants abound to match any cuisine and purse. The night life – whether jazz, discotheque, comedy club or espresso bar – may usher in those 8:30 panels sooner than you think. And all of this will be partly underwritten by a foreign exchange rate which is very favorable to the Euro, US dollar, and Yen.

Together we plan to ensure that both the city and the science of psychotherapy leave a lasting effect on us all. So, until next year, A bientôt.

The Montreal SPR 2005 Host committee meets frequently to plan to make this an excellent annual meeting. Please feel free to contact us with any early questions at cdovick@icfp.jgh.mcgill.ca or 1 514 340 8222 extension 4626. Our Web site should be up soon.