

# Society for Psychotherapy Research

an international, multidisciplinary, scientific organization

Newsletter, 2001:1

March 2001

## Montevideo Awaits SPR in June

by Robert Elliott



In this mailing, you will find information on the international SPR conference in Montevideo, Uruguay, to be held June 20-24. Check out the preliminary program and conference information. The program, ably organized by Program Chair Franz Caspar, is smaller this year, which will ensure a more intimate meeting

with a somewhat more relaxed pace. Sequential translation into Spanish for selected presentations represents a new and exciting departure for SPR.

Sylvia Gril and her colleagues have found a very attractive venue and locale, promising an unforgettable meeting. The conference site, and the city of Montevideo, enchanted SPR's Executive Committee on its recent meeting there. Montevideo is an urbane but friendly city reminiscent of cities in Southern Europe, with large plazas, many public statues, mixture of old and new buildings, and wonderful restaurants that stay open far into the night. I was most struck by the 40km "Rambla" of walking/running path along the Rio de la Plata, the lovely sunsets over the water, and the traditional music: tango, murga (political folk songs), and candombe (Afro-Uruguayan percussion-based, illustrated by the conference logo). In June, the nights will be long, but you should be able to see the Southern Cross, high in the sky, with its two "pointer stars" one of whom is Alpha Centaurus, the closest star system to Earth.

Here are some highlights from the recent Executive Committee meeting:

- We decided to embark on a 2-year trial of having Oxford University Press handle our dues collection (beginning with the Fall 2001 dues mailing). The plan appears to offer several advantages, including efficiency, consistency, flexibility, and follow-up.
- We began to develop plans to update, upgrade and make the member database available to SPR members. In particular, we are asking you to send the URLs for your individual websites to the SPR webmaster, Adam Horvath (horvath@sfu.ca). In the next few months, we will also ask you to update your information and to let us know whether you will permit us to make your name and address information available to others via our passworded membership directory on the SPR website.
- The international meeting in June 2005 is scheduled to take place in North America, and so we are requesting site proposals, to be brought forward between now and June. Please feel free to contact Robert Elliott (relliot@uoft02.utoledo.edu) or Paulo Machado (pmachado@iep.uminho.pt) with information on possible North American sites.
- Finally, we began to explore the possibility of using SPR (possibly through its website) as a clearinghouse for resources on psychotherapy research (e.g., measures, research protocols, frequently asked questions). We would be very interested in hearing your reactions to this possible addition to SPR's scientific functions.

**See you in Montevideo!**

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## Kenneth I. Howard, Psychological Researcher

Kenneth I. Howard, Ph.D., a prize-winning psychological researcher and internationally recognized leader in the study of psychotherapy, mental health services, and adolescence, died on October 19, 2000, at Northwestern Memorial Hospital in Chicago. Dr. Howard, aged 68, was a professor of psychology at Northwestern University in Evanston, Illinois for 33 years.

Recognition of Dr. Howard's achievements include the American Psychological Association's 1995 award for Distinguished Professional Contribu-

tions to Knowledge, the Illinois Psychological Association's 1994 award for Outstanding Contribution to Professional Psychology, the 1990 Distinguished Research Career Award of the international Society for Psychotherapy Research, and a Senior Research Scientist Award from the National Institute of Mental Health (1991-96).

Co-editor of the *Journal of Clinical Psychology*, Howard was also the co-author of six books and the author or co-author of more than 150 book chapters and journals articles. His most recent

## Remembering Ken Howard

The Society for Psychotherapy Research has set up the SPR - Ken Howard Memorial Fund to support an enhanced student travel award program, the Ken Howard SPR Fellowship Awards. We believe that providing additional funds to allow young psychotherapy researchers to attend SPR is the most appropriate way to remember Ken's many contributions to SPR and to the field of psychotherapy research.

The SPR Executive Committee suggests that those individuals wishing to contribute to the SPR - Ken Howard Memorial Fund can do so in the following ways:

EU and UK members should send their donations (preferably in Euros) to the SPR Executive Officer:

Paulo P.P. Machado, Ph.D.  
Departamento de Psicologia  
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4700 Braga  
PORTUGAL

North and South American members (and members from Asia, Australia etc.) should send their contributions in US Dollars to the North American Vice President:

Dr. Adam O. Horvath  
Simon Fraser University  
Faculty of Education  
Burnaby, BC V5A 1S6  
CANADA

Please write checks to SPR - Ken Howard Memorial Fund, so that we can keep track of the donations and the final amount. If you need an account numbers for wiring money, please contact Paulo Machado at pmachado@iep.uminho.pt

In addition, we are planning a memorial panel for Ken at the SPR Meeting in Santa Barbara in June 2002 (followed by an open bar hour).

-Robert Elliott & Karla Moras, for the SPR Executive Committee

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## Suggestions for SPR?

By Karla Moras

Hello Everyone. As your new General Vice-President, I'd like to hear your suggestions for the International SPR. Examples: You like something that another scientific, professional organization does and wonder if SPR can implement it; you always react negatively to a standard feature of international SPR conferences and would like to see it scuttled. (Of course, some things cannot be changed. For example, David Orlinsky will continue to dance with whomever he chooses at the banquet; we are unlikely to abolish the Presidential Address—although I am completely open to a trial of the idea in 2003.)

I'll review all suggestions and bring them to the attention of the Executive Committee at opportune times:

Karla Moras  
Fax: 215 349-5171  
3535 Market St., Rm. 641  
Philadelphia PA 19104 USA

## Montevideo - Program

Some have hesitated to believe that a convention in South America in 2001 could be a success: There is reason to assume that they have hesitated too much. Don't hesitate any longer to register and book your flight (the earlier the cheaper).

Montevideo will offer a great scientific program. Number and content of presentations make it at the same time worth coming to Montevideo, and should be appealing to those of you who were concerned that the spirit of SPR gets lost in too large conferences: We will have 4 (sometimes 3) tracks in parallel, of which one will always be translated sequentially. We will continue with the idea of topic tracks which was so successful in Chicago.

As program chair I was excited to see with how much reliability and professionalism Sylvia Gril and Personnas have prepared the congress. Friends of surprise and chaos will be disappointed! My impression was that

Uruguayans are at the same time well-organized and extremely friendly (an example: the manager of the car rental company deducted 15\$ off my bill because I brought the car back with more gas (expensive in Uruguay!) than expected). One of the many other good arguments to come to Montevideo: The great indoor pool and fitness rooms (incl. indoor running track) at the Victoria Plaza hotel.

See you in Montevideo!  
Franz Caspar

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## Future Meetings

### International Meetings

- ? 2001 International meeting: Montevideo, Uruguay, June 20-24, host: Sylvia Gril
- ? 2002 International meeting: Santa Barbara, CA (USA), June 23-27, host: Larry Beutler
- ? 2003 International meeting: Weimar, Germany, June 25 - 29, host: Bernard Strauss

### Regional Meetings

- ? Joint Meeting of the SPR European and UK Chapters, Leiden, The Netherlands, March 7-10, 2001 info: <http://www.Leidenuniv.nl/SPR>
- ? North America Chapter Conference, Puerto Vallarta, Mexico, November 7-11, 2001

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## SPR nominating committee

The following members agreed to serve on this year's SPR nominating committee:

David Orlinsky <d\_orlinsky@uchicago.edu>  
Frank Margison <frmargison@aol.com>  
Adela Duarte <aduarte@psi.uba.ar>  
Horst Kaechele <kaechele@sip.medizin.uni-ulm.de>

Thank you

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## In Memoriam: An Open Letter to Ken Howard

Dear Ken:

I'm here to speak the voice of psychotherapy research back to you, wherever you are now. It's a voice you were the first to wear, as the first president of the Society for Psychotherapy Research, and that you wore again, as its first executive officer. You spoke the voice of psychotherapy research and you helped to create a scientific culture of openness, a meeting place for its many tribes, and, most importantly, a source of support for its young researchers.

I know this from my own lived experience, for when I was a young, anxious psychotherapy researcher, I made the pilgrimage to Chicago to receive instruction in my art, but most importantly, to receive your blessing. And so, now, when I speak the voice of psychotherapy research, I hear your voice in mine, sometimes quite loudly, and that is a comfort.

But let us make no mistake; Yours was a large but cranky spirit. Such are your contradictions that we remember and celebrate today: You had a restless but generous heart, that valued honesty over pretense, but loved exaggeration and hyperbole. You teased us for our seriousness, with your acerbic wit and your sly asides. But you warmed us with your wide grin and your echoing laugh. Sometimes I had to keep myself from cringing, from feeling foolish, under your ironic eye, but I knew that you approved of what I did, and only

wanted me to make it better. You were self-deprecating but grand, precise but general. One therapy was not enough for you nor ten, nor a hundred, but thousands, even "Nine million lives" you would say, with a mixture of glee and awe.

And we cheered you also for your quixotic vision: That data, not politics or profit, should guide our practice, that our touchstone should be the world that therapists practice in, not the insulated Pavlovian laboratory of the randomized clinical trial. Though some of us still squirm and cry foul at the caricature, we have watched in wonder as you tilted at this windmill... and we have learned to season our RCTs with the everyday salt of variable treatment lengths and multiple diagnoses.

Now, you are dead. But I think you're still out there collecting data, wherever psychotherapy researchers are giving out questionnaires and punching them into the computer. And I think that you're still plotting curves, wherever psychotherapy researchers are still trying to unwind the session-by-session labyrinth of the change process. And I'm sure that I still hear your voice among many voices, wherever psychotherapy research is spoken.

Robert Elliott, October 22, 2000

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### Kenneth I. Howard Psychological Researcher (from page 1)

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contributions focused on introducing methods for evaluating the effectiveness of mental health services that truly reflect the individual patient's progress, aiming to replace the arbitrary criteria often used by managed care companies and health insurance providers with professionally responsible, clinically meaningful measures.

A remarkably engaging man who combined deep empathy for others with a straightforward manner and distinctive sense of humor, Howard attracted many colleagues to become productive long-term collaborators and devoted friends. His widely felt influences on the field of psychological research included co-founding the Society for Psychotherapy Research, which he served as its first president (1970-71) and its first executive officer (1986-1990). He also co-founded the Midwestern Society for Multivariate Experimental Psychology, and served as its first president (1967-68). He served as Associate Editor of the Journal of Personality (1981-86) and as Consulting Editor of five other scientific journals. Howard participated for several years on grant review committees at the National Institute of Mental Health (1982-86 and 1994-96), where he was particularly concerned to support the work of younger colleagues.

Dr. Howard graduated from the University of California (Berkeley) in 1954 with a B.A. in Psychology, after which he served as a First Lieutenant in the U.S. Army for two years. He earned his Ph.D. in Clinical Psychology from the University of Chicago in 1959, and received clinical training at local U.S. Vet-

erans Administration hospitals. From 1957 through 1968 he lectured at universities in the Chicago area, and worked as Deputy Director of Research and Chief of the Measurement and Evaluation Program at the Illinois Institute for Juvenile Research (1964-68). In 1968 he was appointed associate professor, and in 1970 full professor, in the Department of Psychology at Northwestern University, where he taught several generations of graduate and undergraduate students. From 1984 on, Dr. Howard also served as Coordinator of Outpatient Research at the Institute of Psychiatry of the Northwestern Memorial Hospital in Chicago. In addition to his research and teaching, he maintained a private practice of psychotherapy for more than 20 years.

Born in Chicago in 1932 as the first child of Simon and Florence Howard, Howard spent most of his school years moving frequently between communities throughout the country. As the eldest son he was early thrust into positions of responsibility while his family followed the assignments of his father, a career officer in the U.S. Army during and after the Second World War. His successful adaptation to the rapid changes of these early years may have helped cope in adulthood with family discontinuities and losses that from time to time interrupted long periods of personal fulfillment.

Dr. Howard is survived by his wife, Sue Taylor Howard; his children, Matthew, Rebecca, David (Peggy), Lisa, Peter, Deborah (Robert St. John), and two stepchildren, Kevin Merritt and Paul Merritt; his father, Simon; his sister, Sharon Skolnik; his brother Robert (Marjorie); and three grandchildren.

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## News from the chapters

*...from Europe and the UK*

Joint Meeting between the European and UK Chapters, (Leiden 7-10th March 2001)

We have had over 150 submissions for the Leiden Conference and have received about 40 of these from UK members. Many of the panel and paper sessions have contributions from European and UK members. Lester Luborsky will attend the meeting and give a special one hour address in a session chaired by David Shapiro. The theme of his talk will be on therapist allegiance and its effect on outcome. This is an area that both Lester and David have been working on. Other visitors from the USA to attend the meeting will be Mike Lambert and Bill Stiles.

*...from the UK*

Psychological Therapies in the NHS: Realising the National Framework (20-21 February 2001, Brighton).

There has also been a good response in relation to submissions for the meeting in Brighton, and the programme will be circulated shortly. The meeting is a joint venture between SPR, The Department of Health and the Mental Health Foundation. It has four parallel strands: Research and Development; Managing Information and Using Information Technology; Supporting Clinical Decisions and Workforce, Education and Training. This is a very exciting venture for SPR and many members are involved in presentations at the meeting. The main organiser is Glenys Parry.

*...from South America*

Psychotherapy Research Meeting in Santiago de Chile (April 27-28, 2001)

"The 2<sup>nd</sup> Chilean Psychotherapy Research Meeting", will be held on the 27<sup>th</sup> and the 28<sup>th</sup> of April in Santiago. This meeting was conceived of as a preconference before Montevideo. It should be an opportunity for Chilean researchers to meet with their colleagues (Chilean and some international guests) and to present their current research as preparation for the International Meeting.

*... from North America*

Members of the North American region are looking forward to our first regional conference in four years: We are meeting November 7-11, 2001 in Puerto Vallarta (Mexico). The plans call for a full scientific program, pre-conference workshops, CE credits for some of the sessions, some bi-lingual presentations, and of course a warm relaxed ambience. We hope that many of our international colleagues will be able to join us! For more information, call for papers, or to register, please visit the web pages at <http://naspr.org/pv/default.html>.

Ohio SPR Meeting (April 20-22, 2001)

Some SPR members in Ohio, USA, will meet to discuss their research April 20-22, 2001, in Oxford, Ohio. Other members from Ohio or elsewhere who are interested in participating should contact Carol Humphreys at <psythres@muohio.edu> for details.

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## News on the Internet (Web)

Our main web site is <http://www.psychotherapyresearch.org/>. European and UK members might get faster response from our mirror site in Portugal <http://www.iep.uminho.pt/SPR/default.html>.

The following chapter sites are also active:

North America: <http://www.na-spr.org>

UK: <http://www.psyctc.org/spruk/>

Europe: <http://www.psyres-stuttgart.de/sprhome.htm>

Italy: <http://www.psychomedia.it/spr-it/>

What is new on the WEB?

- The on-line database has been re-vamped, the security improved and new features were added. On our new system each member has her/his own individual password. You can change your password, update your personal information, search for colleagues with similar interests etc. Your temporary password will be soon forwarded to you by your chapter executive (you can then leave this pass-

word or change it to something easier to remember). Once we are reasonably certain that each active member has received their new password, the old system will be phased out.

- By the time this newsletter reach you there will be comprehensive information available at our international site on the 2001 Montevideo conference, complete with preliminary scientific program and abstracts.
- The joint Continental/UK chapter conference (September 2001) is featured at <http://www.psyres-stuttgart.de/spr-leiden/>
- For those of you thinking about submitting proposals and/or attending the North American regional conference in Puerto Vallarta, Visit the PV pages at <http://www.naspr.org/pv/default.html>
- We added more material to our "Announcement" page. We would be pleased to list publications authored by members. Please take advantage of this venue to reach out to other members.