

SPR

SOCIETY FOR PSYCHOTHERAPY RESEARCH
an international, multidisciplinary, scientific organization

SPR
Newsletter,
2010:1

President

Louis Castonguay, Ph.D.
Department of Psychology
Penn State University
308 Moore Building
University Park, PA 16802
USA
lgc3@psu.edu

Past President

Prof. Dr. Bernhard Strauß
Universitätsklinikum Jena
Institut für Psychosoziale Medizin und
Psychotherapie
Stoysstraße 3
D-07740 Jena
GERMANY
Bernhard.Strauss@med.uni-jena.de

President Elect

Lynne Angus, Ph.D.
York University
4700 Keele St.
Toronto, ON M3J 1P3
CANADA
langus@yorku.ca

General Vice President

Dr. Med. Guillermo de la Parra
Pontificia Universidad Católica de Chile
Marcoleta 387
Santiago
CHILE
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

Regional Chapter Presidents

Luis Tapia, M.D. (LA)
maskmag@terra.cl
Thomas Schroder, Ph.D. (UK)
thomas.schroder@nottingham.ac.uk
George Silberschatz, Ph.D. (NA)
george.silberschatz@ucsf.edu
Wolfgang Tschacher, Ph.D. (EU)
tschacher@spk.unibe.ch

THIS ISSUE:

<i>President's Message</i>	2
<i>41st International Meeting</i>	5
<i>News from the EC</i>	6
<i>Student Views</i>	8
<i>Call for Nominations</i>	9
<i>SCP Invitation</i>	10



SPR • 2010

Asilomar California

41st International SPR Meeting
June 23 - 27, 2010



President's Message: Louis Castonguay



I am writing this column a few hours after hearing about the horrific earthquake that has taken place in Chile, about 200 miles south of Santiago where the 40th meeting of SPR was held last June – and not too far from where the attached picture was taken (at a much happier time in Chile, needless to say). Like all SPR members, my thoughts go out to our Chilean colleagues, their family, friends, and wonderful country.

Among many other things, Jean Paul Sartre is famous for writing “l’enfer c’est les autres” (“Hell is others”). While relationships can sometimes (even often, perhaps!) be painful, it is also obvious that very few of us would accomplish much without the help and support of important people in our life. For the last several months, I have been privileged to work closely with great friends,

colleagues, and students as part of several projects guided by or consistent with the goals of my presidential mandate. I described a number of these projects in the October (2009) SPR newsletter (www.psychotherapyresearch.org/displaycommon.cfm?an=1&subarticlenbr=45). Below are other initiatives aimed at fostering the engagement of scholars early in their career of psychotherapy research, furthering connections with other organizations, reducing the gap between science and practice, and increasing membership.

[Fostering the engagement of scholars early in their career of psychotherapy research](#)

[Electronic Conferences](#)

As recently posted on the SPR students’ facebook group and the SPR list-serve, electronic confer-

ences are being organized with the help of Sam Nordberg and Sven Schneider. These conferences (called “webinars”) will allow early career researchers to receive training from and/or engage in discussions with expert psychotherapy researchers. The presenters (one per conference) will be selected by early career researchers, and will focus on specific topics in psychotherapy, research methodologies, and/or statistical procedures. The “conferences” (2 or 3 per year) will be recorded and archived. More experienced researchers who are also members of SPR will be invited to attend (at least after a few “conferences” have been held) but they will be asked to restrain themselves from asking too many questions!

I would like to strongly encourage students, post-doctoral fellows (and other SPR members who are at an early stage in their career of psychotherapy research) to email me (lgc3@psu.edu) with suggestions for presenters and/or topics of discussions. I would greatly appreciate it if you could send me names of SPR members that you would like to listen to and interact with during up-coming webinars.

Breaking the ice

One of the most attractive things about SPR is that many well-known contributors of the field regularly attend the annual meetings and truly enjoy the opportunity to interact with scholars who are at an early stage of their career. Yet, for many such scholars it is anxiety provoking to make their first contact with an experienced and/or well-known researcher in an impromptu manner (I vividly remember how terrified I was the first time I approached Hans Strupp at an SPR meeting in Vermont to ask for his opinion about common factors and non-specific variables – the fact that I did not speak English then did not help either!). To make things easier, student members will be provided with a complete list of names and email addresses of those who will be presenting at the up-coming Asilomar meeting. With the help of George Silberschatz and Sven Schneider, they will receive this list a month or so before the meeting and will then be encouraged to get in touch with people they hope to be able to meet during the conference. Based on the successful experience at a previous NASPR meeting (in

Newport, RI), we think that this will help break the ice and foster even more interactions between scholars of different levels of experience.

Increasing connections with other organizations

As I mentioned in the October Newsletter, Shelley McMain has agreed to organize, for the up-coming meeting, a discussion with leading figures of the Society for the Exploration of Psychotherapy Integration (SEPI), and Tom Oltmanns will be co-chairing a panel aimed at creating bridges between the Society for Research in Psychopathology (SRP) and SPR. Shelley serves on the Steering Committee of SEPI and Tom is the current President of SRP.

Since then, two other colleagues have agreed to organized panels aimed at increasing connections with cousin organizations: Michelle Newman (who currently serves as an associate editor of *Behavior Therapy*) has put together a panel that will present innovative research conducted by members of the Association of Behavior and Cognitive Therapy (ABCT), and Abe Wolfe (former President of the Division of Psychotherapy of the American Psychological Association [APA]) will chair a panel that will present several initiatives conducted by members of APA that should be of great interest to SPR members.

Reducing the gap between research and practice

One way to build bridges between research and clinical work is to encourage (in more or less affiliative ways!) clinicians to keep up with and apply what researchers have found in studying psychotherapy. Another, not incompatible, strategy is to have full time clinicians inform researchers about what they have learned (or not) from research and what they would like to see (and participate in) more research on. This second strategy will be the focus of a structured discussion at the Asilomar meeting, where experienced clinicians who have agreed to read recent reviews of psychotherapy research will engage in an open discussion about the following issues:

1. Findings that confirmed what they already knew;
2. Findings that are inconsistent with what they believed or have observed;

3. Findings that neither confirmed nor disconfirmed what they believed or observed but that provided them with new information or perspective about therapy;
4. Dimensions, issues, or questions that are not covered in literature they reviewed but that would be important to investigate, either to support clinicians' beliefs or observations or to help them answer clinically-relevant questions.

I must say that the reactions from full-time clinicians whom I invited to join this discussion panel was so enthusiastic (while I was hoping to get four participants, nine will join the discussion as official participants and several others plan to attend), that I plan to organize similar discussions at many SPR meetings to come.

Increasing membership

With the goal of increasing membership (as well as building stronger connections with cousin organizations), a description of SPR will soon appear in the newsletters of ABCT, and the APA Divisions of Clinical Psychology and Psychotherapy. The same description, which was previously posted on the SEPI list serve, is now on the web site of the Canadian Psychological Association.

A French version of this description of SPR has been also included in a special series of *Psychologie Québec* (the official magazine of L'Ordre des psychologues du Québec) that Martin Drapeau (who is currently Vice President of this organization) has organized. This series contains several articles based on papers that were presented last October at the Canadian SPR (in Montreal), which was chaired by Marilyn Fitzpatrick, Martin Drapeau, and Lynne Angus.

You will find the description (and invitation to join) SPR in the August 2009 Newsletter (www.psychotherapyresearch.org/displaycommon.cfm?an=1&subarticlenbr=45). I will continue distributing it (e.g., to Directors of Clinical Training in doctoral programs in the US), and you should not hesitate to send it to all organizations, colleagues, students you think would be interested in joining us. You should also feel free to translate it to any language you want!

As part of the reciprocal agreements with our "cousin" organizations mentioned above, you will find at the end of this newsletter a description of APA Division of Clinical Psychology, by our former President Marvin Goldfried.

Finally, a number of other efforts to increase membership should be mentioned. With the help of George Silberschatz, a personal invitation to join SPR and attend the Asilomar meeting was sent to more than 50 prominent researchers associated with cognitive behavior therapy. In addition, with the help of Sven Schneider, Bernhard Strauss and I are about to send a "we want you back" note to students and regular members who have not renewed their membership over the last few years.



41st Annual International SPR Meeting in Asilomar, California, June 23-27, 2010

Lynne Angus
SPR Asilomar Program Chair, President-elect SPR

With over 600 research submissions, and participation from 25 different countries worldwide, there is no doubt that SPR Asilomar will live up to its billing as a truly international psychotherapy research conference. The conference program ([preliminary program](#), last updated March 17, 2010) will begin on Wednesday afternoon (June 23, 2010) with eleven pre-conference workshops, followed by Louis Castonguay's presidential address and a welcoming dinner reception. In order to highlight the Asilomar conference theme, "Therapeutic Relationships & Psychotherapy Outcomes: Future Directions for Psychotherapy Research, Practice and Training", ten key research presentations have been selected for presentation as part of a "Conference Theme Track" that spans all three days — Thursday, Friday and Saturday of the conference program. Additionally, two invited panels will address therapeutic relationships and treatment outcomes in terms of a) key conceptual and methodological challenges for future research (Charles Gelso, Adam Horvath, discussant George Silberschatz) and b) differing treatment approaches (Les Greenberg, Jackie Persons, Stanley Messer, discussant J. Christopher Muran.) The conference program concludes on Saturday evening with a gala dinner/ barbeque -- the Pacific Ocean and an evening sunset will serve as a fitting backdrop for this very special event. In combination with the beautiful oceanfront conference setting, the 41st Annual SPR International Research conference at Asilomar promises to provide a truly exceptional experience for everyone involved.

In order to attend the conference, a conference registration form is available on the Asilomar website (<http://www.psychotherapyresearch.org/displayconvention.cfm?conventionnbr=7943>)

Asilomar Conference Centre is the central accommodation booking agent and we strongly encourage conference participants and registrants to make their housing reservations promptly. Please note that the room rates identified on the Housing Form are inclusive of four night's accommodation and three meals a day including the final gala barbeque. We advise everyone to make reservations only through Asilomar as they will ensure that everyone who registers will have a very reasonable accommodation and meal plan. Housing forms and instructions are available here:

(<http://www.psychotherapyresearch.org/displaycommon.cfm?an=1&subarticlenbr=263>).

Finally, when making travel and accommodation plans, I would encourage everyone to read the highly informative Conference Newsletters (<http://www.psychotherapyresearch.org/displaycommon.cfm?an=1&subarticlenbr=263>) that the Asilomar Local Host committee has been posting to the Asilomar Conference Website.

Looking forward to seeing you at Asilomar next June!



News from the Executive Committee

Louis Castonguay

Members of the executive committee (EC) of SPR (Lynne Angus, Guillermo de la Parra, Tracy Eells, Thomas Schroder, George Silberschatz, Bernhard Strauss, Luis Tapia, Wolfgang Tschacher, and myself) have recently made decisions that, we hope, will have a positive impact on the organization.

SPR Funding for International Training

At the last EC meeting (in January 2010) we decided to launch a new initiative to help scholars in early phase of their career in psychotherapy research to get training abroad. As a first step of this initiative, we also decided to create a committee (composed of leading researchers and early career scholars) that would provide us with recommendations about pedagogical and pragmatic issues related to such training experiences, as well as their funding. I am delighted to inform you that the following individuals, representing different chapters of SPR, have agreed to participate in this committee:

Stephanie Bauer, stephanie.bauer@med.uni-heidelberg.de
 Mick Cooper, mick.cooper@strath.ac.uk
 Sarah I.F. Daniel, sarah@selskabet.org
 Hans Kordy, hans.kordy@med.uni-heidelberg.de
 Mariane Krause, mkrause@uc.cl
 Bruce Wampold, wampold@education.wisc.edu

The members of this committee were asked to provide their recommendations to the EC by the Asilomar meeting. You should, of course, feel free to contact members of this important committee for suggestions regarding international training of early career researchers.

Creation of a Lester Luborsky Award

As most of you know, one of the pillars of SPR, Lester Luborsky, passed away in October 2009. Two of our members, Carol and Richard Weingarten, made a generous donation to SPR in memory of Lester, and requested that their donation be used to support early career members of SPR. Within the spirit of this request, the EC decided to dedicate their donation and donations by many others sent in Lester's memory to future recipients of the student poster award (which, based on the initiative of Kim de Jong, will be given for the first time at the Asilomar meeting) and to name this award after Lester.

Membership Fees for Members from India

Thanks to the outreach work of David Orlinsky, we have new members from India. The EC voted for the registration fees to be the same for them as they are for the members from Eastern Europe and Latin America.

Increasing the Minimum Number of Members Required for Chapters

With the growth of our organization in different parts of the world, some members have raised concerns about possible problems that could emerge with an increasing number of chapters. Primarily, a large number of chapters could have an impact on the cost and efficiency of the EC meetings. For example, the EC meetings that took place in 2009 in Santiago cost about \$20,000 US (most of it in travel expenses). This, of course, is not to say that new chapters (especially if based on regions of the globe rather than single countries) should be discouraged. However, to make sure that chapters represent a substantial portion of the SPR membership, the EC voted for

Executive Committee News (continued)

the minimum number of members required for each chapter to be raised from 40 to 100. This decision, which would affect the bylaws, will be submitted for a vote to the entire membership of SPR.

Renewal of Tracy Eells' Mandate as Executive Officer

The EC voted (enthusiastically it should be said) to have Tracy Eells serve as Executive Officer for another five years mandate. Tracy has done a wonderful job at handling crucial administrative and financial issues that are at the core of SPR growth. SPR owes him a great deal of gratitude.



SPR Meetings: Good News for the Future and From the Past

The EC strongly endorsed the proposal to have the 2015 International meeting in Philadelphia. Marna Barret, who organized the recent Mid-Atlantic SPR meeting in Philadelphia, has agreed to serve as local host. Since so many influential figures of SPR have conducted their career in Philadelphia (including Lester), this meeting is likely to have a special historical importance.

The EC also approved the final budget for the 2009 Meeting in Santiago, which showed a profit of more than \$40,000. Considering the worldwide economic crisis that was prevailing, this is yet another illustration of how successful Guillermo de La Parra and his colleagues have been at celebrating SPR's 40th anniversary. This is also another reason, at this difficult time for their country, to think of and be grateful to our Chilean friends.

Mark Your Calendar!!

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

Student Views

Paula Dagnino

Pontificia Universidad Católica de Chile



Paula Dagnino

Clinical Psychologist

Ph.D.(c) International Doctoral Program

Psychology Department

Pontificia Universidad Católica de Chile

www.psychotherapyandchange.org

www.chgdp.org

www.psiquiatriauc.cl/psicoterapia

I feel very honoured by the invitation to write in this section and to try to give a Latin American student's impression about psychotherapy research. In this latitude, particularly in Chile, it is not a requirement to do research (or even to know about it) in order to be certified as a Clinical Psychologist, and to work as a psychotherapist. Things are very different for us, since research is not a required part of the everyday life of a psychologist.

I can tell you my story; my interest in psychotherapy research started when I was doing my undergraduate internship in clinical psychology at a university psychiatric ward in 2003. I had never heard about research, so I volunteered for a study on the Outcome Questionnaire (OQ-45.2) (an instrument that I am still using for research). This door to research was opened for me thanks to Guillermo de la Parra (current Vice-president of SPR), and since then a whole new world has been introduced to me. I started hearing about David Orlinsky, Michael Lambert, Clara Hill, Horst Kächele, Jeremy Safran, Christopher Muran, Lester Luborsky... etc. and reading their publications, and soon I felt overwhelmed with all the information, until I heard about the "Bible" (Lambert's Handbook of Psychotherapy and Behavior Change), which, I can say, was a relief! During this time I became primarily a psychotherapist, and at first it was difficult to

look at all of the research and bring it to practice. Since that time this has been my goal.... to build bridges between research and practice. My questions were inspired by my own practice of psychotherapy (many, many questions, I may add). I then decided that I had to learn how to understand and do research.

However, this discipline is very new to our local context and has been developing over the last 20 years due to an increasing focus in Master's programs, and in recent years, Doctoral programs (such as the International Doctoral Program in Psychotherapy Research, a joint venture between Pontificia Universidad Católica de Chile, Universidad de Chile and Heidelberg University), which I gladly joined. This initiative was thanks to the efforts of a group of clinical researchers (I need to thank all of them, particularly Mariane Krause, Guillermo de la Parra, Juan Pablo Jiménez, Susanne Bauer and Laura Moncada from Chile, Manfred Cierpka and Annette Kammerer, from Germany). I say "gladly" because I then became a member of the SPR and since then have assisted at every Conference organized in Reñaca (a beach town near Santiago) where the local SPR committee is part of the organization. These meetings have served to disseminate psychotherapy research by inviting prominent members of the international SPR and by presenting the work of local researchers (and I have to mention that we have had a lot of fun in these reunions).

Student Views (continued)

I must also say that, thanks to the International Doctoral Program, I have had the pleasure to meet and work with David Orlinsky. I have had the opportunity to appreciate his dedication, motivation and humility in his interactions with me and the other students. I would like to thank him because he made me feel more interested in research and in the spirit of the SPR. Also, although I have tried to attend every international SPR meeting that I could, and even though I live in a beautiful country, we really are almost falling off the map, and are quite distant from the upper part of the globe. I felt not only a physical distance but also a scientific distance,

given that almost all of the known research comes from North America and Europe. But, this is changing...the successful (even with winter and H1N1) SPR meeting here in Chile and having a Latin American elected president makes me feel increasingly a part of this interesting world, a feeling that us, as Latin Americans, can contribute enormously to this field with new perspectives, fresh ideas, multicultural issues, etc.

Hope to see you all in Asilomar!!!

Nomination for General Vice President

Please send your proposals to the chair or one of the committee members no later than May 1, 2010. The composition of the Nominating Committee is currently the following:

Myrna Friedlander—Chair (North America)
mfriedlander@uamail.albany.edu

Erhard Mergenthaler (Europe)
erhard.mergenthaler@uni.ulm.de

Robert Elliott— (United Kingdom)
fac0029@gmail.com

Elisa Yoshida— (Latin America)
eyoshida.tln@terra.com.br

Per Hoglend and Sue Wheeler are rotating off. We thank them for their contribution to the society.



SPR • 2010

Asilomar California



Society of Clinical Psychology Division 12, American Psychological Association

Invitation from the President

Dear SPR colleagues,

As current President of the Society of Clinical Psychology, Division 12 of the American Psychological Association, I'd like to tell you what we've been up to lately.

As therapy researchers and practitioners, we are all painfully aware of the unfortunate gap that exists between research and practice. Researchers blame the clinician for not reading the literature, and therapists accuse the researcher for not studying questions that would be of most help to them. However, more than ever before, the need to close this gap has become particularly pressing—especially in light of the growing emphasis on the development of practice guidelines, quality assurance, pay for performance, and other third party demands for accountability. In light of this, the Society of Clinical Psychology is making a concerted effort to work toward building a two-way bridge between research and practice. And we'd like you to be part of it.

One thing you can do is to complete a survey on the use of an empirically supported treatment (ESTs) in clinical practice. Once a drug has been approved by the U. S. Federal Drug Administration (FDA) as a result of clinical trials, practitioners have the opportunity to offer feedback to the FDA on any shortcomings in the use of the drug in clinical practice. The Society is establishing a mechanism whereby practicing psychotherapists can report on their clinical experiences using empirically supported treatments (EST). We are starting with the clinical use of the current EST in treating panic (CBT), and invite you to take 10 minutes to complete our on-line survey (www.div12.org/panic).

The Society's theme for the American Psychological Association meeting August 2010 in San Diego, California is "Building a Two-Way Bridge Between Research and Practice," and there will be several panels addressing this theme. Barry Wolfe, who spent 22 years funding therapy research at the NIMH and is now in private practice, is currently Chair of our Committee on Science and Practice. By becoming a member, you can support all these efforts. If you have a doctoral degree in clinical psychology, are a student in a recognized program in clinical

psychology, or have demonstrated interest in and active engagement in practice, research, teaching, administration, and/or study in the field of clinical psychology, you are invited to join. As you can see from the Web site through which you can join (www.div12.org), you need not be a member of the American Psychological Association to join.

Membership benefits include receiving the *Clinical Psychology: Science and Practice*, a journal that contains up-to-date reviews and discussions of important clinical issues. Members also receive our newsletter, *The Clinical Psychologist*, as well as discounts on books. In addition, members can access the Society listserv and are eligible to receive awards that are given yearly to professionals at various stages of their career—senior, mid-career, early-career, and graduate student.

More information on the Society can be found by visiting www.div12.org

Cordially,

Marv Goldfried

Marvin R. Goldfried, Ph.D.
Distinguished Professor
President, Society of Clinical Psychology (APA Div 12)
Department of Psychology
Stony Brook University
Stony Brook, NY 11794-2500
marvin.goldfried@sunysb.edu

The 40th International SPR Meeting, Santiago 2009

