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42nd Annual SPR Conference, Bern, Switzerland June 29- July 02, 2011

Guillermo de la Parra
SPR Bern Program Chair, President-elect SPR



With over 830 accepted submissions and the participation of 37 different countries world-wide, represented by 149 authors from North America, 48 from South America, 416 from Europe, including 10 from Eastern Europe, 48 from Asia, 20 from Oceania, and two from Africa, there is no doubt that the Bern SPR International Conference will truly be an Encounter between Cultures!

The conference program will begin on Wednesday Morning, June 29th, 2011, with one workshop lasting the whole day and nine workshops beginning in the afternoon.

In the evening, the opening ceremony will be followed by Lynne Angus' presidential address, ending with the welcoming reception.

During the conference, panels, brief papers and open discussions, will be distributed across 12 parallel sessions for each time-slot.

Like last year, this year we selected those contributions related to the theme of the conference, "Encounters between Cultures in Psychotherapy Research" and organized them along two parallel "Conference Theme Tracks", which will last over the three days of the

meeting. The program concludes on Saturday evening with a closing plenary; Mary Target will give the talk: "Mentalization, A Common Factor Across Psychotherapies?"

Later, we will have the opportunity to share the banquet, which will take place in a magnificent building, the Kultur Casino, right in the heart of the Old Town of Bern. Its terrace offers a splendid view of the city. A live band will entertain you from 10 pm, in a separate room, (so that those of

you, who prefer to talk, will not be disturbed by the music).

We expect that this will be one of the most attended SPR meetings ever. For your convenience, the plenary activities (Opening Ceremony, Presidential Address and Closing Talk) will be broadcast through a closed-circuit television system to a second room. The conference program council and the local team are working hard to make this a wonderful experience

Earthquake in Japan

The 42nd SPR Meeting is devoted this year to "Encounters between Cultures", with the aim of including the vast diversity of SPR members. Accordingly, we have invited colleagues from different parts of the world to join the Program Council, among them our Japanese colleague, Shigeru Iwakabe.

With this in mind, we cannot feel but very shocked and distressed by the devastating consequences of the earthquake and subsequent tsunami in Japan. Through Shigeru we wish to express our solidarity with our Japanese SPR members and with the brave Japanese people who now also have to face the nuclear danger. Our thoughts and care go out to all who have been affected by this disaster.

Guillermo de la Parra

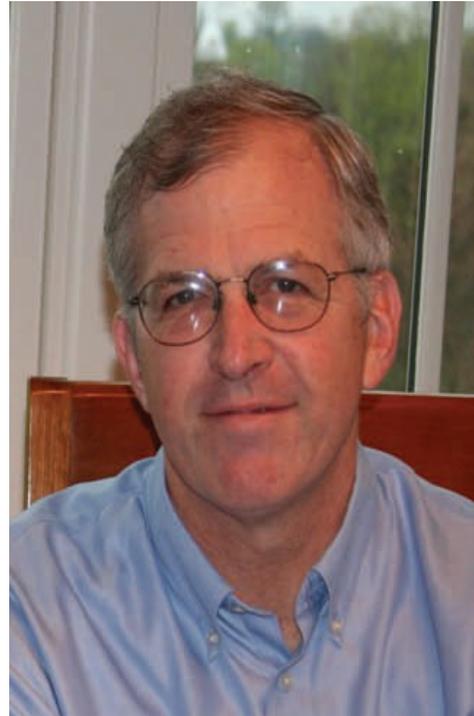


Executive Officer Report

Tracy D. Eells

In this report, I will discuss SPR's overall financial condition with a particular focus on our annual international conferences. In brief, the organization is in solid shape. At the end of the organization's fiscal year ending on December 31, 2010, we had assets of \$457,179 with essentially no debt. Assets increased from \$364,322 a year earlier, an increase of \$92,857. Since 2005, assets have increased by approximately \$360,000. It is noteworthy that these increases have occurred without raising the dues since 2007. Conference registration fees have also remained stable. Registration fees for the Bern conference are the lowest they have been in recent years.

Last year's increase in assets is due primarily to the success of the Asilomar conference, which generated \$88,542 in income above expenses. The Asilomar conference was expected to earn income over expenses, but by a lesser amount. The reasons for the added amount were multiple. First, more income was generated than was anticipated, including from sources other than registration fees such as donations, accompanying persons, and hard copies of the book of abstracts. Second, a budgeted contingency amount that was set aside for unanticipated expenses was not needed. Third, food and beverage costs were less than expected. It is worth noting that some expenses were greater than expected, such as those for audio video equipment, although these added expenses were outweighed by savings.



I draw a number of lessons from our recent financial experience. One is that it is important to budget as accurately as possible. The EC and local organizing committees work intensively to anticipate all the costs of the conference as early as we can. Nevertheless, it is still difficult to predict income and expenses five to six months in advance, and for that reason it is important to anticipate that unexpected costs will occur. A second lesson is that members of SPR are a diverse group who vary greatly in the accommodations they expect at a conference as well as in their ability to afford to attend conferences. For that reason, it is important to set various price points so that members can choose to attend relatively economically or can pay for accommodations or conveniences as they wish. The EC has attempted to keep registration fees low for students and for members who live in lower income economies. A third lesson is that the energy, diligence, perseverance, and strong negotiation skills of local organizing committees makes an enormous difference in the success of our conferences. Small details can have a major impact on expenses. We have been fortunate to have extremely hard working local organizing committees over the years. Fourth, SPR's success in building up a reserve has given the organization a good degree of financial security and has also afforded the opportunity to expand benefits to its members. Financial security is obtained by maintaining a minimum "nest egg" of approximately one year's expenses, including the conference, as a reserve. Opportunity is afforded by using the balance of the assets for various special projects that have been discussed by the EC for a number of years. In her presidential column, Lynne Angus discusses these projects and announces a projects survey that will be sent to all members soon. Once the EC receives this information, they will decide which project or projects to fund beginning next year. Beyond feedback from the survey, criteria used to decide will include the sustainability of the project, its benefit to the membership as a whole, how it benefits the neediest of SPR's members, and whether it promotes student and international interest in psychotherapy research. Please take a few minutes to complete the survey when you receive it in your e-mail. As always, it is a pleasure and privilege to serve as your Executive Officer!

President's Corner:

Lynne Angus

The SPR Executive Committee met on January 12-14 2011 to visit the site of the 42nd Annual meeting in Bern Switzerland and to address a number of key financial and policy initiatives that I will address in detail below.

A) SPR 42nd Annual Conference, Bern Switzerland.

First and foremost, I want to thank Franz Caspar, Robert Richardson, Hansjorg Znoj, and the entire Bern Local Host team for their excellent oversight of conference site arrangements at the University of Bern and the negotiation of contractual agreements that have directly resulted in the lowest conference registration fees – especially for students and retirees – in recent SPR memory. The significant reduction of registration fees for students and retirees would not have been possible without the constant efforts of the Bern Local Host Committee – especially Franz Caspar and Robert Richardson – to reduce costs, wherever possible. I am also pleased to report that the EC also approved the expansion of SPR members eligible for reduced conference registration fees to include all countries identified as below “highest income” as a middle to low income based on 2010 World Bank criteria, at our EC meeting in Bern.

At our meeting in January we also discovered that the University of Bern is located in a beautiful setting that affords a spectacular mountain view and that is within walking distance of the historic centre of Bern. The historical core of Bern houses a wide range of hotel accommodations and excellent restaurants that will provide an ideal setting for our conference in June. Program Chair Guillermo de la Parra presented his report on the Preliminary Scientific Program – see Program Chair's Update in this newsletter – and noted that a record number of submissions – over 800 – were submitted for review by the Program Committee. The rich and varied Scientific Program, together with the beautiful conference venue, promises to provide an exceptional SPR conference experience this June.

B) Strategic Action Plan. As noted by Tracy Eells in his Executive Officer update in this newsletter, current financial accounts suggest that over the past five years, the careful and consistent implementation of budget planning guidelines has resulted in the generation of significant financial reserves. I believe that this positive outcome for SPR has been the result of three key



factors : a) Executive Officer Tracy Eells' thoughtful financial oversight and business acumen, b) consistent budget planning by EC members and c) the contributions of conference local hosts who have worked hard to provide SPR members with affordable yet attractive conference venues in a variety of international locations. At our most recent meeting in Bern, it was the unanimous decision of the SPR EC to designate \$ 250,000.00 as a Rainy Day Reserve Fund to cover any future liabilities that the Society may incur. Given that SPR International current accounts exceed that limit by almost \$200,000.00, there was a strong consensus amongst EC members at our meeting in January, that a systematic, strategic action plan be developed to carefully review and support future research and membership initiatives that may benefit SPR members, as a whole.

Accordingly, based on input from the Past President's meeting in Asilomar last June and current SPR Chapter Presidents / EC members, 6 individual initiatives were identified with the intention of selecting one or two top ranked proposals, for pilot funding in 2011-2012. In order to establish criteria for the selection of proposals

President's Message (continued)

for future funding, the EC was in complete agreement that feedback from SPR members would be essential in making those key decisions. As such, it was agreed that a Strategic Action Survey be prepared for completion by SPR members, to provide the SPR EC with feedback regarding priorities for future funding expenditures. The Strategic Action Survey will briefly describe the goals of each proposed project, and ask members to identify their future funding preferences.

The six proposals, in no particular order, included in the survey are:

1) Database of Archival Psychotherapy Research.

This proposal would develop a unified database (archive) of psychotherapy research data and clinical material from completed studies that would organize and provide access to research material in such a way that qualified researchers and students (SPR members) can conduct new studies.

2) Small grant program to facilitate psychotherapy research pilot projects and promote academic careers.

This proposal would fund a limited number of one-year small grants in the range of \$5,000 per grant, competitively available to all members of SPR, with the possibility of separate tracks for students and regular members. The goal would be to fund small-scale psychotherapy research projects and to facilitate the gathering of pilot data that could be used in applications for larger grants from other granting agencies.

3) Affiliating a systematic case study journal (*PCSP*) to SPR by expanding *PCSP*'s international purview.

Pragmatic Case Studies in Psychotherapy (PCSP; <http://pcsp.libraries.rutgers.edu>), is a peer-reviewed, free, transtheoretical e-journal of systematic case studies and case methodology, a format and focus that complements the Society's journal, *Psychotherapy Research*; the affiliation would be initiated by funding for one year a *PCSP* Action Editor (a) to specifically increase the number of publishable, systematic case studies from geographic regions that are not fully represented in *PCSP* at present, particularly from South America, Asia, and Africa, and (b) to more broadly facilitate intellectual exchange among psychotherapy researchers worldwide.

4) SPR Early Career Travel Fellowship. The Early Career Travel Fellowship program would seek to advance research training opportunities for Early Career SPR members by funding research stays at institutions

abroad. The program would facilitate exchange and collaboration between institutions and allow colleagues in an early stage of their career to enhance their research skills.

5) Reduction of SPR International conference registration fees. Use SPR reserves would be used, when necessary, to significantly reduce future conference registration fees for a) students and retirees and b) members from countries identified by the World Bank as middle/lower income (e.g. India).

6) International Student Travel Awards. In order to support a broader range of student participation at SPR International meetings, a special Student International Travel Awards competition would be developed specifically for students members from countries identified by the World Bank as middle/lower income (e.g. India).

Next steps: webmaster Sven Schneider will send an email message to all SPR members that will contain a link to the Strategic Action Survey. As the EC would appreciate receiving input from as many members as possible, please ensure that you complete the Strategic Action Survey by April 30, 2011. SPR EC will review all submitted proposals and results of the Survey at the June 2011 EC meeting in Bern Switzerland. On the basis of the merits of the project and in conjunction with the results of the membership survey, up to three pilot projects will be recommended for funding in 2011- 2012. Finally, the impact and success of the funded pilot projects will be reviewed at the June 2012 EC meeting. Additionally, a newly constituted Finance Subcommittee will be asked to provide a report to the EC that assesses the viability of providing further funding for each of the selected pilot projects and potential impact on SPR reserve funds.

C) Communications Committee: EC has constituted a new Communications Committee to explore emerging web-based technologies and platforms that can enhance SPR communication with members - in addition to the Student Webinars currently underway - and to review, when needed, SPR policies and requests regarding utilization and management of SPR listserves and web site. Additionally, the committee will provide recommendations and oversight regarding the development of an SPR submission for posting to WIKIPEDIA. Current members of the committee serving a two-year term include : Malena Braun,

President's Message (continued)

Armin Hartmann, Mikael Leiman, Kathrin Moertl and Sven Schneider with Kim de Jong serving as a liaison for the Student Webinar series (see Kim's Student Webinar Update in this newsletter). Many thanks to each of you for your willingness to participate as a member of this important committee and to share your expertise with SPR – very much appreciated. The Communications Committee will provide a brief update to SPR members at the SPR Business meeting this June. Finally, in anticipation of further developing the SPR webpage and also preparing a WIKIPEDIA submission, the EC has invited David Orlinsky to head up an ad hoc task force to develop an SPR inspired definition of Psychotherapy Research. David has graciously accepted this request and we deeply appreciate his willingness to do so, on behalf of SPR.

D) Finance Committee: At the EC meeting in June last year, EC members unanimously supported a request by Executive Officer Tracy Eells to constitute a Finance Committee. The purpose of this committee will be to provide the EO with oversight and consultation regarding SPR financial budget statements and future financial initiatives such as the Strategic Action Plan. Chapter Presidents were asked to nominate one SPR member to serve on the committee for a two year term and I am very pleased to announce the following

SPR members have agreed to be part of this important new initiative for SPR : Marna Barrett (NA) Beatriz Gomez (LA); Aarno Laitila (EU); and Susan McPherson (UK). As SPR Executive Officer Tracy Eells will also serve on the committee in an *ex officio*, non-voting capacity. Again, many thanks to you all for your participation on this important new committee.

E) Update from Awards Committee: Past President Louis G. Castonguay reported to the EC that no nominations were received for SPR Career Awards this year.

F) *Psychotherapy Research Journal* Editor Search Committee: Managing Editor Paulo Machado will be ending his six-year term with *Psychotherapy Research* in December 2012 and a *Psychotherapy Research* Search Committee has now been constituted to provide the SPR EC with a shortlist of recommended candidates. Jacques Barber and Bernhard Strauss have graciously agreed to serve on this committee and we appreciate their willingness to share their expertise and knowledge of *Psychotherapy Research* for the benefit of the Journal specifically, and SPR at large. We deeply appreciate Paulo Machado's longstanding contributions to *PR* and his excellent oversight of the journal as managing editor. Thank you.

Nomination for SPR General Vice President

Please send your proposals to the Chair or one of the committee members no later than May 1, 2011. The composition of the Nominating Committee is currently the following:

Chair Erhard Mergenthaler (Europe) erhard.mergenthaler@uni.ulm.de
 Robert Elliott (United Kingdom)
 Mariane Krause (Latin America)
 Jeffrey Hayes (North America)

Micki Friedlander and Elisha Yoshida are rotating off the committee this year and we thank you both for your contributions to SPR.

SPR Student Webinar Update

Kim de Jong

Bill Stiles talked to us from his time-share in North Carolina and showed us all a picture of how he was sitting behind his laptop in his ocean-view apartment. Very nice! After the introduction by Louis Castonguay on Bill's great accomplishments in psychotherapy research (including the SPR lifetime achievement award!), Bill started with a general introduction to the assimilation model, by introducing the theoretical model for the assimilation model. Based on a poll, Bill progressed with theory-building case-studies and examples of how opposing voices could be resolved in therapy. During the webinar the attendees had the opportunity to ask questions, as many did. Unfortunately toward the end of the webinar we lost connection with Bill briefly and could not finish the question round completely, but Bill offered that students could e-mail him with any additional question. We would like to thank Bill for his inspiring presentation and his willingness to experience this new phenomenon. We got many positive reactions from the



students that they had really enjoyed the talk. Bill e-mailed us later that he felt a bit like a radio announcer (in a good way).

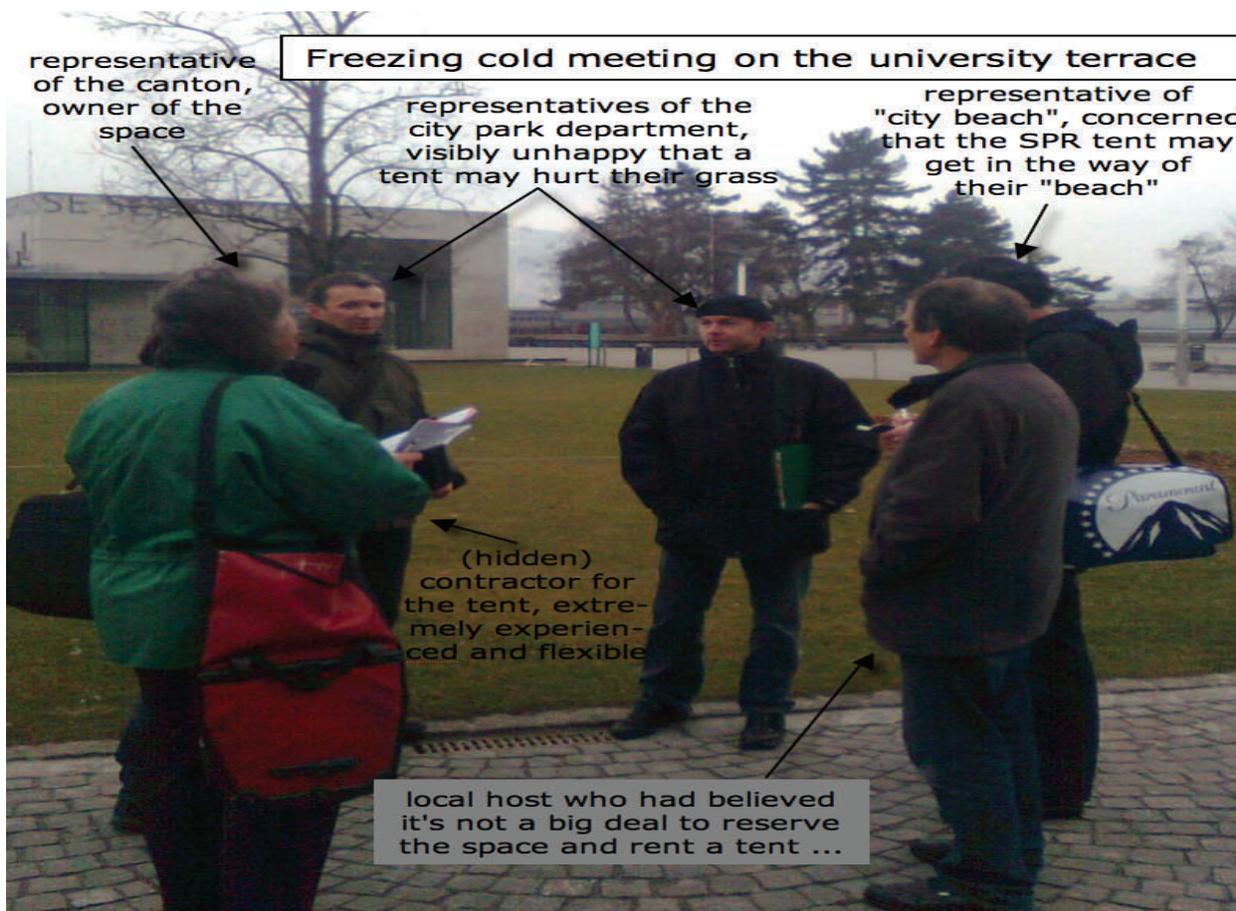
We would also like to thank Louis Castonguay for his great mentorship in this. We could not have done it without his unstoppable energy to bring this on. This was the last webinar that he will moderate, as he generously makes place for the next generation: from now on SPR early career award winners will moderate the webinars. Louis will remain part of the organizational team though. Another new development is that we are planning to add student presentations to the expert webinars. In the registration for this webinar, we had asked students if they would be interested in that and a majority stated that indeed they would. So we are planning to create more web-interaction opportunities in the near future.

The next webinar will be by Les Greenberg and will be moderated by Martin Grosse Holtforth. A date will follow soon!

Looking forward to seeing you in
Bern, Switzerland!
June 29-July 2, 2011

Mark Your Calendar!!

2011 International Meeting: Bern, Switzerland—June 29-July 2, 2011
2012 International Meeting: Virginia Beach, VA, USA—June 20-23, 2012
2013 International Meeting: Brisbane, Australia — July 10-13, 2013



Just in case that you wonder what the local host is doing these days: No, we are not on vacation in a warm place to prepare our nerves for the big event in June. But don't worry, we'll have the tent! Apart from this we deal with tax issues, requests at the Swiss National Science foundation for the support of presenters from Eastern European States, catering, student helpers, and, and, and. If you find life boring, you should consider becoming local host for one of the upcoming annual conferences: It definitely enriches life and stimulates creativity in solving problems you had no idea they might exist.

It is a nice SPR tradition to see spouses and friends who have sometimes come as accompanying persons to SPR conferences for a long time. It will, of course, also be nice to meet new friends and relatives. We have heard that for some the full accompanying persons package including the lunches seems too expensive, or they want to spend their days elsewhere anyway. SPR is a welcoming association, so we have added the option of coming only to the welcome reception and the Presidential Address on the evening of Wednesday, June 29th.

Best,
Franz Caspar
Local Host

SPR Annual Meeting 2016

The SPR Executive Committee is now inviting nominations for sites to host the SPR International Meeting in June 2016. If you are willing to serve as a local host and chair a committee to oversee local arrangements for SPR 2016, please plan to attend the SPR General Business meeting in Bern, Switzerland, from 2:30-3:30 on Friday July 01, 2011 in the Audimax meeting room. At the Business meeting, site nominations will be solicited from the SPR membership at large. The SPR Executive Committee will ask each nominated local host and conference site to prepare a brief conference proposal for review by the EC, with the intention of finalizing the selection of a 2016 Conference site at the EC meeting in early January 2012. If you are unable to attend the SPR General Meeting in Bern this June, please forward your site nomination and local host proposal to Tracy Eells, Executive Officer SPR : eells@louisville.edu . Nominations should be submitted by June 30, 2011.



**The SPR Strategic Action Survey:
Arriving In Your E-mail Box Soon!
Please Complete It
When You Receive It**