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## President's Message

By John F. Clarkin



Why do we come to the SPR meetings each year? I suppose everyone has a different and personal answer to that question. It's a place to keep up with colleagues who have become friends over the years, despite distance separating them. It's a good place to put one's pet ideas to the test of intellectual discussion and debate. It's a place to brag a bit (or review and take stock) about what one has accomplished and thought about over the past year. It has the major advantage of allowing each of us from our own country to compare with those in other countries and geographical areas.

But in addition, SPR collects a very interesting and varied group of individuals in the psychotherapy field, people who tolerate ambiguity and points of view that are not always currently mainstream.

I was reminded of this recently when reading Larry Beutler and colleagues' extensive, exhaustive and authoritative review of therapist factors in psychotherapy outcome, a chapter in our president elect's (Michael Lambert) Bergin and Garfield's Handbook of Psychotherapy and Behavior Change. The authors comment on the impact of economics on the investigation of psychotherapy. They note a decline in

research on therapist variables, with the majority of research interest focused on specific therapy techniques and interventions. This limited research focus dominates, despite the fact that therapist techniques only account for a minor part of the variance in outcome. These reviewers conclude that the enormous energy put into examining uniquely effective procedures within treatment models is misplaced, as classes of procedures do not have uniform effects. There is a need, they argue, to integrate patient, therapist, procedural and relationship factors in future research.

This reminded me of Ken Howard's presentation of patient change over time at an SPR meeting some years ago, and how the trajectory of change is different for different patients. To make the point that all therapy should not be arbitrarily brief in duration, he mused about a physician who might decide for efficiency and economics to work for a defined and limited period of time, say 10 hours, with a mother giving birth to a child, and then quit at the time limit—whether or not the mother had completed delivery.

It's a good thing to be reminded that today's orthodoxy may be tomorrow's folly. Be flexible. See you in Montreal.

[www.psychotherapyresearch.org](http://www.psychotherapyresearch.org)





# Society for Psychotherapy Research Conference in Montreal Canada June 22-25, 2005

SPR will have the pleasure of welcoming you to Montreal at the Centre Mont-Royal for the 36<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research.

The traditional annual meeting will include a scientific program with more than 400 presentations by researchers from more than 20 countries. In addition to the Presidential Address offered by John Clarkin, PhD, the program has 59 Panels, 23 Paper Sessions, 8 Pre-Conference/Conference Workshops, 3 poster sessions with 95 presentations, and daily Plenary Sessions. These papers, panels and posters cover a variety of topics of concern to our members—from etiological factors in psychopathology, CBT, consumer perspectives, culture and spirituality, development of new measures, psychotherapy process and outcome, quality management, to therapy training and supervision. Every effort has been made to organize events with similar contents at non-competing time slots.

The final program is now available on-line: [www.psychotherapyresearch.org](http://www.psychotherapyresearch.org). Erhard Mergenthaler and his colleagues at our computer site in Germany, have done a wonderful job of organizing and modifying the scientific program. Without their voluntary, tireless efforts, the task would have been overwhelming.

The conference site in Montreal has attracted considerable interest and enthusiasm from our members and, like last years conference in Rome, will extend from Wednesday through

Saturday, not go into Sunday morning as we have done in previous meetings. This will enable all to fully enjoy the banquet Saturday night, and not face making a presentation on Sunday morning to a small audience. Wednesday, the first day of the conference, will feature pre-conference workshops, and the presidential address by John Clarkin (on personality disorders) followed by a poster session and social reception. Thursday, Friday and Saturday are full days, with as many as 8 parallel sessions. The Executive Committee met with the Program Committee and the local host in Montreal during the last part of January, and has ensured that the conference site is first rate in terms of meeting rooms and location. Our local hosts, organized through the leadership of J. Christopher Perry have made sure the chosen site provides first class accommodations for the scientific program while keeping costs at a minimum and ensuring the availability of economical as well as luxurious housing.

We look forward to a successful meeting with a rich, and lively interchange between presenters and participants. It is our hope that the program will encourage the advancement of knowledge and collaboration between those in attendance.

On behalf of the Program and Local Organizing Committee,

Michael Lambert  
J.Christopher Perry  
Erhard Mergenthaler

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## Bienvenue /Welcome to SPR Montreal 2005

J. Christopher Perry, M.P.H., M.D. (Chair Host Committee)

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The Host Committee for SPR 2005 in Montreal would like to invite and welcome all of you to our international meeting. We in Montreal are working with enthusiasm to make every aspect of June's annual meeting live up to our logo:

*SPR 2005 Montreal – "A Lasting Effect"*

Montreal is one of the pearls of North America, especially in June. This contrasts dramatically with the minus 22 degrees Celsius that greeted the Executive committee in their meeting here in January! {Mike, Denise and Paulo, have you thawed out yet?} Pleasantly enough there is world enough here 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 June 22-25, 2005, beginning with the traditional workshops, presidential address and a fabulous reception on Wednesday evening. The weather is traditionally warm and comfortable this time of year. The conference center, Centre

Mont Royal, 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 is available at McGill University close by 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 8:00 panels sooner than you think. The Saturday night banquet will be held at a wonderful 18<sup>th</sup> century Auberge in old Montreal with excellent ambience, cuisine, and entertainment, so be sure to sign up for it (separately from the registration fee). All of this will be partly underwritten by a foreign exchange rate which is very favorable to the Euro, US dollar, and Yen.

Please feel free to contact us with any early questions at [cdovick@icfp.jgh.mcgill.ca](mailto:cdovick@icfp.jgh.mcgill.ca) or 1 514 340 8222 extension 4626, or Fax 1 514 340 8124. Our Web site has been a bit slow in getting completed, and as a result the deadline for early registration will be extended until May 30. Together we plan to ensure that both the city and the science of psychotherapy leave a lasting effect on us all. So, until June... À bientôt.



# Psychotherapy Research Update

Clara Hill and Uwe Hentschel  
Editors

Lots of exciting things are happening in the journal. Our first issue with our new publisher, Taylor & Francis (T&F), has just appeared. It's a double issue featuring articles on the therapeutic alliance. Given the interest in alliance in SPR, it seems fitting that our first issue with the new publisher focuses on this topic.

## Our New Publisher

We are very pleased with T&F as our new publisher. They have been very accommodating in the transition, have a fabulous staff, and have created a nice product. Notice the new cover, this is the one that the majority of the membership voted for. Hope you like it!

## We're Going Online

The next exciting development for the journal is that we are going online with submissions and tracking. We have spent months (literally) trying to configure the system and make sure it works right for our needs. It's complicated and we're still learning, but we think it will make the whole journal operation smoother and more professional.

What this means for you as authors is that you will now submit your manuscripts online. To submit online, go to:

<http://mc.manuscriptcentral.com/tpsr> and create an account, then follow the directions for submitting your manuscript. You'll also submit all revisions to manuscripts online.

If you're a reviewer for the journal, you'll submit all your reviews online. We will send you clear instructions for how to access the manuscript and how to submit your review. Please send us feedback if you have problems with the new system.

## Past Issues Are Now Online

T&F will soon have digitized all the past issues of the journal (can you imagine the work that took!) and these are now available to all members. You can access the past issues in either of two ways. First, go to the SPR website and follow through to Member Services and the Journal. After you provide your SPR password (forgotten? Ask for an up-date!), you will be able to gain access to all the past issues. The other way that you can access the past issues is to go through your library.

## Library

Which brings up a great point. It would be really helpful for SPR if you would each take a few minutes to make sure that your library subscribes to Psychotherapy Research.

## Posting Articles on the Website

The other thing that we would like to alert you to is that T&F will be highlighting a couple of articles at a time on the T&F website so that anybody can download them even if they do not subscribe to the journal. We hope that this will tantalize people and encourage them to subscribe. We will post the President's Address and another article that we think will have wide appeal.

## 15th Anniversary

It's gone by so quickly that you might not have noticed, but the journal is now entering its 15th year! I'm sure we can all remember

when it was just a twinkle in our eyes! We should celebrate, right?

We will indeed celebrate at the international meeting in Montreal. T&F has been kind enough (actually they suggested that we should celebrate) to support our initial welcoming reception in honor of the 15th anniversary of the journal. So please come to celebrate with us.

## Please Submit Articles

We really need more manuscripts submitted to the journal!!! This is our journal, and it should be the first place you go to submit your manuscripts on psychotherapy.

We know that some of you feel badly if the manuscript gets rejected. We can only say that we're sorry your manuscript got rejected (we certainly hate it when our manuscripts get rejected, and they do of course too!) and hope that you keep trying. We're even more apologetic if the experience you've had that the review process has not been good we invite you to give us feedback so that we can improve.

If you are presenting a paper at SPR in Montreal or if you submitted a paper to one of the regional conferences, you must have assumed that SPR was the right place to present your work. It seems to us, then, that Psychotherapy Research is the right journal for you to submit the manuscript of this work to. If everyone who presented at our conferences submitted their work to the journal, we would be flooded with manuscripts! And then we would be on our way to being the very best journal in the field on psychotherapy research, just as we're already the premier conference for psychotherapy research.

## Special Section on Predictors of Outcome

We have a special section coming up on predictors of outcome in psychotherapy. The deadline for manuscripts is January 1, 2005. Please consider submitting a manuscript to this special section.

We want to publicly thank Jacques Barber for suggesting this special section. It has already generated a lot of attention, so he was really right on the top of the zeitgeist in promoting this special section.

We would encourage others to suggest special sections. If you have a particularly good panel at SPR, think about whether this would make a good special section. Or if your area of research is "hot" and needs more attention, suggest that. We really expect that the ideas for special sections will come from SPR members again, remember that it is our journal.

We have some exciting special sections coming up. One is on psychotherapy with patients with psychotic disorders, another is on learning and teaching psychotherapy, another is on analyzing a single case from a number of different perspectives. Keep an eye out for these they should be interesting and provocative.

## Cite Your Journal

One thing most of you probably don't know about is the Impact Factor. That is simply the number of times articles in a journal are cited in the first two years that they are out in press. The prestige of the journal is partially dependent on the impact factor.

Now we all know that the impact of psychotherapy articles goes well beyond the first two years. But this is an indicator that libraries use and it is difficult to change this calculation. So what you can all do to help us is to cite very recent articles published in Psychotherapy Research in your manuscripts submitted to the journal. And even when you are revising manuscripts prior to sending in the final version, keep checking the journal to update your references.

Finally, we want to express our gratitude for being able to serve as the Editors of the journal. This has been a very rewarding experience.

**Read your journal. Cite (recently) published papers.  
Submit your best work**