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SPR—2012 Virginia Beach, USA 43rd International Meeting June 20-23, 2012



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President's Corner: Guillermo de la Parra

We are very pleased to announce that Hadas Wiseman was elected as our new General Vice President. Her election is a result of a vast trajectory in research and of her engagement with SPR. As a representative from a country which is not part of Western Europe or North America, it is one more sign of the strong internationalization process of SPR. Welcome on board!

I very much appreciate the willingness of the other candidate, Hans Jörg Znoj, whose long lasting commitment to SPR is well known. I am sure that we will always count on his invaluable enthusiasm and dedication to SPR.

It is known that the October Newsletter is the kick off to the next SPR International Meeting; but before we look to the future for what we expect to be an exciting sunny meeting in Virginia Beach, let's take one last look at the Bern Conference, to learn from the experience. We sent a survey to all Bern attendees, which was answered by one third of the delegates. Most items asked received a positive evaluation, with mean scores over four (scale 1 to 5, the higher, better): submission and registration process, workshops, newsletter, venue, check-in process, scientific quality, range of panel topics and book of abstracts. Lower mean scores received registration fee (3.7 regular members; 3.3 student members), conference theme (3.7 all members; sorted by chapters, EU: 3.6; NA: 3.8; UK, 4.0; LA: 4.3). The number of concurrent sessions was also asked this year, which received a mean score of 3.4. Regarding frequency, most items received scores of 4 or 5 by more than 75% of the responders. For the items concerning fees, conference theme and number of concurrent sessions 58%, 57% and 55% of responders marked scores of 4 or 5 respectively. Thirty-three percent of responders gave the theme of the conference a score of 3. One first lesson is that the general organisation system of SPR seems to work well, including the venue election and the local organisation. Further effort has to be made to address the registration fee issue, especially for early career members. The EC is also studying new ways to facilitate the attendance of members from World Bank Category II countries. Although the conference theme does not necessarily represent the interest of many SPR members, it surely addresses the interest of an important minority in SPR (i.e. 15% were delegates from developing countries). Twelve parallel sessions is a well served cocktail but with too many alternatives. The program committee had to deal with hundreds of submissions, but more importantly, was struggling with being as inclusive as possible, given the subject of the conference, and, at the same time, trying to



ensure the scientific level. The result was a seemingly good scientific level conference (scored 4.1) with a very high attendance. In any case, the lesson is to try to restrict the number of concurrent sessions. Despite the good evaluation of the different steps of the program building process and meeting organisation, as I mentioned in the previous newsletter, the former program organisation software, had difficulties dealing with a high amount of submissions. This year the Executive Committee approved the hiring of a commercial company, MeetingsAvvy, which will provide us with a new program software and the respective service. The Executive Council deeply appreciates the effort of George Silberschatz, Diana Owyang, and Sven Schneider for selecting this company after an exhausting search.

Now let's face the future. In this issue, Jeff Hayes, Virginia Beach Meeting local host gives us a glance of this exciting and beautiful venue. George Silberschatz, Program Chair of the Conference, introduces us to the theme of the meeting dedicated to change mechanisms and effective ingredients in psychotherapy, including the reciprocal influence of research and clinical practice. I am sure that the meeting subject and

President's Corner (continued)

the beautiful venue will be an attracting pole for all SPR members and for non members to join us in Virginia Beach.

Other important issues covered in the current newsletter: you will find application directions for the 3rd version of the Lester Luborsky Poster Awards (Andres Roussos), and the different chapter travel awards: North America, Laurie Heatherington; United Kingdom, Jeremy Halstead; Europe, Mikael Leiman and Latin America, Andres Roussos. After the statement of our *brand new* General Vice President, Hadas Wiseman, Lynne Angus issues the call for nominees of International SPR awards: distinguished research career and outstanding early career achievement. This version of the Newsletter ends with the early career member section, written this time by Ester Danelová from the Czech Republic.

Some further news:

The Communication Committee (CC) is still working in coming up with a definition of *Psychotherapy Research*, which will appear as an entry in Wikipedia and in the SPR webpage. They will ask for contributions from SPR members. In the meantime, thanks to the CC, an entry for *Society for Psychotherapy Research* appears in the English version of Wiki, a translation from the German one.

In the previous newsletter, Sam Nordberg informed us about the next webinar on November 22nd at 11:00 Eastern Standard Time. Dr. Ken Levy will be talking about early career job options, and strategies for preparing for post-doctoral work.

The search committee of *Psychotherapy Research*, chaired by Chris Muran recommended **Wolfgang Lutz**, pictured at right, as the new co-editor of the Journal. The Executive Committee accepted the recommendation enthusiastically as Wolfgang is well known for his scientific career and his long lasting commitment with the Journal. His vast experience as associate editor in *Psychotherapy Research* made him an outstanding candidate for this post. Among his aims in the journal is, "to attract new students and post-docs as readers, reviewers and authors by having an open connection with the young scientists group at SPR". We are fortunate to have Wolfgang's willingness to take on this responsibility.



Important Deadlines for SPR Members:

November 1, 2011 — Start of On-line Submissions

December 1, 2011 — Conference Submissions Due

December 31, 2011 — Early Bird Membership Rate for 2012 Ends*

***Go to www.psychotherapyresearch.org to renew online or to download a renewal form. Paper renewals will not be mailed this year.**

43rd Annual SPR Conference, Virginia Beach, USA June 20-23, 2012

The 2012 SPR conference will be held June 20-23 in beautiful and exciting Virginia Beach, on the shores of the Atlantic Ocean. The Chesapeake Bay is just to the north of Virginia Beach, and numerous rivers and bays surround Virginia Beach to the west and south, making the region known as the Tidewater Area. Virginia Beach was recently named one of the top 10 places to live in the United States, owing to its many social offerings, reasonable costs, safety, temperate climate, and natural beauty.

Plan to arrive early to the conference or stay late; some of the most beautiful beaches in the eastern United States are located 30 minutes south in Sandbridge, Virginia and 75 minutes away, on the Outer Banks of North Carolina. Virginia Beach is an active place in the summer, with free concerts every night on the boardwalk, a warm ocean to swim in, art museums (one within walking distance from the conference center), and many places to fish, jet ski, parasail, and eat. There are more than 1000 restaurants in the greater Virginia Beach area, so the chances of going hungry are $p < .05$.

Getting to Virginia Beach is easy. It is located 20 minutes from Norfolk Airport, which is served by 200 flights per day; Washington, D.C., is a 3½ hour drive. The conference will be held in the Virginia Beach Convention Center. Located less than a mile from the ocean and reflecting its surrounding environment, the Convention Center combines a nautical theme with state of the art technology. Less than 5 years old, the Convention Center is certified as a “green” building, the food is very good, and the staff is friendly and professional. The result is a first-class venue. Check it out yourself at <http://www.youtube.com/watch?v=IC1zi9JGQfU>.

The conference hotel is the Doubletree Hotel, located adjacent to the Convention Center. The Doubletree Hotel is a 10-minute walk from the beach and runs a complimentary shuttle to the beach as well. The hotel also has an indoor pool and a restaurant with indoor/outdoor seating. Although late June is prime season at the beach, SPR has reserved a block of rooms at the Doubletree at prices that will be difficult to beat anywhere in the area. (If you can find a place with better prices, you probably would not want to stay there.) In addition, SPR receives a discount for use of the Convention Center for conference attendees staying at the Doubletree.

I hope you will join us in Virginia Beach in 2012 for what promises to be another outstanding conference.

Jeff Hayes



Call for Submissions for the 43rd International SPR Meeting in Virginia Beach, USA—June 20-23, 2012

The conference theme for the 43rd Annual International SPR meeting in Virginia Beach is "Change mechanisms in psychotherapy: State of the art, state of the science, and a bridge between them". The program committee is eager to solicit proposals on the current state of knowledge and research on change mechanisms and effective ingredients in psychotherapy. By focusing on state of the art and state of the science, we hope to encourage presentations, panels, and discussion sessions that address the current state of knowledge on change mechanisms from both clinical and empirical perspectives. We strongly encourage submissions that address what is known clinically about change mechanisms and how some of that clinical knowledge could find its way into therapy research and how some of the research findings on change mechanisms can be translated to clinical practice.

In addition to the specific conference theme, the program committee invites submissions on all areas of psychotherapy research, practice, and training. We welcome the full range of contributions to the field of psychotherapy, including reports of innovative research methods, empirical studies of varied treatment modalities (individual, couple, family, group, and milieu therapies), diverse patient populations and diagnostic categories, as well as a broad spectrum of theoretical approaches (e.g., CBT, existential-humanistic, interpersonal, psychodynamic, systemic, etc.). As in all previous SPR conferences, we invite qualitative as well as quantitative studies, single case research, process and outcome studies, meta-analyses, methodological contributions, research on psychotherapy measures, literature reviews and so forth.

There are 5 categories or types of presentation for the 2012 Conference: Panels, Brief Papers, Structured Discussions, Posters, and Pre-Conference Workshops. To increase the value of Poster and Brief Paper sessions, the program committee will organize them into groups by topic. The following is an overview of submission types:

Panels

Panels should include three to four presentations focused on a common theme or various facets of a large-scale research project.

Panels with international representation are encouraged whenever possible.

Panels will be 90 minutes with a minimum of 15 minutes for open discussion.

Each panel should have a moderator (normally the organizer of the panel or another relevant person).

Panels with two or three papers are expected to have a prepared discussant. We encourage the inclusion of panel discussants that can provide a distinctive research and/or clinical perspective on the panel presentations.

Brief Papers

Brief papers are 8-10 minute reports about ongoing or completed studies.

Brief paper sessions will be 90 minutes and will consist of five to six short communications, with 5 minutes for discussion allotted to each presentation.

The Program Committee will designate moderators for the sessions. If it proves difficult to schedule all submissions of brief papers, the program committee may request that the work be presented as a poster.

Structured Discussions

These are meant to provide an opportunity for a group of colleagues to discuss a specific topic in psychotherapy research (e.g., specific methods, theories, new developments, disorders, etc.).

A number of persons should be named who agree to lead the discussion.

Sessions should be structured by having each designated discussant give a position statement (of maximally 5 minutes) on the theme to elicit active participation from audience members.

Posters

Posters are appropriate for the full range of research reports, including completed projects, single case studies, pilot studies, and work-in-progress. They provide a good opportunity for detailed discussion with interested colleagues. We will try to group the posters by topic to stimulate discussion and exchange of ideas. Poster dimensions should approximate 32" x 40" (80cm x 100cm) portrait. Please keep in mind that many attendees will appreciate receiving a handout

Call for Submissions (continued)

summarizing your research findings.

Pre-Conference Workshops

Workshops will be held on the afternoon prior to the evening session that opens the conference (i.e., Wednesday afternoon). Two types of pre-conference workshops are encouraged. The first is intended to provide training in specific areas of psychotherapy research, methods, or data analysis. The second type of workshop entails the clinical presentation of an assessment or treatment method that is followed by discussion on how best to empirically study or validate the clinical procedures described. Submissions should indicate the amount of time desired for the workshop (either 2 or 3 hours).

Submission Policies and Guidelines

The official conference language will be English; all submissions should be made in English.

First authorship by an individual is limited to one presentation on a Panel or Brief Paper session and two presentations in the Poster format. However, please note that one person can be listed as a coauthor on multiple presentations as long as different people present them. There is no limitation on chairing panels.

In order to ensure a broad range of participation on panels and in discussion sessions, each attendee may serve as a discussant on a maximum of two panels and/or participate in a maximum of two open discussions.

Program submissions will be accepted via the web (online), beginning November 1, 2011. The deadline for submissions is December 1, 2011. Notification of acceptance will be emailed mid-February 2012.

Information and detailed instructions for program submission can be found at on the SPR website: www.psychotherapyresearch.org.

Although preference in general will be given to presentation of completed studies, we also aim to foster discussion of research projects at various stages of development (especially in Structured Discussion Groups, Posters, and Brief Paper sessions). In Panels, preference will be given to those that include: (a) presentations on a topic common to different treatment approaches or research methods, (b) representatives from different research teams, (c) members from different countries, and (d) presenters at different

career stages.

All abstracts are limited to 250 words. For Panels, Structured Discussions, and Pre-Conference Workshops, the moderator/organizer should provide an overview of the session as a whole. Brief Papers, Papers in a Panel, and Posters should be structured using the following headings: Aim, Methods, Results, Discussion.

Here is an [example](#) of a Panel submission. Abstracts will be published on the SPR 2012 Virginia Beach website and hardcopies will be available for purchase at the time of registration and at the conference.

A central purpose of SPR is to foster discussion between members and it is therefore essential that presenters leave ample time for discussion of their work. A minimum of 15 minutes in each 90-minute panel session should be reserved for open discussion with members of the audience. We encourage the inclusion of panel discussants that can provide a distinctive research and/or clinical perspective on the panel presentations. We strongly recommend submission of coherently organized Panels, as stand-alone presentations will be designated Brief Papers and limited to 8-10 minutes. Depending on the number of submissions and possible time constraints, it may be necessary for the Program Committee to request changing the venue for presentations (e.g., oral presentation to poster).

Finally, if you have an idea for a panel or other collaboration, please consider using the SPR mailing list list@psychotherapyresearch.org to find colleagues with similar interests. It is our experience that in most cases, well-integrated panels with authors from different research groups have the largest attendance.

If you have any questions, requests, ideas or suggestions for the conference and its scientific program, please send an email to George Silberschatz program_spr2012@yahoo.com

Dates to Remember

- Online submissions will be open from November 1 to December 1, 2011.
- Notifications of acceptance will be emailed in mid-February 2012.
- Online revision period: Presenters will be able to modify their abstracts between March 1 and April 1, 2012.

SPR Student Poster Award

The third Lester Luborsky Student Poster Award competition will be held at the forthcoming SPR conference in Virginia. Three student poster prizes will be awarded - first place \$500.00, second place \$300.00 and third place \$200.00. An international jury of SPR members will select the most inventive and scientifically convincing studies that also demonstrate excellence in poster design. To be eligible for participation, the student must be the first author, she/he has to be available and present the poster during the poster presentation. The students have to indicate their wish to participate in the competition, at the time of the abstract submission. The poster has to be sent as a .pdf file to the award committee chairman (Andres Roussos: andres.roussos@comunidad.ub.edu.ar), at least one month before the conference starts. Students should be prepared to demonstrate their student status, with appropriate documentation, if asked to do so by the Student Poster Award committee chair.

SPR Student Travel Awards

European Chapter

Members of the European chapter: 20 student travel awards (600 €) will be available to support the participation at the 2012 SPR Annual Meeting. Applications should be submitted to the chapter president, Prof. Mikael Leiman, Raivionmäentie 1. 83500 Outokumpu, Finland. E-mail: mikael.leiman.opaasi.fi. The application should include a cover letter, an abstract of the submitted presentation, and a short CV; it may, in addition, include a .pdf of the presentation and/or a recommendation letter. The submissions will be reviewed by the selection committee (Mikael Leiman, President, Wolfgang Tschacher, Past President, and Giuseppe Nicolò, Past President). Students who wish to be considered for an award should make sure that their SPR membership is current. Students who received an award for the 2011 meeting in Bern may apply, but will be considered only if the number of new applications remains below 20. Please apply before January 1st, 2012. A decision will be made by February 7, 2012. All awards are paid after the meeting upon receipt of attendance verification (received at the registration on site), an invoice for the awarded sum with bank account details, and a brief report on the conference.

Latin American Chapter

The Latin American chapter will award three \$300 travel awards to students from Latin America who present a paper or poster, or who participate in a panel at the meeting. Application is restricted to first authors. Students should attend the meeting in order to receive the award. The winners will have to prepare a brief report about the conference which will then be posted in the LA webpage of SPR. Students should send a copy of the presentation to the chapter president by the time of its submission to SPR. Winners will be chosen by a committee consisting of the current chapter president and two past-presidents.

North American Chapter

For the upcoming conference in VA Beach, the NASPR will award 6 student travel awards in the amount of \$400 each. To be eligible, the student must be 1) the first author on a paper or poster, 2) still a student at the time of the conference. No special application is necessary; all submissions that clearly identify the first author as a student will be considered in the competition.

United Kingdom Chapter

Students, Psychology Assistants and those earning below 20k p.a. may apply for financial support to attend the UK and international meetings. Applications should be sent to spruksec@gmail.com. Include the conference submission, CV and detail of the support requested. Decisions of the chapter steering group are final and awards are paid in arrears on receipt of evidence of attendance, an invoice for the awarded sum, and a brief report on the conference. Deadline for the Virginia Beach meeting is January 1, 2011. A decision will be made by February 2, 2011.

Hadas Wiseman Elected General Vice President

I am truly honored to have been elected as General Vice-President of SPR. I am deeply grateful to my SPR friends and colleagues for their active support. As proposed in my nomination statement, I intend to foster development of theory and research from a wide variety of therapeutic orientations, modalities, and scientific methodologies. Another goal is to further promote communication and international collaboration among researchers from different cultures and continents, and of researchers with clinicians, trainers and supervisors. I hope also to advance engagement of younger researchers with seasoned ones, building on the mentoring that occurs between the generations at SPR conferences, and to find additional ways to invest in the future of our field. Given the impressive growth of SPR, I plan to try to find creative ways to develop smaller structures of exchange, e.g., through current SPR interest sections and new ones that will develop, and through regional chapters and area groups, working together under the umbrella of international SPR. I feel privileged to have this opportunity to work hard for our organization and its members and look forward to working with the SPR Executive Committee and members to meet these and other vital challenges.



Mark Your Calendar!!

2012 International Meeting: Virginia Beach, VA, USA—June 20-23, 2012

2013 International Meeting: Brisbane, Australia — July 10-13, 2013

2014 International Meeting: Copenhagen, Denmark—June 25-28, 2014



Call for Nominees for the 2012 International SPR Awards: Distinguished Research Career and Outstanding Early Career Achievement

Lynne Angus

I would like to invite you to nominate candidates for two important SPR Awards: The **Senior Distinguished Investigator** and **Promising Investigators early in their research careers**. It is important not to assume that someone else will nominate individuals for these awards. Such an assumption can lead to researchers being passed over for an award they highly deserve. It is also important to keep in mind that nominees do not need to be SPR members. They do, however, need to be psychotherapy researchers. The deadline for the submission of nominations is **DECEMBER 15, 2011**.

A list of past winners is posted on the International SPR web-site (www.psychotherapyresearch.org, "About the Society" link, then click "Awards"). Informal inquiries may be made to any member of the awards selection committee, which is composed of the three most recent past presidents: Lynne Angus (Chair) langus@yorku.ca; Louis Castonguay, lgc3@psu.edu and Bernhard Strauss, Bernhard.strauss@med.uni-jena.de.

Distinguished Research Career Award. This award reflects a lifetime of scientific work that constitutes a major and significant contribution to psychotherapy research. The primary criterion for this award is the scientific merit of the nominee's contribution. To make a nomination, the nominator prepares three sets of the supporting documents. The nominator sends one set to each member of the Awards Committee. The documents are: (a) a copy of the nominee's curriculum vitae; (b) copies of six of the most important papers or books, (c) at least three letters of recommendation (one from the nominator) attesting to the quality, significance, and impact of the nominee's research. The three recommenders should represent more than one institution. All of the materials, except for the publications, should be in English. If the publications are not in English, please include an abstract of each in English.

Outstanding Early Career Achievement Award. The early career award is granted no more than 9 years after the person has completed his or her main research training. The award should reflect the person's productivity as well as promise in making scientific contributions to psychotherapy research. To make a nomination, the nominator prepares three sets of the supporting documents. The nominator sends one set to each member of the Awards Committee. The documents are: (a) a copy of the nominee's curriculum vitae; (b) a personal statement from the nominee that summarizes his/her program of research; (c) copies of four representative publications (the nominee should be the first author on some of these publications); (d) at least three letters of recommendation (one from the nominator) attesting to the quality, significance, and promise of the nominee's work. The three recommenders should represent more than one institution. All of the materials, except for the publications, should be in English. If the publications are not in English, please include an abstract of each in English.

Please send email nominations by December 15, 2011 to Lynne Angus, Chair (email : langus@yorku.ca); Louis Castonguay, (email: lgc3@psu.edu); and Bernhard Strauss, (email: Bernhard.strauss@med.uni-jena.de). E-mail nominations and attachments (3 letters of recommendation; nominee's CV and personal research statement; 4 representative publications) are recommended as the preferred format for submissions to committee members; hard copies of supporting letters and documents will not be required.

Student Views

Ester Danelová

Masaryk University, Czech Republic

The Story of Ester and SPR

Three year ago I was 40 minutes late for a seminar in Psychotherapy History where I was supposed to present on object relations. My professor – the head of our department – was not particularly pleased. So we agreed on a special assignment to compensate for my schedule confusion.

The assignment was tricky: one could take an easy or a hard way. I had to get in touch with my perfectionism. This time enough wouldn't be enough. Not that I wanted to become a scholar – I was just worried. Can a student afford intense attention of the department head? My plan did not work out, however. I earned the head's attention. He asked me to present at a conference of some kind of a worldwide organization.

In the fall of 2009 the CA-SPR meeting was held in Montreal. Not only was I amazed by McGill's architecture, but also by the wide range and high quality of scientific presentations. Most touching was that whichever person I approached to ask a question, they answered in a very kind and complex way making me wiser every minute. There was a surprising agreement between their names and names of famous psychotherapists who write smart and sexy books and articles, which made it hard to believe my own eyes and ears. I wanted to be a part of this.

Society for Psychotherapy Research is a very special body of people. When I come to a conference, the first day I usually quiver inside. Physically, like when a baby is full of impressions and overwhelmed with stimuli, the wild ocean in Asilomar being quite a metaphor for that state. It greatly excites me to see what is possible, and I keep discovering important topics and inspiring people around every corner. After California I felt like every trainer, every therapist, and every trainee needs to know you're out there, and be able to listen and enjoy what has been going on.

It makes a lot of sense to do research on a specific topic or a group of participants in local conditions and do your best. But it makes a lot more sense to be able to share information in a network or take part in a collaborative project that exceeds individual possibilities - not only in terms of final findings. As a student I find it greatly comforting to learn from others and enjoy the support that cooperation allows. Knowing cooperation and support are out there



even beyond the borders of our university and they are available opens a new universe to me.

I work in a team of researchers in Masaryk University (Brno, Czech Republic) who focus on the topic of psychotherapist development. We meet regularly to discuss methods, inspire each other, share literature and understanding, and make plans. But looking back, the first year of our work was frustrating. Its scope was given by a project we have written, yet we kept running into interesting questions and designs we would love to follow. We spent a large part of our time finding out about what we can't do. Not now.

When our team traveled to Bern we needed to talk about how to go on. And all of a sudden it was somehow easier to make a decision. We heard about a lot of other topics we would love to go into, asked ourselves many more questions, and discovered many more research designs to try. But seeing the anthill of SPR members with IQ and EQ points floating in air

Student Views (continued)

dangerously cumulated on the one spot in space-time made me realize one actually has several brains and lives to live. The mystery is sharing.

Another conference has passed and IQ / EQ points are normally distributed around the world again. But the magic is not gone. It is hard to believe that a community of hundreds of individuals from all around the world is able to keep in touch. And still it works. If I have any questions concerning literature on a given topic or a methodological tool, the first things that comes to my mind is to write an e-mail either to a specific person I have seen presenting during a conference or to the complete member list. And I am always certain I will get an answer – a great one that makes me want to ask more.

Three years ago I was a domestic kitten peeking out of a window being happy there is glass in it. Now that I have a lion friend, things have become different.



Virginia Beach, VA, USA
June 20-23, 2012



2012 Membership Dues

Member Type	Early Bird Rate (Oct. 15 - Dec. 31)	Regular Rate (After Dec. 31)
Regular Member	\$95	\$115
Latin American, Eastern European, African, Indian & Other Category II Country Member	\$85	\$105
Student Member	\$40	\$60
Retired Member	\$45	\$65