SPRISTAD – AN INTERNATIONAL COLLABORTIVE MULTISITE LONGITUDINAL STUDY ON THERAPIST TRAINING AND DEVELOPMENT

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Topics

- SPRISTAD as umbrella for interest in therapist training and development
- A short story about a long story: How did SPRISTAD evolve?
- Current study: Psychotherapist Training
  - Overview of questionnaires
  - Setup of the study
  - Current data base

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Psychotherapists in Training

An International Collaborative Multisite Longitudinal Study of Professional Development

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SPRISTAD – what does the acronym mean?

SOCIETY OF PSYCHOTHERAPY RESEARCH INTEREST SECTION ON THERAPIST TRAINING AND DEVELOPMENT

- Initiative in the Society of Psychotherapy Research
- Started in 2012

Picking up work by

- Orlinsky & Ronnestad, 2005
- Hill & Knox, 2012 (Handbook of Psychotherapy and Behavior Change)
Relevant findings about psychotherapists in psychotherapy

- Psychotherapist variable an important factor in psychotherapy process and outcome

- In debate: More important than methods?

- Many puzzling findings: What therapist variables are important?

- Few variables emerge somewhat consistently or can even be replicated (Beutler et al., 2004)
  - Is training relevant?
  - Is competence relevant (Weck, 2014)?

- Even less known about training across countries: Structure, content, professional development (Strauß et al., 2009)

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Aims of SPRISTAD

Study Goals

(1) tracking **progressive changes** over time in trainees as therapists, and

(2) identifying factors that tend to **facilitate or impede** trainee development, by

(3) gathering **quantitative and qualitative data** from a large number of **psychotherapy trainees** of various types in a wide range of **training programs**
How did the study evolve?  
A short story about a long story

Society of Psychotherapy Research:

- Transtheoretical

- Interest in process – and its relation to outcome

- Eager to UNDERSTAND what is going on in psychotherapy

In 1989: International Meeting in Bern (Switzerland) – Interest group about training and development

That was the starting point – but the focus on training receded, and the person of the psychotherapist was the focus for some time
How did the study evolve?
A short story about a long story

International Study on the professional Development of Psychotherapists (ISDP)

- Cross-sectional study on psychotherapists – across orientations, across countries, across career levels

- Development of a lengthy questionnaire (500+ questions) on: how psychotherapists get into psychotherapy, how they experience their job, how it looks like, how competent and growing/deteriorating they feel, what they experience in their work, what their personal background is like, how private and professional life interact

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How did the study evolve?
A short story about a long story

(ISDP) - Up to now: 12.000+ psychotherapists all over the world involved

Reference publication:

A BRIEF HISTORY OF SPRISTAD

SPR-meetings since 2012

- VIRGINIA BEACH, USA; BRISBANE, AUSTRALIA; OXFORD, ENGLAND; MEMPHIS, USA; COPENHAGEN, DENMARK; PHILADELPHIA, USA; KLAGENFURT, AUSTRIA; JERUSALEM, ISRAEL; TORONTO, CANADA; OXFORD, UK

- NOW: AMSTERDAM…
SPRISTAD - STRUCTURE

ORIGINAL STEERING COMMITTEE

- DAVID ORLINSKY (Chair), BERNHARD STRAUSS (Chair-Elect), CLARA HILL, LOUIS CASTONGUAY, JAN CARLSSON (Counselors)

CURRENT STEERING COMMITTEE

- ULRIKE WILDLUTZKI (Chair), ARMIN HARTMANN (Chair-Elect) HELGE RONNESTAD (Past-Chair), HECTOR ALVARES, HENRIETTE LÖFFLER-STASTKA, ERKKI HEINONEN (Counselors)

RESEARCH COMMITTEE

- STEERING COMMITTEE MEMBERS + DAVID ORLINSKY + JAN CARLSSON
The instruments

MAJOR COLLABORATIVE WORK

- TO DEVELOP INSTRUMENTS THAT CAN BE USED INTERNATIONALLY TO ASSESS

- TRAINING SITES AND TRAINING STRUCTURE (by training staff)

- TRAINEES BASIC CHARACTERISTICS WHEN ENTERING TRAINING

- TRAINEES EXPERIENCE DURING TRAINING

Optional:

- TRAINEES EXPERIENCE WITH PATIENTS

- SUPERVISORS PERCEPTIONS OF TRAINEES AND THEIR WORK

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Training programs
Training program description form (TPDF)

- On the training institute: location, setting, +/- university, staff (organisation, trainers, supervisors)
- Trainee/candidate selection: qualification, criteria,
- Current trainee group(s): part-/full-time,
- Training costs: for trainees, resources for financing
- Program structure: focus in 1st year, 2nd year, final year

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Training program description form (TPDF)

Program content

- Psychological theories, leading psychotherapists theories, Psychopathology/diagnostics, Intervention planning and implementation, Research methods and findings, Evidence based practice, Multicultural/ethnic learning
- Model-based learning, case presentation, experiential learning, feedback, guided self-reflection

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Training program description form (TPDF)

- Patients: age groups, treatment modalities, diagnostic groups/problem areas,

Content of the training
- Theoretical orientation(s) involved?
- Diagnostic and case-formulation methods taught?
- Dealing with minority issues/gender issues?
- Research?
Training program description form (TPDF)

Requirements for completion: how much
- Supervised psychotherapy,
- supervision,
- Personal therapy/self-reflection
- Research thesis or clinical paper

- Accreditation with the program possible?
- Additional post-graduate training necessary for supervision?
Trainees
- basic information
Trainee Background Information Form (TBIF)

- Descriptive data on trainees (sex, age, ethnic & minority background, faith, economic background, family background, current life situation, life satisfaction,)

- Information on current training site (duration, full- or part-time, theoretical orientation, professional status)

- Prior work history, particularly in counseling or psychotherapy(-like) contexts

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Trainee Background Information Form (TBIF)

- Experiences in personal therapy (outside of and inside training)
- Personal self in close relationships
- Main influences for decision for psychotherapy
- Personal strengths and limitations
Trainees
- Experiences in training
  (longitudinal, every 6 months)
Trainee Current Practice Report (TCPR)

- How long in training?
- Current work as therapist? With what patients (age, sex) in what setting and which problems?
- Theoretical orientation guiding current work?
- Current work setting? Atmosphere in setting?
- Frame of therapy used (time frame, setting frame)
- Therapist self in therapy?
- Change as a therapist
- Current skills?
- Difficulties in therapeutic work and coping strategies
- Feelings in sessions

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Trainee Current Practice Report (TCPR) -

- Current Supervision (quantity, setting, helpfulness, theoretical orientation)
- Current personal therapy/self-reflection (quantity, setting, helpfulness, theoretical orientation)
- Currently experienced professional development
- Sources of influence (positive/negative)
- Current strengths and limitations
- Current experience in training program (elements), quantity)
- Integration in training cohort

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Trainee Current Practice Report (TCPR)

- Helpful and hindering training experiences
- Current personal life (satisfaction, daily hassles and uplifts, well-being, current significant changes)
OPTIONAL INSTRUMENTS

- A. TCPR-C: Trainee’s Case Progress Report
- B. TSPR: Trainee Supervisor’s Progress Report (connected to TCPR-C)
INSTRUMENT LANGUAGES

ENGLISH, FRENCH, DUTCH, ITALIAN, SPANISH, GERMAN, DANISH, NORWEGIAN, SWEDISH, FINNISH, LITHUANIAN, SLOVENIAN, ROMANIAN, HEBREW & …
Data collection in SPRISTAD

 Mostly lime-survey data collection, hosted at Witten university in Germany

- Training institutes express interest
- Get local ethical approval
- Fill out training program description form
- Recruit trainees (using mostly informed consents developed by SPRISTAD) and send e-mails to data collection center in Witten

- Witten sends individualized links to trainees for TBIF and TCPR (3 times at 6 months intervals, then depending on local structures)

- Training institutes can get data when 10+ trainees have completed their contributions

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SPRISTAD – the world view

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SPRISTAD in Europe

- Austria
- Denmark
- Finnland
- France
- Germany
- Italy
- Ireland
- Lithuania
- Netherlands
- Norway
- Romania
- Sweden
- Slowenia
- Switzerland
- United Kingdom

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Participants up to now

- Data collection via lime-survey active since January 2017
- Training programs involved (TPDF): 43 participating institutions

- Trainee Background Information Form (TBIF): 885 trainees gave answers to the Trainee Basic Information form (TBIF)
Participants up to now - longitudinal forms

- Trainee Current Practice Report (1. wave): 432 participants
- Trainee Current Practice Report (2. wave): 143 complete (and 65 incomplete) to the second wave of the TCPR.
- Trainee Current Practice Report (3. wave): started in January 2018 (currently 44 complete and 12 incomplete answers);

- Ongoing process: trainees move into 2. and 3. assessment wave
Participants up to now

Response rate varies between institutions from 31 to 90%
- Seems to depend a lot on the investment of relevant person in the institution and cooperative philosophy
- In some institutions credits given for participation
We cordially invite you to take part!

SPRISTAD STEERING COMMITTEE

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