

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

+ 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



Psychotherapists in Training

An International
Collaborative Multisite
Longitudinal Study of
Professional
Development

+ **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)

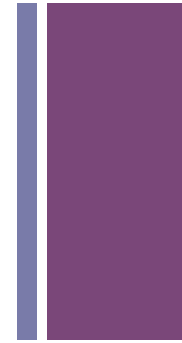


Aims of SPRISTAD

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:

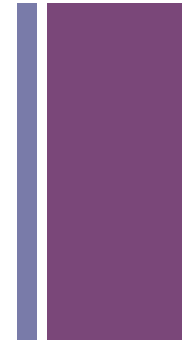
- Transtheoretical
- Interest in process – and its relation to outcome
- Eager to UNDERSTAND what is going on in psychotherapy

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?

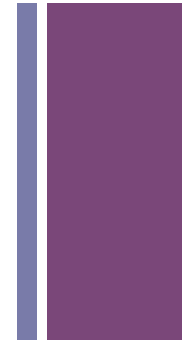
A short story about a long story



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

+ 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:

- Orinsky, D.E. & Ronnestad, M.H. (2005). How psychotherapists develop. A study of therapeutic work and professional growth. Washington: APA.

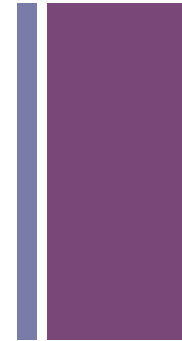
+ A BRIEF HISTORY OF SPRISTAD

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 WILLUTZKI (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



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

+ 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

+ 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

+ 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

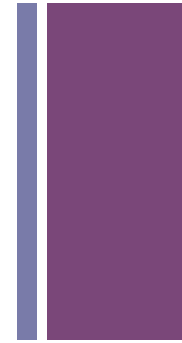


Trainees

- 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

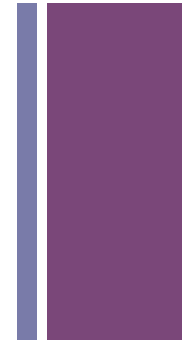
+ Trainee Current Practice Report (TCPR) -

- 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

+ Trainee Current Practice Report (TCPR)

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

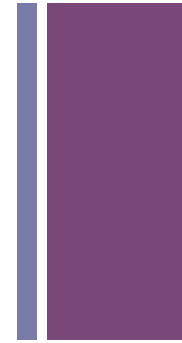
+ **OPTIONAL INSTRUMENTS**



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

+ **RESEARCH INSTRUMENTS**

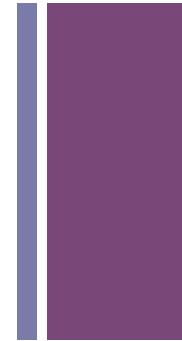
- languages available



INSTRUMENT LANGUAGES

**ENGLISH, FRENCH, DUTCH, ITALIAN, SPANISH,
GERMAN, DANISH, NORWEGIAN, SWEDISH, FINNISH,
LITHUANIAN, SLOVENIAN, ROMANIAN, HEBREW & ...**

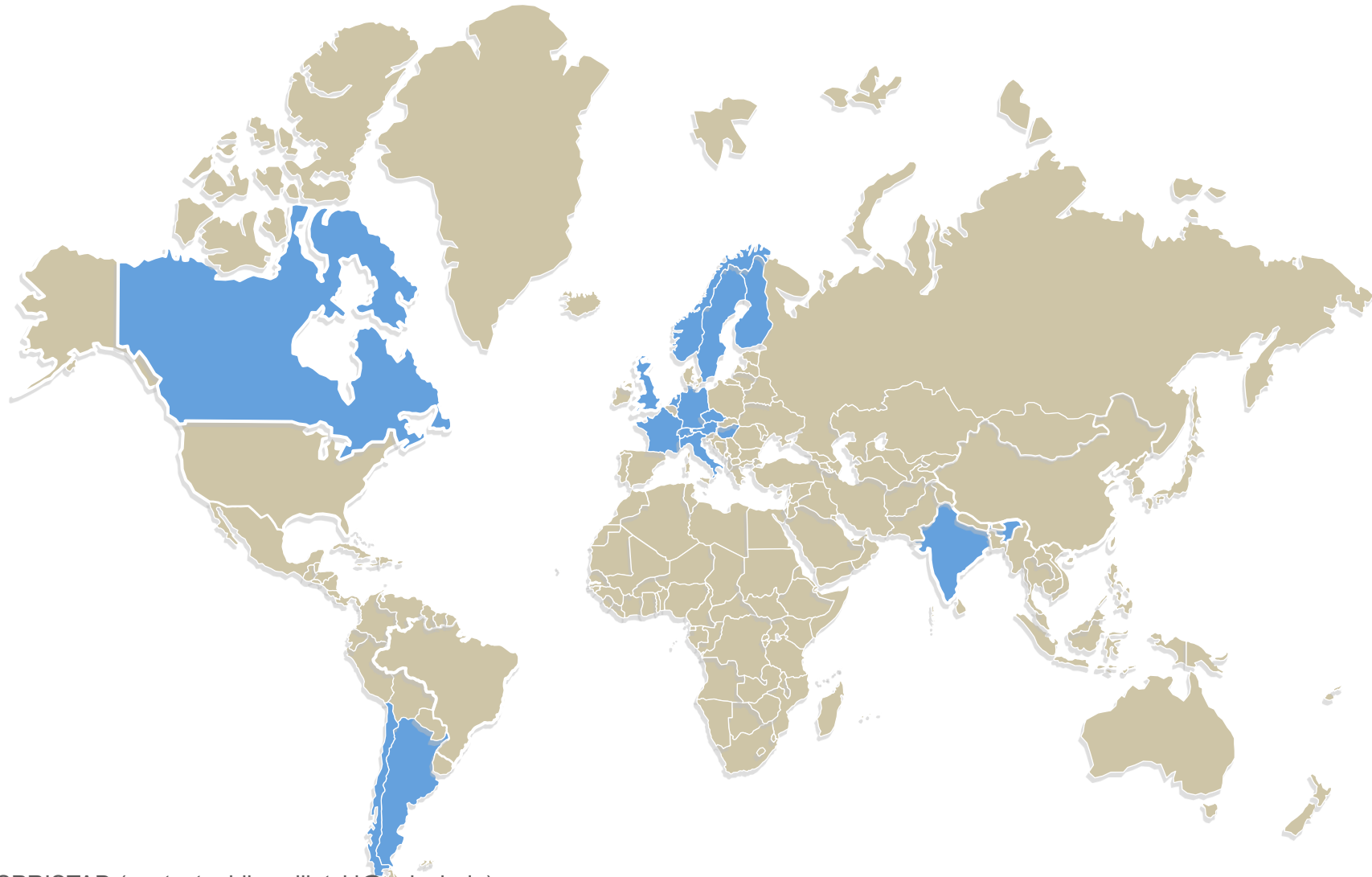
+ Data collection in SPRISTAD



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

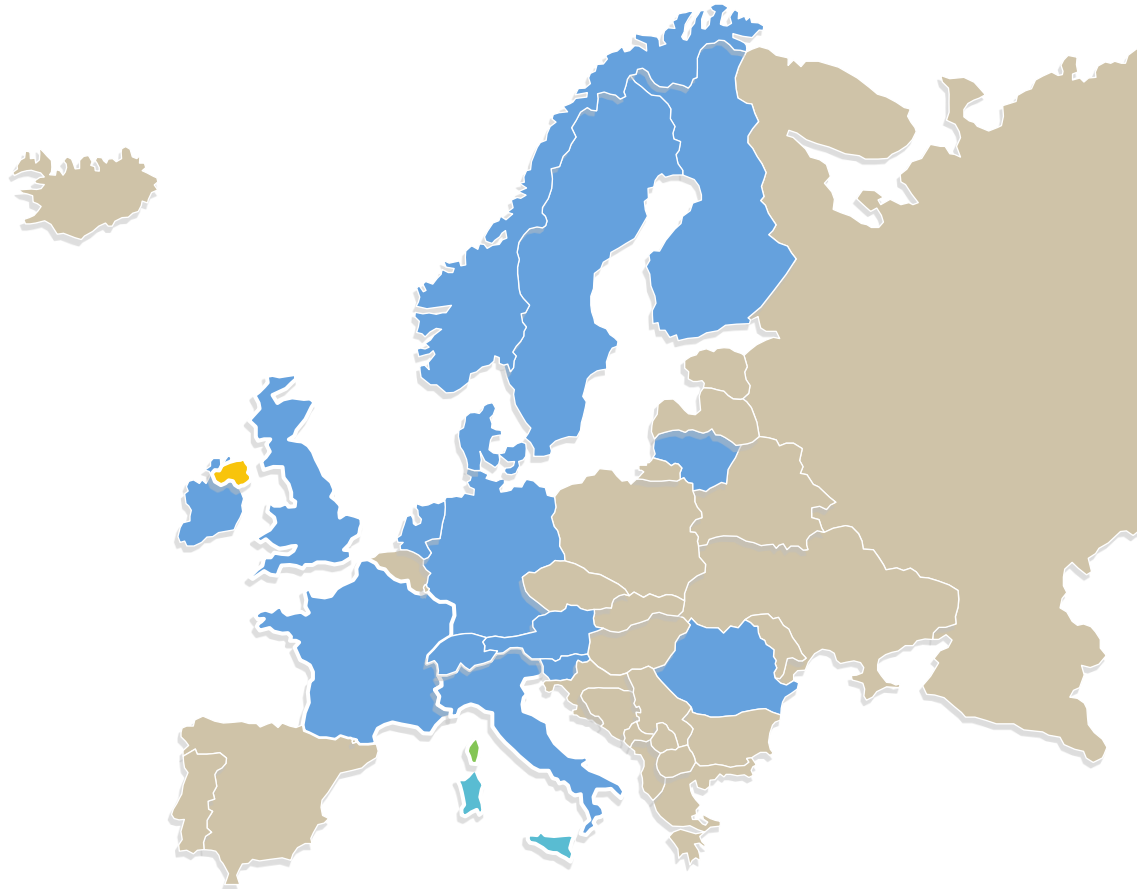
- Training institutes express interest
 - Get local ethical approval
 - Fill out training program description form
 - Recruit trainees (using mostly informed consents developed by SPRISTAD) and send e-mails to data collection center in Witten
- Witten sends individualized links to trainees for TBIF and TCPR (3 times at 6 months intervals, then depending on local structures)
- Training institutes can get data when 10+ trainees have completed **their contributions**

SPRISTAD – the world view

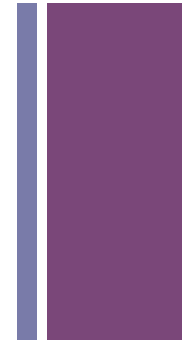


SPRISTAD in Europe

- Austria
- Denmark
- Finland
- France
- Germany
- Italy
- Ireland
- Lithuania
- Netherlands
- Norway
- Romania
- Sweden
- Slovenia
- Switzerland
- United Kingdom



+ Participants up to now

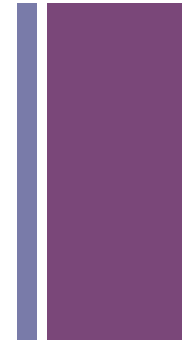


- Data collection via lime-survey active since January 2017
- Training programs involved (TPDF) :
43 participating institutions
- Trainee Background Information Form (TBIF): **885**
trainees gave answers to the Trainee Basic Information form (TBIF)

+ 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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