

sepi

Society for the Exploration of Psychotherapy Integration

NEWSLETTER — September 1991

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1991 CONFERENCE IN LONDON

After some initial concerns earlier in this year about holding the London meeting in light of the Persian Gulf War, the conference came off as originally planned. As our first truly international meeting, it represented another significant step in the relatively brief history of SEPI. We would again like to express our appreciation to all those who worked so hard to make the meeting a success: Jeremy Safran and Winfred Huber as program chairs, Petruska Clarkson and Ann David for local arrangements, Bob Rosenbaum in his role as conference coordinator, and everyone who worked with them.

As in the past, we will be making available abstracts of the conference. Because of the long lead time needed in getting the Newsletter material to the publisher, however, the abstracts will be appearing in our next issue. What you can expect to see and hear will be presentations from a wide array of countries, including Argentina, Belgium, Canada, Czechoslovakia, Germany, Great Britain, Israel, Italy, The Netherlands, Poland, Portugal, South Africa, Spain, Switzerland, and the United States.

LOCAL NETWORKS

Diane Arnkoff and Carol Glass have been maintaining an ongoing contact with local network coordinators, and report on the following update:

Argentina. Roberto Kertesz reports that the Argentine Organization for Psychotherapy Integration in Buenos Aires conducts meetings weekly, with a variety of topics discussed. Recent presentations have included integrating assertiveness training and guided imagery in treating obsessive-compulsive disorders, multimodal approaches to sex therapy, and family systems approaches and paradoxical interventions.

Boston. Professionals who work at the Harvard University Health Services have been meeting once a month for luncheon programs. Doug Powell reports that the most stimulating programs have involved presenting live cases (i.e., with the client present) that have not been successful with traditional approaches to treatment.

Cleveland. The Cleveland SEPI group has been meeting once a month. To attract interested people, they have put announcements in the local psychological and psychiatric association newsletters.

Italy. Aristide Saggino, coordinator of the Italian Society for Psychotherapy Integration in Casoria, reports that they had been holding discussion groups and lectures on psychotherapy integration and specific psychotherapy orientations. One additional concern has been psychotherapy legislation, in reaction to a 1989 law approved by the Italian Parliament regulating the practice of psychotherapy.

Milwaukee. Since our last report, Walter Todd Davison has begun a SEPI local network in the Milwaukee area. He proposes to conduct seminars and study groups on psychotherapy integration, and to have quarterly meetings.

Minneapolis. No formal group has formed as of yet, but integrative topics are often addressed at the seminars held once a month at the Minnesota Psychotherapy Institute.

New York. The New York Society for Psychotherapy Integration has continued to meet two or three times a year. Programs have included panel discussions and presentations. Herbert Fensterheim and Edwin Robbins spoke to the group on "Independent Behavioral and Psychodynamic Treatment of a Panic Disorder." Leigh McCullough reported that their most successful programs are ones such as this, in which a case is discussed in length.

Southern California. The first meeting started with an exercise led by John Andrews. In response to a clinical vignette, members selected their "most and least preferred interventions" from a set written on cards, and engaged in a game of trading interventions so as to match their own therapeutic styles. The second meeting of the group featured Richard Kopp on the topic of therapeutic metaphor. Meetings are being held at members' houses (around the pool if possible!).

Spain. We are very pleased to welcome our newest international network, the "Sociedad Espanola para la Integracion en Psicoterapia (SEIP),"

coordinated by Guillem Feixas and colleagues in Barcelona. Their first activity was a talk on "rituals of psychotherapy." Guillem reports that the group has held a conference in Barcelona in March 1991. SEIP also sends out a newsletter that includes abstracts/reviews of papers published in Spanish related to integration.

Washington, DC. The Washington Society for Psychotherapy Integration has been meeting as a small group between once a month and once every two months for the last several years. Recent topics have included a talk by Bob Kayton on shame in psychopathology and psychotherapy, by Herb Horowitz on treatment of multiple personality disorder, and Marv Goldfried on the challenge of psychotherapy integration.

Should you be interested in starting a local network in your area, contact Diane Arnkoff and Carol Glass, Department of Psychology, Catholic University of America, Washington, DC 20064. They can provide you with the kind of information and guidelines to help you get your group off the ground.

NIMH PSYCHOTHERAPY AND REHABILITATION RESEARCH CONSORTIUM (PARRC)

Barry Wolfe, a member of SEPI's Steering Committee, has assumed the chairmanship of the NIMH Psychotherapy and Rehabilitation Research Consortium (PARRC). Barry happily reports that NIMH has been very supportive of PARRC's efforts to date. PARRC has run several workshops on topics related to psychotherapy and psychotherapy research, and several more are in the planning stage. Workshops on family intervention and on research into combinations of psychosocial and psychopharmacological interventions were held last year.

Plans are being made to conduct a workshop on the relevance of basic behavioral science research (e.g., on cognition, emotion, personality, and social psychology) to psychotherapy and rehabilitation. The purpose of this workshop is to create a "channel of reciprocity" between basic and clinical researchers. Also planned is a workshop to develop guidelines for conducting research on the development of new treatments. The workshop will convene a group of expert psychotherapy researchers who will formulate criteria for the evaluation of naturalistic and exploratory investigations that are geared toward the development of effective treatments for specific disorders.

PARRC will be inviting expert psychotherapy and rehabilitation researchers to NIMH to talk about their work, will sponsor Statistic Institutes

for psychotherapy researchers at various national meetings, and hopes to launch an NIMH Psychotherapy and Rehabilitation Research Newsletter.

Anyone interested in learning more about PARRC or having suggestions for other possible activities should contact Barry Wolfe, Psychotherapy and Rehabilitation Research Consortium, Department of Health and Human Services, Alcohol, Drug Abuse, and Mental Health Administration, Rockville, Maryland 20857, U.S.A.

BULLETIN BOARD

A conference inspired by SEPI, entitled "The Borderline Dilemma: Women on a Condition of Women," was held in September 1990. The meeting consisted of four perspectives on the etiology and treatment of borderline personality disorders, which were presented by Marsha Linehan (behavioral), Lorna Benjamin (interpersonal), Anne Alonso (Psychoanalytic), and Dusty Miller (family systems). For a copy of a cassette, contact Tri-County Youth Programs, Inc., 320 Riverside Drive, Northampton, Massachusetts 01060, U.S.A., (413) 586-6210, Fax (413) 586-7852.

SEPI MEMBERSHIP

The Society for the Exploration of Psychotherapy Integration (SEPI) is an interdisciplinary organization of professionals interested in approaches to psychotherapy that are not limited by a single orientation. The primary objectives of SEPI are to encourage communication and individuals interested in exploring the interface between differing approaches to psychotherapy. SEPI also serves an educational function by publishing a journal, by encouraging ongoing collaborative research on the process of psychotherapy, by keeping members up to date concerning books and articles relevant to rapprochement among approaches, and by sharing clinical approaches and guidelines that reflect themes of convergence and complementarity.

SEPI holds an annual conference at which many of the most active clinicians and researchers in the field from around the world present their current work, and it also provides an opportunity for attendees to discuss and exchange ideas. In addition, SEPI publishes the *Journal of Psychotherapy Integration*, a quarterly journal that includes the SEPI Newsletter, which serves as a source of information for members. Finally, an annual directory is published listing members, their addresses and phone numbers, and a separate geographical listing for ease of reference.

If you are interested in becoming a member of SEPI, write to Dr. George Stricker, The Derner Institute, Adelphi University, Garden City, New York 11530 (see the application form below).

SEPI Application

The Society for the Exploration of Psychotherapy Integration has a fiscal year that is parallel to the academic year. Dues for this year have been set at \$35.00 per year, and now include a subscription to SEPI's journal, the *Journal of Psychotherapy Integration*. International members may pay \$25.00 if the payment is in a form that can be drawn directly upon a United States bank. Dues for full-time students are \$20.00.

Please fill in your name, address, and phone number(s) as you wish them to appear in the next directory.

Name _____

Address _____

_____ Zip _____

Phone _____

(area code) (number)

Membership dues: \$35.00

Make checks payable to SEPI and mail application and check to

Dr. George Stricker
The Derner Institute
Adelphi University
Garden City, New York 11530
U.S.A.

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