International Summer School in Psychotherapy Research

Sigmund Freud University, Vienna 2011

Program Schedule 04. – 09. July 2011

Monday – 4 (9.00 – 19.00)
Computer assisted qualitative research: Introduction to software and techniques

Dr. Kathrin Mörtl – York University, Toronto (Canada)

Tuesday – 5 (9.00 – 19.00)
The therapist as a person, the researcher as a person

Prof. Denise Defey – University of Uruguay, Montevideo (Uruguay)

Wednesday – 6 (9.00 – 19.00)
Culture and psychotherapy (research).

Prof. Denise Defey – University of Uruguay, Montevideo (Uruguay)

Thursday – 7 (09.00 – 19.00)
Participants research projects discussion

Teaching staff

Friday – 8 (9.00 – 19.00)
Monitoring and feedback of therapeutic change processes

Prof. Günter Schiepek – Paracelsus Medical University, Salisburg (Austria)

Saturday – 9 (9.00 – 19.00)
The assessment of defense mechanisms: Theory, Research and Practice

Dr. Mariagrazia Di Giuseppe – Sapienza University of Rome (Italy)
Psychotherapy Research with Atlas.ti  
Dr. Kathrin Mörtl, York University, Toronto – Canada

Interpretive work is creative. To understand certain phenomena, we intuitively produce mental maps, underline and highlight important information with different colors. We use different pencils, create notes including circles and boxes, and help colleagues to follow our ideas by drawing diagrams in our scratchbook. Atlas.ti is a computer program that operates as a digital scratchbook: it comes with an integrated folder system, scissors and felt markers and helps you organize, code and interpret your data. It was once created as a Grounded Theory application (1989) and has evolved to be a trans-theoretical software that is used in various scientific disciplines worldwide and assists qualitative as well as quantitative research projects. One can upload texts, images, audio and video files, create a new category system or input and apply an existing one. The workshop will give the participants a first impression of this tool: they will learn the most prominent tools, from creating and applying categories to printing out frequency lists, SPSS outputs and network views.

For this workshop it is highly recommended to bring your own laptop that runs a Windows operating system. Kathrin Moertl will provide you with the necessary software and analysis material in class.

References:

The therapist as a person, the researcher as a person  
Prof. Denise Defey, University of Uruguay, Montevideo – Uruguay

Latest research in psychotherapy has been consistent in showing how the quality of the human relation usually defined as "therapeutic alliance" accounts for the greatest effect in outcomes in different types of psychotherapy. The so-called good-fit in the first session(s) is the main predictor of outcome of the entire process. This has brought forward the need to study the therapist as a person, since the quality of bonding and attachment with the patients seems to lay not so much on transferential/countertransferential processes or the like but on the "real relationship" between two (or more) persons working together in a close relationship for a common aim we call psychotherapy. Thus, issues as gender, age, cultural biases, background paradigms and sets of values of the therapist in relation to those of his/her patient have become the axis of an increasing body of research. This has also implied exploring issues such as therapist disclosure and the damaging effects on him/her of performing therapy when working for extended periods or dealing with difficult patients (therapist burnout). This lecture aims at presenting published research on this subject along with inviting participants to reflect upon their own involvement and unique characteristics as persons conducting/undergoing therapy. Research conducted by Prof. Defey and her team on anxieties and profiles of trainees in psychotherapy as they prepare to start their clinical work, along with innovative training styles in order to respond to these needs will be introduced, given the relevance of support provided to prospective therapists in their later performance as therapists, as reported by recent research.
This lecture also includes some insights into a new field of research which is at its very beginning in different parts of the world: the researcher as person. As a conference on the pleasant and unpleasant aspects of conducting research is being prepared by French colleagues to take place in Paris in 2012, our University in Uruguay has devised and performed for ten years research on the aftermath of conducting research on undergraduate students, exploring and assessing the "healing" effect of doing research in psychosocial issues on young, unexperienced university students. Both a full description of the methodology involved as the outcomes of this "research on the researcher" will be presented. Alongside, qualitative research on self-perceived errors his/her research work will be presented.

References:

Culture and psychotherapy (research)
Prof. Denise Defey, University of Uruguay, Montevideo – Uruguay

The issue of cultural variables influencing both process and outcome in psychotherapy is the subject of growing interest in the fields of social and Community Psychology, Psychotherapy Research, Psychotherapy Training and the like. This stems from a growing insight into the relevance of cultural concordance7discordance between therapist(s) and patient(s), giving rise to concepts such as those of "cultural competent" and "cultural respectful" psychotherapies. A critical revision of these issues has led to reflections on different worlds of meaning for therapists as patients (e.g. can we speak of adolescence as preparation for adult life in Brazilian slums where mean survival age for boys is 24 years?). research instruments have also been the object of critical revision (e.g. the widely-used CCRT categories for decoding patient discourse only include "you","me" or "the other "as decoding items, excluding all possibility of depicting and operationalizing communal and bonding feelings or links expressed in the category "us").

In this lecture, participants will be invited to explore their own cultural biases as well as their experiences performing/receiving psychotherapy in patient-therapist inter-cultural relationships

References:
Monitoring and feedback of therapeutic change processes
Prof. Günter Schiepek, Paracelsus Medical University, Salzburg – Austria

This contribution gives an introduction to the internet-based technology of the Synergetic Navigation System (SNS), which allows for a process- and outcome-monitoring of psychotherapies as well as coaching and consulting processes. Data are continuously mined and analysed by methods from nonlinear time series analysis. The background of these methods will be presented and case studies illustrate the practical work with this feedback system.

Other issues:
- Synergetics and chaos theory
- Data analysis and results from empirical studies
- Consequences for a future psychotherapy beyond confessions
- Development of an early warning system for suicide attempts
- Idiographic monitoring and idiographic systems modelling in practice
- Change monitoring and repeated fMRI for an integrated research on mental and neural pattern transitions

References:
The assessment of defense mechanisms: Theory, Research and Practice  
Dr. Mariagrazia Di Giuseppe, Sapienza University, Rome – Italy

Most notably used by Sigmund Freud in his psychoanalytic theory, a defense mechanism is an unconscious strategy developed by the ego to protect against anxiety. Over recent decades, there has been an increasing interest in defense mechanisms accompanied by the development of empirical methods for their assessment (Cramer, 2006). The Defense Mechanisms Rating Scales (Perry, 1991) is a clinical rating method, close to a criterion standard, that provides qualitative and quantitative scoring of 30 individual defenses, seven hierarchically arranged defense levels, and an overall weighted summary score called Overall Defensive Functioning (ODF). The DMRS is capable of detecting change over repeated assessment (Perry, Beck, Constantinides, & Foley, 2009), indicating the relationships between individual defense and other aspects of mental functioning (Lingiardi, Lonati, Fossati, Vanzulli & Maffei, 1999). Moreover it correlates with personality profiles (Perry & Bond, 2005) and outcome findings (Høglend & Perry, 1998). While the DMRS requires records and transcripts of clinical interviews or psychotherapy sessions, a specific and time-consuming training and is mostly appropriate for research purpose, the new DMRS Q-sort version (Di Giuseppe, Perry, Petraglia, Janzen & Lingiardi, 2010) is an easy-to-use computer software based Q-sort that was thought to circumvent some of the limitations of administration and scoring. Besides the original DMRS quantitative scoring it provides also the Defensive Profile Narratives (DPN), an accurate description of the patient’s defensive style that makes the DMRS Q-sort particularly indicate for clinical use.

References:
– Faculty description –

Dr. Kathrin Mörtl  
York University, Toronto – Canada  
Dr. Kathrin Mörtl is a post-doc research assistant (granted by the German Research Council DFG) at York University in Toronto. Her expertise includes the application of qualitative text analysis strategies in psychotherapy research, such as Grounded Theory, Qualitative Content Analysis and Conversational Analysis. One of her main interests is to describe mechanisms of change and modeling psychotherapy processes, momentarily focused on people who suffer from depression.

Prof. Denise Defey  
University of Uruguay, Montevideo – Uruguay  
Prof. Denise Defey is a psychologist and licensed psychotherapist who has been devoted to clinical practice and teaching of Psychology and Psychotherapy for several decades in Scientific Societies and Universities in Uruguay (her country of residence) and abroad, specially in Latin America an Europe. Her main fields of interest, both in clinical practice and research, are Crisis Intervention and Reproductive and Infant Psychology. Along with other colleagues she has developed a form of Psychodynamic Focused Psychotherapy which has been the object of process and outcome research and has brought forward the editing and co-authoring of several books, some in collaboration with foreign researchers such as Peter Fonagy, Horst Kachele, Rolf Sandell and Otto Kernberg. Prof. Defey co-steers the Post-graduate Diploma in Psychotherapy in Healthcare Services at the School of Medicine of the University of Uruguay and has been co-founder and co-chair of Agora, a private training institute in Crisis Intervention and Focused Psychodynamic Psychotherapy, on behalf of which she has co-founded and co-steered the Uruguayan Federation of Psychotherapy.

Prof. Günter Schiepek  
Paracelsus Medical University, Salisburg – Austria  
Günter Schiepek, Univ.-Prof. Dr. phil. Dr. phil. habil. Director of the Institute Synergetics and Psychotherapy Research at the Paracelsus Medical University Salzburg (Austria) and of the Center for Complex Systems (Stuttgart/Germany). Since 2008 professor at the Ludwig-Maximilians-University Munich and at the Paracelsus Medical University Salzburg. Visiting-Professor at the Donau-University Krems and at the Alpen-Adria University Klagenfurt (Austria). Member of the European Academy of Sciences and Arts (Academia Scientiarium et Artium Europaea). Honorary fellow of the German Society of Systemic Therapy and Systemic Research.

Member of the scientific board of different institutions, communities, and journals. Published 20 books and about 200 papers in international and german scientific journals and readers.
**Dr. Mariagrazia Di Giuseppe**  
*Sapienza University, Rome – Italy*  
Mariagrazia Di Giuseppe, Ph.D., is a Research Assistant at the Department of Clinical and Dynamic Psychology of Sapienza University of Rome. Her research field is the assessment of defense mechanisms in psychotherapy, with particular attention to the mutual influence between defenses and personality traits, attachment, and other aspect of mental functioning. She is a co-author of the new Q-sort version of the Defense Mechanisms Rating Scale (DMRS-Q) and she is working on the first validation of both the DMRS and the DMRS-Q in adolescent sample.

**Dr. Omar Gelo**  
*University of Salento, Lecce – Italy*  
*Sigmund Freud University Vienna – Austria*  
Dr. Omar Gelo is Assistant professor at University of Salento (Italy) and co-coordinator of the Doctoral Program for foreign students at Sigmund Freud University, Vienna. His research interests in the field of psychotherapy research concern the epistemological and methodological foundations of psychotherapy, and the empirical investigation of the therapeutic process, with particular relevance of metaphorical language, emotional-cognitive regulation, and the application of dynamic systems theory to the study of psychotherapy. He is moreover interested in psychotherapy integration, the empirical study of therapeutic common factors, and in linking process and outcome in different psychotherapeutic orientations.

**Dr. Diana Braakmann**  
*Sigmund Freud University Vienna – Austria*  
Dr. Diana Braakmann is Assistant Professor of the Doctoral Programme at Sigmund Freud University, Vienna. She is Behaviour Therapist with a specific training in Dialectic Behaviour Therapy. Her psychotherapeutic work during the last years was concentrated on treating Borderline Personality Disorder and Posttraumatic Stress Disease. Her research interests focus on the phenomenon of dissociation as well as the connection between process and outcome variables in psychotherapy.
Credits. There is the possibility of earning ECTS Credits. The precise amount of credit points depends on the attendance of the lectures and on the fulfillment of further requirements for the lecture. The attendance of the lectures enables to earn 2 ECTS by filling out a short questionnaire at the end of the lecture. Those who are interested in earning the ECTS should communicate this to Dr. Omar Gelo (omar.gelo@sfu.ac.at) no later than 20 June.

Certification. Participants who successfully complete the program will receive a Certificate of Completion and a Transcript indicating the number of ECTS Credits earned (for those who required them and successfully answered the questionnaires).

For general and administrative inquiries, please contact:
Monika Millecker M.A.,
Rektorate Assistant
Tel: +43 (0)1 798 40 98
Fax: +43 (0)1 798 40 98 / 20
Email: office@sfu.ac.at