

# International Summer School for Psychotherapy and Counseling Research



## ISS 2010

Lisbon . Portugal

<http://iss2010.ual.pt>

### The Scientific Committee:

Joerg Frommer (Co-Chair)  
Célia Sales (Co-Chair)  
Robert Elliott  
Valentin Escudero  
Chris Evans  
João Hipólito  
Raúl Magalhães Lopes  
Gabriela Moita  
John McLeod  
Carla Moleiro  
Odete Nunes  
António Roma Torres  
António Branco Vasco  
Michael Wieser

### The Organizing Committee:

Célia Sales (Co-Chair)  
Gabriela Moita (Co-Chair)  
Inês Alexandre  
Paula Alves  
Paulo Jorge Cabrita  
Liliana Ribeiro

### Scientific Societies that support this event

- Society for Psychotherapy Research - Europe (SPR-EU)
- Associação Portuguesa de Terapia Familiar e Comunitária (APTEFC)
- Associação Portuguesa de Psicoterapia centrada na Pessoa e Counseling (APPCPC)
- Sociedade Portuguesa de Psicodrama (SPP)
- Federation of European Psychodrama Training Organizations (FEPTO)

## June Newsletter

The Organising Committee is pleased to invite you to attend the **International Summer School from 24-26 September, 2010**

### Conference update

#### Registrations

The early registrations are still open until 15<sup>th</sup> July. Join us!

#### Program

**Research Workshops with** Professor Jörg Frommer, Professor Célia Sales, Professor Chris Evans, Professor Peter Stratton;

**Plenary Sessions with** John McLeod, Joerg Frommer, Robert Elliott, Chris Evans, Peter Stratton

**Additionally, we also have a Methodological Discussion Workshop and International Panels with Communications and Presentations** (information available soon)

Informations & Registrations <http://iss2010.ual.pt>

## Lisbon hosts this event



## Preliminary Program

### *Friday 24<sup>th</sup> September*

Time	Activity
13:45-14:15h	<b>Opening Ceremony</b>
14:15-15:00h	<b>Plenary Session 1</b> <b>John McLeod</b> "The contribution of qualitative research to an understanding of the outcomes of psychotherapy"
15:00-16:30h	<b>Communications Presentation 1</b>
16:30-17:00h	Coffee Break
17:00-18:30h	<b>Communications Presentation 2</b>
18:30h-19:15h	<b>Plenary Session 2</b> <b>Chris Evans</b> "Quantitative change data and the trade off between sample size and precision: how to analyze small numbers cautiously and large numbers wisely"

### *Saturday, 25<sup>th</sup> September*

Time	Activity
9:00-9:45h	<b>Plenary Session 3</b> <b>Peter Stratton</b> "Indicating therapeutic change through patient reports of life at home: the SCORE project"
9:45-11:15	<b>Communications Presentation 3</b>
11:15-11:45	Coffee Break
11:45-13:15	<b>Communications Presentation 4</b>
13:15- 14:45	Lunch break
14:45-15:30	<b>Plenary Session 4</b> <b>Joerg Frommer</b> "From data to theories: About some similarities in psychoanalysis and qualitative research"
15:30-17:00	<b>Methodological discussion workshop</b> <b>Invited discussants:</b> Robert Elliott, Chris Evans, Joerg Frommer, John McLeod, Célia Sales and Peter Stratton
17:00-17:30	Coffee Break
17:30-18:00	<b>Book presentations</b>
18:00-18:45	<b>Plenary Session 5</b> <b>Robert Elliott</b> "Psychotherapy Change Process Research"
18:45-19:00	Summing up & Closing

## Post-conference intensive workshops

*Sunday, 26<sup>th</sup> September*

### Title: Doing qualitative Research in Psychotherapy

**Abstract:** This seminar offers the opportunity for participants to discuss their own qualitative research projects in the field of psychotherapy and counselling.

**Professor Jörg Frommer**, MD, MA, Psychiatrist, Psychoanalyst, Professor for Psychosomatic Medicine, Head of the Department of Psychosomatic Medicine and Psychotherapy, Medical Faculty and Clinic Centre, Otto-von-Guericke-University Magdeburg. Current research projects: Methodology and methods of psychotherapy and counselling research, qualitative research, psycho-oncology, transplantation medicine, tinnitus, human-computer-interaction. Publication: Frommer, J. and Rennie, D. L. (Editors): *Qualitative Psychotherapy Research: Methods and Methodology*. Lengerich: Pabst Science Publisher 2001, 2nd Edition 2006.



### Title: Psychotherapy Research in Clinical Practice

**Abstract:** This seminar is targeted to academics and practitioners interested in integrating research in the daily routine of mental health delivery. It starts with an introductory overview of the basic concepts and major methodological approaches in psychotherapy research. A second section is dedicated to the presentation and discussion of research designs and instruments that have been successfully used in clinical naturalistic contexts, as part of the routine delivery procedure. A final section is dedicated to the discussion of participants' own projects.

**Professor Célia M.D.Sales**, Psychologist, Family Therapist, PhD in mental health in Psychiatric context. Professor for Family Therapy, Statistics and Research Methods in Psychology. Director of the Post-Graduation Course on Family and Community Therapy, Universidade Autónoma de Lisboa (UAL). Current research projects: Individualized patient progress systems, qualitative-quantitative integration methods, multicultural families and healing systems. Related publications:

Sales, C. (2009). Aspectos metodológicos de la investigación de la psicoterapia: Panorama histórico. *Revista de la Asociación Española de Neuropsiquiatría*, 29(2), 383-403.

Sales, C.M.D. & Wakker, P. P. (2009). The metric-frequency measure of similarity for ill-structured data sets, with an application to family therapy. *British Journal of Mathematical and Statistical Psychology*, 62, 663-682.

Sales, C., Gonçalves, C., Fragoeiro, A., Noronha, S., & Elliott, R. (2007). Psychotherapists' openness to routine naturalistic idiographic research. *Mental Health and Learning Disabilities Research and Practice*, 4(2), 145-159.



### Title: Evaluation and assessment in routine psychological therapy: Theoretical and methodological issues

**Abstract:** In this workshop we will work from the theoretical and methodological foundations of the Clinical Outcome in Routine Evaluation (CORE) system and the complementary CORE-OM and shortened measures and also the PSYCHLOPS measure. It will be an opportunity to learn how to interpret and use routine measures in the light of the clinical encounter, i.e. individual, group, couple or family work, and the clinical modality, looking both to the research and the clinical service utility of using such measures routinely.

**Professor Chris Evans**, Professor of Psychotherapy in Nottingham and author of over 150 publications. He is a medical psychotherapist who came to psychiatry in 1984 aiming to go to public health medicine and immediately fell in love with psychotherapy, psychotherapy research and, soon after, the Society for Psychotherapy Research. He is trained in individual analytic/dynamic therapy (Royal College of Psychiatrists), Group Analysis (IGA) and family/systemic therapy (Prudence Skynner Clinic/Tavistock). His research interests have been more quantitative than qualitative but have included some qualitative work and hybrid methods including use of personal questionnaires (PSYCHLOPS) and repertory grids. He is a co-author of the CORE-OM and CORE system, lead for translations and trustee of the CORE System Trust.



Post-conference intensive workshops

Sunday, 26<sup>th</sup> September

**Title: Mixing methods to relate process and outcome.**

**Abstract:** Two research methodologies, each with both qualitative and quantitative aspects, will be used to explore ways that research may more successfully engage therapists in practice. I start from a fundamental problem that although there is strong evidence that psychotherapy is effective, we have little understanding of the processes by which it achieves its results. One limitation of current research is the concentration on psychological processes within the individual or at best, between the client and the therapist. The Leeds Attributional Coding System was developed to examine the causal expectations by which family members guide themselves and each other. The methodology will be illustrated by examples of application to family therapy sessions with an emphasis on how this originally constructivist technique provides insights into the operation of family relationships. These insights are then converted into detailed strategies for therapists working with individuals, couples and families.

The second methodology was modelled on the CORE project but is concerned with relationships rather than intra-individual change. The account of the research process to develop the SCORE provided in the earlier plenary, will be built on to consider the implications of measuring therapeutic effect through client reports of their family processes. Workshop participants will gain experience of using the two instruments so that we can jointly explore how they can be used to intrigue therapists and create practitioner research networks.

**Professor Peter Stratton**, Professor of Family Therapy at Leeds Family Therapy & Research Centre, University of Leeds.

Peter Stratton is a Systemic Psychotherapist and psychologist with broad research interests and substantial involvement in statutory processes that affect the provision of psychotherapy. His own research includes development of an outcome measure for families in therapy (the SCORE project); the effects of basing training on concepts of active learning and the dialogical construction of self; the relationships of humour and creativity during psychotherapy; attributional analyses of family causal beliefs and blaming; public attitudes to terrorism by combining attributional coding with metaphor analysis; and fostering practitioner research networks. His current positions include: Editor of *Human Systems*; Academic and Research Development Officer for the Association for Family Therapy; Chair of the UKCP research faculty; Chair of European Family Therapy Association Research Committee.



Stratton, P, Bland, J., Janes, E & Lask, J. (2010) Developing a practicable outcome measure for systemic family therapy: The SCORE. *Journal of Family Therapy*. **32**, 1-27

Stratton, P. (2007) Formulating research questions that are relevant to psychotherapy. *Mental Health and Learning Disabilities Research and Practice*. **4**. 83-97.

Stratton, P. (2003) Causal attributions during therapy I: responsibility and blame. *Journal of Family Therapy*, **25**, 134-158.

**Title: Case study research by practitioners and students: making the connection between systematic inquiry and personal/professional development**

**Abstract:** Case study research has the potential to make a major contribution to the knowledge base for counselling and psychotherapy. The aim of this workshop is to examine some of the ways that both experienced practitioners, and students/trainees, can work together in groups to carry out systematic and rigorous case-based research. The workshop will offer an overview of concepts and methods in case study research, along with opportunities for experiential exploration of issues and dilemmas associated with this form of inquiry.

**Professor John McLeod**, Professor of Counselling at the University of Abertay Dundee. He is author of books and articles on many aspects of counselling and psychotherapy (including *Case Study Research in Counselling and Psychotherapy*, Sage, 2010), and is committed to the value of research as a means of informing practice.

We are looking forward to hearing from you!

Best wishes,

The Organising Committee