Psychotherapy Research is changing.

Clara E. Hill, North American Editor
Jeff Hayes, Associate Editor

Starting in January 2005, our journal is getting a new look. We’ll have a new cover, new format (bigger page with more on each page), five and hopefully eventually six issues per year, and more special sections. What will stay the same is the high quality of the articles in the journal.

Taylor & Francis is now our publisher, and we are extremely pleased. They sponsored the opening reception at our recent NASPR meeting in Utah, and they will be sponsoring the reception in Montreal to celebrate the 15th anniversary of the journal.

Another new development is that we are going online with everything starting very soon (we don’t know the exact date yet but we will announce it on the listserv as soon as we know). Authors will submit manuscripts online, reviewers will submit reviews online, and we will manage all the articles online. Going online will speed up the whole process and hopefully result in more efficiency and reduced costs. Furthermore, all the past issues of the journal will now be available online; SPR members will have access to Psychotherapy Research through the SPR website; people at all universities subscribing to Psychotherapy Research will have access through their universities. In addition, we will highlight a couple of special papers each year and make them available to the general public to download and read for free, hoping to increase the visibility of the journal.

In the near future, you can look forward to special sections on teaching psychotherapy, therapy with patients who have severe mental illness, investigating therapist effects, and empirical assessments of the treatment of a case from different measurement perspectives.

We would also like to take this opportunity to urge all of you in the psychotherapy research community to submit to Psychotherapy Research as your primary publication outlet. Also please remember to cite the journal in your manuscripts.

We would like to make a pitch for more of you to submit manuscripts to Psychotherapy Research. If you think the SPR conferences are a place for you to be presenting your work, you ought to be submitting these papers to the journal. If more people submit manuscripts, we will eventually increase the number of pages and hopefully increase the prestige of the journal.

Now to talk about the hard stuff. Several people approached us at the recent NASPR conference and complained that their manuscripts had been rejected. There was a perception that editors have been asking for too many revisions without a guarantee of publication (e.g., rejecting the paper but giving the option to revise and resubmit on several versions of the same paper). There was also a perception that editors sent out revisions of papers for too many reviews instead of making the decisions themselves.

Of course, you all realize that talking about rejection is a touchy subject. If we are to become an even better journal and have more prestige and thereby attract even better articles, we need to have a lower acceptance rate (currently we’re at an acceptance rate of about 50%--this is for the final decision on each manuscript) to compete with other journals. A low acceptance rate means that many people will get their manuscripts rejected, which is quite different from the warm, accepting atmosphere of our SPR meetings.

continued on page 4…
President’s Update.

Lynne Angus, Ph.D.

Our most recent NASPR chapter meeting in Springdale Utah (Nov 4–7, 2004) was a terrific success with excellent attendance by old and new NASPR members alike. Special thanks to Mike Lambert for his prescient choice of Springdale and Zion National Park as the site for this conference. The beautiful landscape, affordability, and stimulating scientific program organized by Chris Muran, Ph.D. (president-elect) all were factors that contributed to the excellent registration figures and financial success of this conference. We would like to thank Taylor and Francis, the new publishers for Psychotherapy Research, for agreeing to sponsor the opening night reception for the conference. Their financial support for this event was very much appreciated.

At the NASPR business meeting on Saturday we were delighted to have Alan Bergin, Ph.D. provide us with a recent update regarding Hans Strupp, Ph.D. and a moving remembrance of Sol Garfield, Ph.D. who died this past year. We are all indebted to Sol and Hans for their extraordinary contributions to the development of the Society of Psychotherapy Research specifically, and the field of psychotherapy process and outcome research in North America more generally. Thank you Alan for sharing your special memories with us at the meeting.

Clara Hill, Ph.D., current North American editor of Psychotherapy Research, also presented past North American editors Robert Elliott, Ph.D., Bill Stiles, Ph.D., and Hans Strupp, Ph.D. with a plaque honoring their respective editorial contributions to Psychotherapy Research. Alan Bergin, Ph.D. accepted the plaque for Hans Strupp, Ph.D., who was unable to attend the meeting due to illness.

A summary of NASPR’s financial status was also provided at the meeting. As of October 30, 2004 NASPR had $24,290.00 USD/ $4,000.17 CAN in current bank accounts. While these figures do not yet include a final tally of conference revenues/expenditures arising from the Springdale conference, it is anticipated that the conference will generate a profit overall. Expenses incurred in the past year include server maintenance costs ($272.05 CAN/128.80 USD) printing ($593.00 CAN), student travel awards ($1600.00 USD) and honorary plaques ($57.73 CAN).

As of October 30, 2004 we had 295 members in total (198 full, 90 student, and 7 retired). Many thanks to Paulo Machado, Ph.D., Executive Officer SPR, for his excellent efforts regarding the timely and efficient collection of membership fees over the past year. We are also delighted to report that we had 15 new members join SPR during the Springdale conference, bringing our final total to 310 current NASPR members.

NASPR 2004 Springdale, Utah: Scientific Program Update.

Chris Muran Ph.D., President-elect

The scientific program was organized around a critical consideration of the empirically supported treatments and relationships movements as an informal theme. It was highlighted by an opening plenary, which was moderated by our local host Mike Lambert and included Larry Beutler, Rob DeRubeis, Steve Hollon, and Bruce Wampold, and a closing plenary, which was moderated by Bill Stiles and included Robert Elliott, Les Greenberg, Clara Hill, Karla Moras, and Jeremy Safran. In addition, we had several invited dialogues that considered several related topics, such as empiricism and constructivism, therapist effect, therapist internal experience, therapeutic alliance, and integration and common factors, and that included many of our esteemed colleagues. By this design, we were able to stir a great deal of collegial discussion in the longstanding tradition of SPR. There also so many impressive papers and panels presented by faculty and students, some of which directly addressed this theme as well. And finally, we were fortunate to feature two clinical workshops conducted by Les Greenberg and Lorna Benjamin.

As for student presentations, we honored eight students with travel awards for their respective papers: Margaret Blake (Sol Garfield Award), Gregory Goldman (Laura Rice Award), Cory Harmon (Kenneth Howard Award), Ben Shachar (Enrico Jones Award), Carol Humphreys, Yan Leykin, Antonio Pascual-Leone, and Dailey Pattee. Awards recognizing the research legacies of Sol Garfield and Laura Rice were newly established.

2004 NASPR in Springdale, Utah: A Student Perspective.

Jennifer Fende & Greg Goldman
Ohio University

The regional 2004 NASPR meeting in Springdale, Utah once again represented everything that students like us value about this organization: a relatively unique opportunity to have discussions, learn, get feedback, and generally steep ourselves in the world of psychotherapy research in an intimate, exhilarating atmosphere. This conference was no exception.

For starters, the setting couldn’t have been better. Each morning as we stepped outside our hotel rooms we were greeted by the fabulous Zion scenery. This was awe-inspiring and energizing, a great mindset to bring into the papers, symposia, and discussions. Then, the process of planning our days at the conference was another pleasure in itself: everything looked interesting, and it was often hard to decide which sessions to attend! Organizing the sessions by themes and tracks certainly did aid in scheduling. At our own presentations and those of our colleagues. By this design, we were able to stir a great deal of collegial discussion in the longstanding tradition of SPR. There also so many impressive papers and panels presented by faculty and students, some of which directly addressed this theme as well. And finally, we were fortunate to feature two clinical workshops conducted by Les Greenberg and Lorna Benjamin.

As for student presentations, we honored eight students with travel awards for their respective papers: Margaret Blake (Sol Garfield Award), Gregory Goldman (Laura Rice Award), Cory Harmon (Kenneth Howard Award), Ben Shachar (Enrico Jones Award), Carol Humphreys, Yan Leykin, Antonio Pascual-Leone, and Dailey Pattee. Awards recognizing the research legacies of Sol Garfield and Laura Rice were newly established.

For starters, the setting couldn’t have been better. Each morning as we stepped outside our hotel rooms we were greeted by the fabulous Zion scenery. This was awe-inspiring and energizing, a great mindset to bring into the papers, symposia, and discussions. Then, the process of planning our days at the conference was another pleasure in itself: everything looked interesting, and it was often hard to decide which sessions to attend! Organizing the sessions by themes and tracks certainly did aid in scheduling. At our own presentations and those of our fellow students, it was particularly notable how willing our more advanced colleagues were to get involved, provide valuable feedback, and be generally supportive and engaged. Similarly, in the invited discussions and dialogues, we noticed that...
We would like to invite you to nominate members of NASPR for two important positions: Vice-President Elect and Executive Officer.

The Vice-President position requires a commitment of 3 years (one year as Vice-President Elect, one year as Vice-President, and one year as Past Vice-President). The Executive Officer position is designed to manage administrative issues related to the functioning of our organization. Although the position has been included in our by-laws, it has never been filled before. Over the last few years, however, it has become increasingly more difficult for Vice-Presidents to meet the goals they have set for their mandates and simultaneously attend to growing organizational needs of NASPR.

In particular, the Executive Officer will be expected to help our organization deal with the important question of its Tax-status. The position requires a minimum commitment of 3 years (renewable).

Please send nominations to any members of the nomination committee (see below) before December 17 2004. To facilitate the nomination process, we encourage you to confirm with the potential nominees that they would be interested in the position before sending us their names.

Nominations Committee:
Louis Castonguay, Chair (lgc3@psu.edu)
Robert Elliott (relliott@uoft02.utoledo.edu)
Adam Horvath (horvath@sfu.ca)

The fourth annual meeting of the Ohio chapter of SPR was hosted at Ohio University from April 16–18, 2004. Sharing their research were faculty and students primarily from the Ohio Psychotherapy Research Consortium (consisting of Miami University, Ohio University, and the University of Toledo), as well as those from other universities including Brigham Young University, Penn State University, the University of Chicago, and the University of Memphis.

The conference was one of the best attended in its history, with 25 out-of-town attendees and 50–60 Ohio University and local area attendees in all. This year’s conference included a keynote address on psychotherapy integration from Louis Castonguay and a post-banquet address on the monitoring psychotherapy feedback by Michael Lambert. Also included in the festivities were a Friday evening poetry reading (started by Robert Elliott at last year’s conference), catered meals, a Saturday evening banquet, and a rousing introduction poster session introduction by presenters (a la NASPR). The hope for enhancing research collaboration among conference participants was voiced again at this year’s conference through continued development of the Ohio Psychotherapy Research Consortium, and further discussions about its implementation have taken place since that time. The Consortium is designed to offer Ohio researchers multiple research and training opportunities through pooling resources, research collaborations, and psychotherapy skills training. Thank you to everyone who attended and helped to make the meeting a success. A special thanks goes to David Orlinsky who has nurtured the development of Ohio SPR and has participated in all four conferences. The fifth annual meeting will be hosted by Robert Elliott at the University of Toledo, tentatively from April 8–10, 2005. Mark your calendars!

The next meeting Mid-Atlantic SPR will be held at St. Mary's College in St. Mary's MD on Oct. 5, 2005. Please mark your schedules now — as always, people from all over are welcome. We will try to keep the costs as low as possible to enable students to attend. More details will be coming soon.
Now, we have to say that we hate getting our manuscripts rejected and generally feel that the reviewers and editors made the wrong decision. And we think we've had more than our share of rejections; in fact, one of us (we won't say who!) just got a rejection this week. So we understand that it hurts, and we also understand that reviewers and editors are sometimes biased and make mistakes.

That said, we still encourage you to submit your work to *Psychotherapy Research*. We will try our best to be fair and to give timely, educational reviews. If you feel that you have been mistreated on a manuscript, please let us know. If you have complaints, please let us know. But please join us in trying to make *Psychotherapy Research* a top tier journal of which we can all be proud.

But we also want to be sensitive to the feedback that editors have been asking for too many revisions without a guarantee of publication and have been sending the manuscripts out for too many reviews. We appreciate this feedback and will try to make decisions about acceptance more quickly (although we may still require revisions until we as action editors feel that manuscripts are ready to be published). We will also try to not send manuscripts out for more than two rounds of reviews (unless there is some very compelling reason). But please give us feedback about how we're doing.

One more thing—please check and see if your library subscribes to *Psychotherapy Research*. If not, ask them to. Given budgetary restrictions, most libraries rely on their faculty to make recommendations about which journals are essential. Thank you!

**NASPR 2006**

Our next NASPR meeting is planned for Fall 2006, and if you have suggestions for possible future conference sites, please contact:

Lynne Angus (naspr@yorku.ca) or Chris Muran (naspr@bethisraelny.org)

(continued from page 2)

**SPRINGDALE STUDENT PERSPECTIVE**

the voice of the students was heard and valued throughout – how amazing to be involved in such in–depth discussions with our own reference sections! This organization continues to make students feel like active, important members.

But what was truly invigorating was to see the passion and dedication with which the current generation of psychotherapy researchers approaches the field. This was particularly evident in the closing plenary, wherein the future of our field was enthusiastically debated, including many of the issues we, the next generation of therapists and researchers, are beginning to grapple with ourselves. It also provides us with interesting insights on the current status of this field, and is inspiring to all who wish to make a difference. This animated energy was of course not lost on the now–customary dancing ritual which followed the beautiful (and delicious) Saturday night banquet. And our emotional engagement was crystallized in the touching homage to Sol Garfield by Allen Bergin during the business luncheon.

All in all, this year’s NASPR conference was yet another fun and rewarding trip for students, as we are sure it was for more advanced members as well. The only question now is how future meetings can possibly continue to meet these challenging standards! We eagerly anticipate the next international SPR meeting in Montreal, and hope to see you there!

In memory: Sol L. Garfield

Sol L. Garfield, Ph.D., age 86, died August 14, 2004 in Cleveland, Ohio of a heart attack. Services were private. Immediate survivors: wife Amy Garfield, sons Stan Garfield and David Garfield, daughters Joan Garfield and Ann Olszewski, and 7 grandchildren. He was the director of the Clinical Psychology Training program at Washington University from 1970 to 1986, and was Professor Emeritus since 1986. Since receiving his doctorate in clinical psychology from Northwestern University in 1942, Dr. Garfield held teaching positions in several psychology departments, including those of Northwestern University, the University of Connecticut, the University of Nebraska, Ohio State University, and Columbia University. A certified practitioner since 1947, he served as a clinical psychologist with the U.S. Army and as chief clinical psychologist at several V.A. Hospitals. He also held prominent positions in many professional societies, including President of the American Psychological Association’s Task Force on Psychological Intervention Guidelines. From 1979 to 1984, Dr. Garfield served as the editor of the *Journal of Consulting and Clinical Psychology*.

He became a clinical psychologist at the beginning of the movement; his career covered the history of the field from World War II to the present day. Over the course of his long and distinguished career, Sol L. Garfield received numerous prestigious awards, including the American Psychological Association’s Distinguished Contribution to Knowledge Award, the Distinguished Contribution to Clinical Psychology Award from the APA’s Division of Clinical Psychology, the Society for Psychotherapy Research Distinguished Research Career Award, and the Council of University Directors of Clinical Psychology 3rd Annual Award for Outstanding Contributions to Clinical Training. He is the author or editor of many books, notably the first four editions of the *Handbook of Psychotherapy and Behavior Change* (co–edited with A. E. Bergin) and *Psychotherapy: An Eclectic-Integrative Approach* (both published by Wiley). Dr. Garfield contributed over 150 journal articles or chapters to edited volumes. Contributions in his memory may be made to:


Society for Psychotherapy Research, www.psychotherapyresearch.org/about/about.html

For further information, please call

Amy Garfield, +1-216-707-7300, or

Stan Garfield, +1-313-550-9389.