

SOCIETY FOR PSYCHOTHERAPY RESEARCH

PROGRAM

4th ANNUAL MEETING

JUNE 14-16

1973

HOLIDAY INN • CITY LINE AVENUE
PHILADELPHIA, PENNSYLVANIA

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SOCIETY FOR PSYCHOTHERAPY RESEARCH

The Society for Psychotherapy Research, founded in 1968 as an independent organization, is dedicated to the scientific study of psychotherapy. Its purpose is to encourage the systematic study of psychological principles underlying personality and behavior change resulting from psychotherapeutic intervention. Through its annual meeting and related activities, it seeks to encourage informal exchange of information on research in progress or recently implemented, discussion of theoretical and methodological issues, and improved communication among researchers.

Membership is open to persons interested or engaged in the study of psychotherapy irrespective of theoretical orientation, professional affiliation, or philosophical commitment. You may fill out an application blank at the conference registration desk or write to: Dr. Curtis L. Barrett, Child Psychiatry Research Center, 608 South Jackson Street, Louisville, Kentucky 40201. Annual dues are \$10 to cover organizational and mailing expenses.

OFFICERS

Hans H. Strupp, President

Lester Luborsky, President-Elect

David E. Orlinsky, Past President

Curtis L. Barrett, Secretary-Treasurer

THURSDAY, JUNE 14

- 12:00-1:30 REGISTRATION
Lobby
- 1:30-3:30 PANEL DISCUSSION: *
THERAPEUTIC TECHNOLOGY: EFFECTS OF SPECIFIC DISORDERS
Regency Rooms C&D, Main Floor
- 3:30-5:30 BRIEF REPORTS:
CURRENT RESEARCH INTERESTS AND ACTIVITIES
Regency Rooms C&D, Main Floor

Moderator:

CURTIS L. BARRETT, Ph.D.
University of Louisville
School of Medicine

Any conference participant may briefly describe his work. (Limit: five minutes per person.)
- 5:30-7:00 CASH BAR
- 8:30-10:00 PANEL DISCUSSION: *
INFLUENCE PROCESSES UNDERLYING THERAPEUTIC TECHNOLOGY
Regency Rooms C&D, Main Floor

*See following pages for a listing of participants and a brief abstract.

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THURSDAY, JUNE 14

PANEL DISCUSSION (1:30-3:30 p.m.):
THERAPEUTIC TECHNOLOGY: EFFECTS OF SPECIFIC DISORDERS

Moderator & Discussant:

LESTER LUBORSKY, Ph.D.
University of Pennsylvania School of Medicine

Participants:

ARNOLD P. GOLDSTEIN, Ph.D.
Syracuse University
"Structured learning therapy: Toward a psychotherapy for the poor"

ALBERT J. STUNKARD, M.D.
University of Pennsylvania School of Medicine
"Obesity with group behavior therapy versus group psychotherapy"

F R E. NATHAN, Ph.D.
Rutgers University
"Phobias with behavior therapy versus psychotherapy"

Abstract:

A major trend in psychotherapy and behavior modification has been the search for specific techniques to be applied to the treatment of relatively homogeneous problems. Although it is increasingly being recognized that therapeutic outcomes in all forms of psychotherapy and behavior modification are partly a function of so-called nonspecific factors (see following panel), that is, expectations and attitudes generated in any healing relationship, sustained efforts have been made to develop more sharply focused therapeutic technologies which might exceed the base lines set by nonspecific factors. This panel presents a cross-section of these technologies. The moderator will attempt to place them within the trends in the literature on comparative studies of different psychotherapies (as a continuation of last year's panel on "Comparative Psychotherapies: Is it True that Everyone Has Won, So All Must Have Prizes?").

THURSDAY, JUNE 14

PANEL DISCUSSION (8:30-10:00 p.m.):
INFLUENCE PROCESSES UNDERLYING THERAPEUTIC TECHNOLOGY

Moderator & Discussant:

JEROME D. FRANK, M.D., Ph.D.
Johns Hopkins Medical School

Participants:

DAVID E. ORLINSKY, Ph.D.
Institute for Juvenile Research, Chicago and University of Chicago
"Modes of influence in therapeutic interventions"

MARTIN T. ORNE, M.D., Ph.D.
University of Pennsylvania School of Medicine
"On maximizing patient expectancies useful for the therapeutic context"

GERALD C. DAVISON, Ph.D.
State University of New York at Stony Brook
"Behavior therapy: A time for modesty?"

EDWARD J. MURRAY, Ph.D.
University of Miami, Coral Gables
"Encounter groups: Personal growth versus fun and games"

Abstract:

This panel focuses on the nonspecific factors operating in any treatment relationship (see preceding panel) and examines their role and function in the therapeutic outcomes. A major question to be answered is whether specific techniques can be counted upon to produce superior therapy outcomes. The panel will critically examine these issues, with reference to the presentations of the preceding panel.

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FRIDAY, JUNE 15

9:00-11:30 WORKING SESSION:*
NEW APPROACHES TO THE STUDY OF
PSYCHOTHERAPY SESSIONS
Regency Room C, Main Floor

9:00-11:30 CONTRIBUTED REPORTS OF
RESEARCH IN PROGRESS:*

SECTION I*

Regency Room D, Main Floor

SECTION II*

Empire Room J, 23rd Floor

12:00-1:00 BANQUET LUNCHEON

1:00-3:00 PANEL DISCUSSION:*
THERAPY OUTCOMES: WHAT ARE
THE MEASURES, BUT THEN—WHAT
ARE THE QUESTIONS?

Regency Rooms C&D, Main Floor

3:30-5:30 CONTRIBUTED REPORTS OF
RESEARCH IN PROGRESS:*

SECTION III*

Regency Room D, Main Floor

SECTION IV*

Empire Room J, 23rd Floor

5:30-6:30 BUSINESS MEETING

Regency Room C, Main Floor

Chairman: HANS H. STRUPP, President SPR

5:30-6:30 CASH BAR

8:30-10:00 PRESIDENTIAL ADDRESS

Regency Rooms C&D, Main Floor

Speaker: HANS H. STRUPP, Ph.D.

Vanderbilt University

"Toward a reformulation of the psycho-
therapeutic influence"

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FRIDAY, JUNE 15

WORKING SESSION (9:00-11:30 a.m.):
NEW APPROACHES TO THE STUDY OF PSYCHO-
THERAPY SESSIONS

Moderator:

DONALD SPENCE, Ph.D.

New York University

"Integration of trends: Computer context analysis"

Participants:

HARTVIG DAHL, M.D.

Downstate Medical Center, Brooklyn

"Computer approaches for analysis of psycho-
analytic sessions"

LOUIS A. GOTTSCHALK, M.D.

University of California at Irvine

Preliminary contributions toward the application of
content analysis to psychotherapy research—out-
come and process"

ESTER LUBORSKY, Ph.D.

University of Pennsylvania School of Medicine

"Context of recurrent symptoms which appear in
sessions"

ANNETH I. HOWARD, Ph.D.

Institute for Juvenile Research, Chicago

"Therapy experience questionnaire as a method for
analyzing the process of psychotherapy"

Abstract:

Content-analysis of therapy interviews and the study of
communications between patient and therapist have been
continued concern of psychotherapy researchers. The
purpose of this session is to consider new and promising
approaches. Following a seminar format, several investiga-
tors will present their approaches, and ample time will be
available for audience participation. The moderator will
attempt to integrate these approaches with the main
trends of the field.

FRIDAY, JUNE 15

CONTRIBUTED REPORTS OF RESEARCH IN PRO-
GRESS:

SECTION I (9:00-11:30 a.m.)

Moderator:

BERTRAM P. KARON, Ph.D.

Michigan State University

"Psychotherapy is effective with schizophrenics
if . . . : Some conclusions from recent research"

Participants:

KEVIN M. MITCHELL, Ph.D.

University of Georgia

"Psychotherapy outcome: Some new data"

GARY E. STOLLAK, Ph.D.

Michigan State University

"Undergraduates as play therapists: Process and
outcome"

A. E. KARLSRUHER, Ph.D.

University of Manitoba

"The differential effectiveness of supervised non-
professional, unsupervised non-professional and pro-
fessional psychotherapists"

EDNA I. RAWLINGS, Ph.D.

University of Iowa

"Research design of group therapy outcome proj-
ect"

SHELDON B. PEIZER, Ph.D.

Friends Hospital, Philadelphia

"Effectiveness of ECT in the therapy of depression"

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FRIDAY, JUNE 15

CONTRIBUTED REPORTS OF RESEARCH IN PROGRESS:

SECTION II (9:00-11:30 a.m.)

Moderator:

ARTHUR K. SHAPIRO, M.D.

Cornell University Medical College

"Prognostic correlates of psychotherapy"

Participants:

J. B. CHASSAN, Ph.D.,

PETER JANULIS, M.D., and

ARTHUR K. SHAPIRO, M.D.

Cornell University Medical College

"An application of intensive design to psychotherapy research"

ANDREW RAZIN, Ph.D.

Yale University School of Medicine

"A and B therapists' communications to patients"

BENJAMIN POPE, Ph.D.

The Sheppard and Enoch Pratt Hospital

"Interviewer status in the clinical interview"

STEPHEN I. ABRAMOWITZ, Ph.D.

Vanderbilt University

"Comparative effectiveness of there and then versus here and now interpretations in group psychotherapy"

MAUREEN O'SULLIVAN, Ph.D.

University of San Francisco

"The influence of training on the reliability of therapist's interventions: A content-analysis study using a modification of Strupp's Therapist Intervention Categories"

CHAD D. EMRICK, Ph.D.

University of Colorado Medical Center

"Psychological treatment of alcoholism: An analytic review"

FRIDAY, JUNE 15

PANEL DISCUSSION (1:00-3:00 p.m.):

THERAPY OUTCOMES: WHAT ARE THE MEASURES, BUT THEN—WHAT ARE THE QUESTIONS?

Moderator & Discussant:

ALLEN E. BERGIN, Ph.D.

Brigham Young University

Participants:

IRENE E. WASKOW, Ph.D.

National Institute of Mental Health

"Questions raised by the NIMH Outcome Measures Project"

MARVIN R. GOLDFRIED, Ph.D.

State University of New York at Stony Brook

"Behavioral assessment in outcome research"

DAVID MALAN, M.D.

Tavistock Clinic, London

"Experience with dynamic outcome criteria on four series of patients"

Abstract:

A wide variety of outcome measures have been developed and used in psychotherapy research, but studies have generally lacked comparability due to the diversity of methods and techniques for assessing therapeutic change. Responding to the need for a "standard battery," concerted effort has been made by NIMH to assemble an optimal set of instruments. The results will be presented briefly. It is also recognized that greater attention must be paid to implicit assumptions concerning "desirable" therapeutic change, societal values underlying conceptions of "mental health," and the manner in which these variables are reflected in therapeutic goals, outcomes, and instruments designed to assess change. The panel will address itself to these critical issues.

FRIDAY, JUNE 15

WORKING SESSION (3:30-5:30 p.m.):
RESEARCH ISSUES IN CHILD AND FAMILY
THERAPY

Moderator:

DONALD BLOCH, M.D.

Ackerman Family Institute, New York

Participants:

BERNICE ROSMAN, Ph.D. and
SALVADOR MINUCHIN, M.D.

Philadelphia Child Guidance Clinic

"Family therapy for psychosomatic children"

WELLS GOODRICH, M.D.

Montefiore Hospital, New York

"Treatment implications of family structure re-
search"

THOMAS C. TODD, Ph.D.

Philadelphia Child Guidance Clinic

"Family therapy evaluated"

Abstract:

In keeping with the broadening scope of research interests and activities in psychotherapy, this working session will focus on new developments in the area of child and family therapy. The session is designed as a seminar and provides for presentations by selected investigators as well as informal audience participation.

FRIDAY, JUNE 15

CONTRIBUTED REPORTS OF RESEARCH IN PROGRESS:

SECTION III (3:30-5:30 p.m.)

Moderator:

ALAN S. GURMAN, Ph.D.

University of Wisconsin

"Implications of marital therapy research for marital therapy practice"

Participants:

GERALD M. EPSTEIN

Doctoral Candidate

George Peabody College for Teachers

"Developing support systems for bereaved families"

WALTER GRUEN, Ph.D.

Rhode Island Hospital

"Effect of counselling on recovery in heart attack patients"

FREDERICK S. GEORGE, Ph.D.

Lyster Army Hospital, Fort Rucker, Alabama

"Exploratory studies in relaxation training"

DENNIS L. GIBSON, Ph.D.

College of Wooster

"Predicting small group interaction"

CLAYTON E. LADD, Ph.D.

Southern Illinois University

"Evaluation of self-help courses"

GEORGE A. REKERS, Ph.D.

Harvard University

"Treatment of cross-sex behavior in boys"

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FRIDAY, JUNE 15

CONTRIBUTED REPORTS OF RESEARCH IN PROGRESS:

SECTION IV (3:30-5:30 p.m.)

Moderator:

JOAN WELKOWITZ, Ph.D.

New York University

"Rhythms of dialogue and therapy: Experience questionnaire"

Participants:

BERNARD F. RIESS, Ph.D.

Postgraduate Center for Mental Health, N. Y.

"Patterns of presenting symptoms 1945-1972"

FRED R. STAPLES, Ph.D.

University of Southern California Medical School

"Nonlexical speech characteristics and therapeutic outcome"

DEAN SCHUYLER, M.D.

National Institute of Mental Health

"Counselling suicide survivors: Issues and answers"

DOROTHY TENNOV, Ph.D.

University of Bridgeport

"Patterns of deterioration among women psychotherapy patients"

MICHAEL WOGAN, Ph.D.

University of Connecticut

"Comparison of alpha training with standard desensitization in snake phobia"

JOHN O. MEANY, Ph.D.

University of Notre Dame

"Hesychast meditation as psychotherapy"

SATURDAY, JUNE 16

9:00-11:30 PANEL DISCUSSION:
EVALUATION RESEARCH: COMMON
PROBLEMS IN SEVERAL RELATED
FIELDS

Regency Rooms C&D, Main Floor

Moderator:

KENNETH I. HOWARD, Ph.D.

Institute for Juvenile Research, Chicago

Participants:

MARCIA GUTTENTAG, Ph.D.

Harvard University

"The measurement of subjectivity in evaluation"

PETER H. ROSSI, Ph.D.

Johns Hopkins University

"The politics of evaluation"

MERTON S. KRAUSE, Ph.D.

Institute for Juvenile Research, Chicago

"The nature of evaluation research done in the public interest"

HENRY W. RIECKEN, Ph.D.

University of Pennsylvania

Discussant

Resource Person:

FRED NEWMAN, M.D.

Eastern Pennsylvania Psychiatric Institute

Abstract:

Evaluation of mental health programs, especially those involving psychotherapy or behavior modification, is the order of the day. The panel members will discuss problems and issues in their respective areas, with special reference to their implications for psychotherapy research.