RESEARCH REPORT: THE NETHERLANDS

Dutch coordinators:  dr. Kim de Jong (adult psychotherapy)
                       dr. Marc Noom (child and adolescent psychotherapy)

Introduction
Research on psychotherapy in the Netherlands primarily focuses on cognitive-behavioral therapy. CBT is the dominant therapy in Dutch multidisciplinary guidelines, and in the number of clinicians practicing it. Research takes place in a variety of settings: 1) psychiatry, pediatric, and psychology departments in one of the 10 universities that have social science departments; 2) so called “Top-GGZ” (specialist mental health care) facilities, which have their own specialized research departments; and 3) regular mental health care.

Professional training
In the Netherlands, clinical and scientific training are separately offered. Most psychologists get a master level degree, after which they follow a 2-year additional training for “GZ-psycholoog” (health care psychologist). After that training, they are licensed to practice in private practice or in mental health organizations. After this base level of training, therapists can proceed with the 3 or 4-year Psychotherapy training, or 3 or 4-year Clinical Psychologist Specialist training. People who would like to do science, typically obtain a PhD through a paid 4 year apprenticeship at a university, or through a part-time unpaid PhD track outside the university, while working as a clinician or applied researcher.

Research funding
Research is funded through three major financial channels: 1) university funds; 2) government and EU funding; and 3) non-profit organizations and private funding. Universities typically sponsor research time for their employees (e.g. faculty members tend to get 40% research versus 60% teaching hours), but no other research funding. Government funding goes through the Nederlandse Wetenschappelijke Organisatie (NWO; Dutch Science Organization), and affiliated organizations (e.g. Zorgonderzoek Nederland Medische Wetenschappen (ZonMW) - Health Care Research in Medical Science), as well as the European ERC grants. NWO has a personalized grant system for Dutch top-scientists similar to the ERC system, and provides grants to stimulate research structures, such as big data research facilities. ZonMw provides funding for research projects. Most clinical trials are funded through ZonMw. Private funding can go via charities, private foundations and trusts, and companies with specialized research aims (e.g. cancer foundation, software building organizations, named trusts).

Research themes
In Dutch universities, there is a strong focus on research on trans-diagnostic psychopathology research within the adult population. The majority of Dutch clinical psychology departments are united with two Belgian universities in the post-graduate research school of Experimental Psychopathology. The focus is on experimental research, often using basic science (fMRI, EEG, genetics, etc) techniques.
In Top GGZ organizations, which are specialized mental health care organizations, the research is more applied. These organizations tend to have formal collaborations with universities, and have
their own professors. Psychotherapy intervention research (RCTs) mainly takes place within these settings. In regular mental health care the focus is on effectiveness research.

**Research groups within psychotherapy research (selection)**

**University of Amsterdam**
- prof. dr. Arnoud Arntz – interventions for personality disorders, primary focus on schema therapy
- dr. Henk Jan Conradi – attachment in adults
- prof. Jan Henk Kamphuis – personality assessment

**Vrije Universiteit**
- Prof. dr. Pim Cuijpers – depression, meta-analyses, internet-based interventions
- Prof. dr. Marcus Huibers – depression, CBT, IPT, mechanisms of change
- Prof. dr. Jack Dekker *(SPR member)* – effectiveness of brief psychodynamic therapy
- Prof. dr. Mark van der Gaag – CBT in psychotic disorders

**Utrecht University**
- Prof. dr. Marcel van den Hout – mechanisms of change in anxiety disorders, primary focus OCD
- Prof. dr. Iris Engelhard – trauma treatment, mechanisms of change in EMDR
- Prof. dr. Claudi Bockting – recurrent depression, intercultural effects of therapy – trains CBT in underdeveloped countries

**Maastricht University**
- Prof. dr. Madelon Peters – positive psychology interventions
- Prof. dr. Anita Jansen – eating disorders
- Dr. Lotte Lemmens *(SPR member)* – mechanisms of change in IPT and CBT in depression

**Leiden University**
- Prof. dr. Philip Spinhoven – anxiety, mood and personality disorders, elderly patients
- Prof. dr. Bernet Elzinga – trauma interventions, mechanisms of change, childhood maltreatment
- Dr. Nadia Garnefski and dr. Vivian Kraaij – eHealth interventions
- Dr. Kim de Jong *(SPR member)* – routine outcome monitoring, feedback, therapist effects, training
- Dr. Greta Noordenbos – interventions for eating disorders

**Rijksuniversiteit Groningen (RUG)**
- Prof. dr. Peter de Jong – mechanisms in disgust (sexual disorders, OCD)
- Prof. dr. Theo Bouman – CBT for psychosomatic disorders
- Prof. dr. Jos de Keijser – interventions for complicated grief

**Tilburg University**
- Prof. dr. Kees Korrelboom – CBT; COMET intervention (low self-worth intervention)

**Radboud Univeristy Nijmegen**
- Prof. dr. Marc Verbraak – Evidence based practice
- Prof. dr. Bea Tiemens – Routine Outcome Monitoring, prediction models

**Open University**
- Prof. dr. Agnes Scholing – Psychotherapists’ training and professional development