SWEDISH COUNTRY REPORT ON PSYCHOTHERAPY RESEARCH

Lund University (Martin Svensson, Thomas Nilsson, Håkan Johansson, Rolf Sandell, Sean Perrin, Gardar Viborg)

Project POSE (Psychotherapy Outcomes and Self-Selection Effects)
Project POSE is a project that aims to compare the efficacy of two forms of psychotherapy for Panic Disorder under two conditions: randomisation and self-selection. One CBT method (PCT) and one PDT (PFPP). It is a naturalistic multicentre-study. The patients are first randomised to either randomisation, self-selection or a wait-list group. The patients in the randomised group are then randomised to either PCT or PFPP. In the self-selection group the patients choose the method they believe suits them the best. About 220 therapies are planned to be conducted and the inclusion of patients are scheduled to be finished spring 2017.

Lund University (Nataliya Thell)
The PhD project is a qualitative study of a psychological counselling programme on a Swedish radio channel. In the programme a psychotherapist talks to people who seek help in dealing with different psychological problems such as difficulties in family relationships, traumatic experiences, grief or anxiety. The method of study is conversation analysis. An analytical focus is on the process of negotiating intersubjective understanding of callers' problems: how callers’ initial descriptions of their troubles are transformed into therapeutically informed problem formulations.

Linköping University (Ylva Gidhagen):
A naturalistic study of psychological treatment of patients with substance use disorders (SUDs) in routine care, measuring treatment outcome, alliance and attachment styles. Based on data from 119 patients, collected May 2011 to March 2014, from three outpatient SUD centres. Self-reported forms have been used: CORE-OM, WAI-P and WAI-T measured every session, AUDIT, DUDIT/DUDIT-E and ECR-S at treatment start and end. One of three planned papers has been published online (DOI: 10.1080/14659891.2016.1200149).

Linköping University (Tommy Skjulsvik)
Interview study on therapist experiences of and attitude to using systems for systematic follow-up and feedback

Umeå University (Helene Ybrandt):
Outcome and prediction of outcome in trainee led psychotherapy. Client data, personality (hp5i), interpersonal problems (IIP) och psychological health (CORE-OM). In cooperation with the psychology clinics in Lund, Gothenburg and Växjö.

SPRISTAD study. Society for Psychotherapy Research Interest Section on therapist training and development. This study of psychotherapy trainees ‘professional development aims (1) to track progressive changes over times in trainees as therapists, (2) to empirically identify factors that tend to facilitate or impede trainee development, and (3) to do so by gathering quantitative and qualitative data from a large number of psychotherapy trainees of various types in a wide range of training programs. The SPRISTAD research committee

Effects of training therapies. Research on student therapies, clients, and supervisors. Data collected on WAI, SASB, SCL-90, OQ-45, DSM, DPCCQ etc., from 125 therapists, 250 clients and ca 30 supervisors.

Örebro University (Jan Carlsson and Joakim Norberg):
Psychotherapists’ professional development and psychotherapy training, with a focus on supervision and the supervisory relationship. A special interest in several studies has been on difficulties and negative experiences in supervision during psychotherapy training, and consequences for well-being, identity development, and learning.

Stockholm University (Andrzej Werbart)
Starting and ending psychoanalysis and psychodynamic psychotherapy: A multicenter case control study within the anaclitic-introjective personality spectrum
PI: Andrzej Werbart
Cooperation: Kristian Aleman and Fredrik Falkenström (Sweden); Anna Daniela Linciano (PI), Claudio G. Galvano and Davide Margola (Italy); Henrik Enckell, Erkki Heinonen (PI), Johannes Lehtonen (Finland, planning phase)
Finance: International Psychoanalytical Association CERP Grant and Bertil Wennborgs Foundation

Psychotherapist experience of successful therapies – and of therapies that did not lead to improvement
PI: Andrzej Werbart
Cooperation: Karin Engqvist, Peter Lilliengren, Sofia Lind, Peter Missios, Fredrik Waldenström
Finance: -

Patient perspectives on treatment failure in psychodynamic psychotherapy with young adults
PI: Andrzej Werbart
Cooperation: Camilla von Below, Jonas Brun, Hulda Gunnarsdottir
Finance: -

Young adults’ internal representations of their therapist – and psychotherapists’ self representations: A comparative typology
PI: Andrzej Werbart
Cooperation: Jim Green, Camilla Stenklöv
Finance: Bertil Wennborgs Foundation

Psychotherapists’ experiences of patients who occupy their internal world outside of therapy time and space
PI: Andrzej Werbart and Diane Bimont
Cooperation: -
Finance: -

Karolinska Institutet (Fredrik Falkenström)
Improving effectiveness of psychotherapy in two public hospitals in Nairobi, Kenya
The project is a blended effectiveness/efficacy design in which outcome of current practice is explored to find groups of patients with sub-optimal outcome. In a second phase, new interventions will be tested for these groups using experimental designs. Qualitative and quantitative research will also be done on psychotherapy processes and cultural issues. At present naturalistic data on 345 therapies is available.