President’s Message:
Guillermo de la Parra

We are still feeling the warm, exciting and friendly atmosphere of our last SPR meeting in Bern. We will not forget the readiness and kindness of the dozens of student helpers who fluttered around with their orange ribbons. Every detail in the facilities for the scientific activities was taken care of by our hosts. The succulent coffee breaks, poster sessions, and the magnificent lunches, demonstrated the local team’s effort in making this meeting unique. They dealt very successfully with the most attended SPR meeting ever. Thank you, Franz Caspar, Robert Richardson, Bettina Gerber, Hansjörg Znoj, Suzanne Frischknecht and Daniel Regli for your great job.

The attendance of the most important researchers in our field, the enthusiasm of scholars and students in the scientific exchange and the commitment with which the cultural theme of the meeting was undertaken, made this conference memorable as well. With over 680 presentations and the participation of 38 countries -world-wide, represented by 148 authors from North America, 48 from South America, 415 from Europe (including 10 from Eastern Europe), 43 from Asia, 20 from Oceania, and two from Africa, the Bern SPR International Conference was truly an Encounter between Cultures. The meeting was initiated and ended by two highlights, the presidential address given by Lynne Angus, and the closing conference by Mary Target. The latter gave us all the opportunity to meet together in a farewell encounter.

As said, this was the most attended SPR meeting ever, a reason for this being that the members of the Program Council, which included representatives from a wide range of countries, were very active in spreading awareness of the meeting in their respective countries (including Europe). I appreciate this great contribution done by the council.

The theme of the meeting was also an attraction pole; we had many delegates for whom this was their first SPR meeting, as expressed by conversations with different colleagues and in the high rate of non SPR member registrants. I am sure that many of these delegates will be part of our organization after experiencing a meeting that not only has a superior level of scientific atmosphere, but also counts with a friendly environment. (They will receive an invitation to join us). If you have photos of the conference, please feel free to share these with the rest of the SPR members by sending them to Sven Schneider [admin@psychotherapyresearch.org], who will upload them.

This year we had the second annual Lester Luborsky Poster Awards, very well organized by Thomas Schröder and Andrés Roussos. We returned to an old tradition in SPR, the posters preview, where the students had to display their creativity (and humor) to give a view of their "opus" in only 60 seconds. (See poster award report below).

185 scholars and students joined SPR in the last months (53 from North America, 8 from Latin America, 99 from Europe, including 13 from Eastern Europe, and 25 from Asia and Middle East). The current membership is 1203, the largest in several years, if not ever. SPR is grown up. There is a clear tendency of having more attendance at meetings each year. This growth takes us in the direction of a new era, where the administration has to become more sophisticated, such as in the creation,
last year, of the financial subcommittee, composed of Betty Gomez, Marna Barrett, Thomas Schröder, and Aarno Laitila. And the communication subcommittee, composed of Mikael Leiman, Kathrin Moertl, Sven Schneider, Malena Braun, Armin Hartmann, Nick Midgley and Kim de Jong (as liaison to the student webinars). (See Communication Committee report below). Another example is the need to change the computerized program organization system, as the current one had difficulties dealing with the high number of submissions of the Bern meeting. The EC is exploring the offer of different commercial meeting organizer systems for future conferences.

The internationalization, shown by the increase in new members from non-Central-European-North American countries (and the election of a Latin American president), is the product of the constant work done by the former SPR presidents, by prominent SPR members, as well as the enthusiastic work of leaders from these non-Central-European-North American countries. The EC, aware of this tendency, adopted policies that facilitate the participation of members of the EC coming from World Bank 2 Category countries. Building bridges among different cultures, different regions, and, like my predecessors, stimulating the exchange between clinicians and researchers, among generations and different psychotherapeutic orientations, are principal aims of my mandate. The theme of the Bern Meeting and its results satisfied my expectancies regarding this aim. Being the first non European-North American SPR president brings forth the responsibility to be as inclusive as possible and I will do my best to accomplish this during my period of office.

Some news:

-- As most of you know, the SPR interest section on therapist training and development (SPRISTAD) has been formed with the enthusiastic support of dozens of members. The first section meeting took place in the Bern Conference with more than 60 attendees. The first official group of officers include: David Orlinsky, chair; Bernhard Strauss, chair-elect; Clara Hill, senior career counselor; Louis Castonguay, mid-career counselor; Jan Carlsson, early career counselor.

-- Psychotherapy Research definition update: The recently formed Communication Committee is in charge of going forward with a definition of "Psychotherapy Research", which will appear in Wikipedia, and later in the SPR webpage. The first step was to translate the German version that appears in the German Wikipedia, but we encourage all members to send definitions to the committee chair Kathrin Moertl, moertl@yorku.ca to build it in an interactive way.

-- As you may know, this year we had no candidates for the Distinguish Research Career Award and Early Career Achievement Award. This is a beloved tradition in SPR to recognize the effort and trajectory of senior researchers and the creativity and achievements of early career colleagues. We encourage all members to invest some time to propose your candidate. In order to facilitate submission, the deadline has changed to December 15.

In this issue:
I strongly encourage you to pay close attention to all the important issues covered in the current newsletter: First, you will find the statements of the two candidates for the next presidential election of SPR: Hadas Wiseman and Hans Znoj. We are very happy to have two excellent candidates willing to devote their time and energy to our organization. There is no doubt that SPR will be in good hands, irrespective of who will become our next General Vice-President (and then President Elect, President, and Past President after that). 
Please vote before the deadline of October 1st.

The past president update highlights important initiatives of EC in the last year, specially the results of the Strategic Action Survey. On behalf of the EC, of all SPR members and myself, I want to express my gratitude to outgoing president, Lynne Angus, for her excellent performance and contributions to SPR, for her wisdom leading our organization, and for the constant support and advice she offered me during this period.

The newsletter also contains the report from our executive officer, Tracy Eells, whose outstanding administration of our finances has allowed not to increase the membership fees in the last five years, to maintain or decrease International Meeting registration fees and to have the financial resources to support the initiatives proposed in the Strategic Action Survey (see Lynne Angus' report) After the Journal report from Paulo Machado (Managing Editor) who, among other things, illustrates the internationalization of the magazine, the Chapter Presidents reports, and the Bern Poster Awards report, you will find the updates of the last SPR initiatives: Webinars (Sam Nordberg) and Communication Committee (Kathrin Moertl).

The newsletter ends with Hsiao-Pei Chang's impressions of her experience as a young researcher in SPR and with Jeff Hayes' exciting description of our next conference site in Virginia Beach.

Mark Your Calendar!!

2012 International Meeting: Virginia Beach, VA, USA—June 20-23, 2012
2013 International Meeting: Brisbane, Australia—July 10-13, 2013
I am deeply honored and delighted to be nominated as candidate for General Vice-President of SPR. SPR has been central to my professional development, which began as a doctoral student of Laura Rice in clinical psychology at York University, Toronto. When I attended meetings as a graduate student, it was exciting to encounter personally the key psychotherapy researchers that have inspired me, coupled with the lasting impression of the welcoming atmosphere. The first SPR conference that I attended as a new PhD was in Ulm, Germany in 1987. This was particularly memorable for me, as I had the special privilege to present my dissertation research in a panel led by Ed Bordin on Therapeutic Tasks and Change. In the last session, David Orlinsky presented on "How to do psychotherapy research without a grant." From there on I was determined to find ways to continue to do psychotherapy research (with or without a grant) and have SPR be a big part of my professional community. As a psychotherapy ‘change process’ researcher, my first opportunity to engage in psychotherapy research after returning to Israel involved applying Strupp's “success and failure design” to study a ‘central issue’ marker in Mant's time-limited psychotherapy. Later I joined the SPR Collaborative Research Network (CRN), translated the Development of Psychotherapists Common Core Questionnaire into Hebrew and collected data from Israeli psychotherapists. My involvement in the CRN with David Orlinsky and Helge Rønnestad spans 20 years, including serving on the CRN steering committee since 2000. Another part of my long commitment to SPR is service since 1996 on the advisory Editorial board of Psychotherapy Research. A major focus of my research has been on interpersonal patterns in- and outside of psychotherapy. I used CCRT methodology combined with qualitative-narrative methodology in a funded study of interpersonal themes and emotions in children of Holocaust survivors (Wiseman & Barber, 2008). My current funded research (with Orya Tishby) aims to shed light on change in interpersonal processes over time in the context of the therapeutic relationship, focusing on the interplay of client and therapist interpersonal patterns, working alliance, and outcome. Being deeply identified with the scientist-practitioner model, I both teach and do research at the University of Haifa and maintain a small clinical practice; doing therapy stimulates and informs me of the challenges that face us as psychotherapy researchers. As SPR General Vice-President, I will work to promote development of theory and research from a wide variety of therapeutic orientations, modalities, and scientific methodologies. Another goal is to further promote internet communication and international collaboration among researchers from different cultures and continents, and of researchers with clinicians, trainers and supervisors (e.g., via ResearchGate). I hope also to foster engagement of younger researchers with seasoned ones, building on the mentoring that occurs between the generations at SPR conferences, and to find other ways to invest in the future of our field. Another challenge we face, given the impressive growth of SPR (over 700 attended the Bern conference), is finding creative ways to develop smaller structures of exchange, e.g., through current SPR interest sections and new ones that will develop, and through regional chapters and area groups, working together under the umbrella of international SPR. Drawing on my academic administrative experience, I look forward to working with the SPR Executive Council and members, to meet these and other vital challenges. I thank the nominations committee for their trust, and welcome the opportunity to ‘give back’ to SPR what I have received for so many years in terms of personal connection, mutual commitment, and the support of a genuine scientific community.

Vote Online!!

The election module opens September 1 on the SPR homepage. Go to http://www.psychotherapyresearch.org and place your vote. Voting ends: October 1, 2011
Is there such a thing as a scientific home? Knowing our society I can clearly say: yes. When I was introduced to its organization during my first years after my studies, I found helpful and friendly senior researchers who took real interest, despite the fact that I was a complete newcomer. In my post-doc years in San Francisco, being a stranger and coming from Europe, I felt a hearty welcome from people I already knew from the few conferences I was lucky to attend.

When I was informed of my nomination as General Vice – President of SPR, I felt greatly honored. I see myself as a devoted, yet skeptical researcher of psychotherapy and its related fields; I have always strongly believed that psychotherapy is part of a greater picture of the human condition, based on biology, culture, and experience. This led me in my student years to become a scholar of Klaus Grawe, who shared a humanistic perspective and at the same time was convinced that general scientific principles determined what happens in psychotherapy. It was through him, more than 20 years ago, that I came into contact with other scientists, psychotherapists, and researchers who gathered in their own community, the Society of Psychotherapy Research.

My love for research and this Society enabled me to fulfill my great dream: After my doctorate I was awarded a 3-year post-doc in San Francisco. There, I thought, was the culminating point of everything I was attracted to: wonderful nature, sophisticated and tolerant people, highly awarded scientists, and competition in order to reach the best possible result. I was also guided into new areas such as the study of emotions, or life-events as both risk and chance for personal development and growth. While attending most SPR meetings and still interested in the process of change, I was temporarily drawn towards the topic of the general ability of people to overcome even greater disturbing experiences, such as loss of a close person or experiencing life-long disabilities. Investigations and studies led me to think that many of the strategies and mechanisms we found are also ingredients of change in the psychotherapeutic process.

Working as a Professor for Clinical Psychology, I was able to obtain grants to do research, and I subsequently authored and co-authored papers and book chapters on various topics and themes. What strikes me most is the universal ability to change and learn from experiences, which is also the core of the psychotherapeutic process. Back in California, together with coworkers, I began to study bereavement. What happens there is massive change, unwelcome and threatening. However, many people manage not only to overcome grief but also to develop a sense of a more fulfilling, richer life. We as scientists can describe this phenomenon, however, we only scarcely know the predictors of such personal growth. Similarly, in psychotherapy, we have many different perspectives and instruments to study the process and outcome but still have difficulties to predict the outcome on distinct factors and variables. Therefore, I am optimistic that even in 50 years from now we as a research community will have plenty of work. Research, however, is nothing without ethics. One of my duties in our University is to chair the ethics committee. I understand this task as helping to promote a humanistic and at the same time scientifically rigorous research.

In the past, psychotherapy research was more often based on opinions and traditions rather than empirical facts and theoretically sound concepts. The Society for Psychotherapy Research has a strong focus here – it is my hope that concepts developed in one tradition will be spread and tested in different conditions to obtain a truly developing science. Here are a few concrete ways I can imagine contributing to the continuing development of SPR:

a) Promote and test the exchange of concepts, techniques, and instruments by promoting collaborative studies and promoting the exchange with and among young researchers
b) Exchange ideas and work not only with scientific papers (that are sometimes hard to read and might even hide important aspects of the research) but by using new technologies like the Internet, where there is much more room for presenting tools and processes.
c) Help to protect and further establish the open and truly friendly atmosphere that is so typical of SPR
d) As a European member, my focus is naturally more driven by international topics and politics. With respect to new members, especially from other continents, I would like to maintain the stimulating atmosphere and further widen the cultural and methodological diversity found in our society.

Last but not least: In Bern I experienced my first SPR meeting. That was 1989! Therefore it was my special honor and joy to co-host, together with Franz Caspar, the recent SPR meeting in Bern, more than 20 years later. Being part of SPR and having a more active role in SPR is a highly exciting perspective, and this privilege asks for a lot of commitment. I thank the nominations committee for nominating me and I assure you that I will work hard to serve the Society as the General Vice-President. Thank you for your trust!

Executive Officer Report
Tracy D. Eells

In this report I will update you on SPR’s financial status and on membership.

Financial Report

SPR is financially solid with reserves as of December 2010 equal to about four year’s operating expenses, excluding the international conference. This reserve provides us with a rainy day fund, a source of revenue to fund advances for future conferences, and a potential source of interest income, although the latter has been minimal in the last two years. In addition, as announced at the Business Meeting in Bern, the Executive Council has approved further exploration of using a portion of the reserve to finance initiatives aimed at furthering the Society’s goals. Specifically, it is examining the development of a psychotherapy database archive and a small grant initiative. The Executive Council also approved retaining reserves in the amount of one year’s expenses, which approximates $250,000, including the international conference.

In calendar year 2010, SPR’s income, omitting the international conference, was $96,640. Dues accounted for $90,620 of this income. This is a decrease from the previous year, but appears to be accountable by the timing of members paying dues, since membership is stable. The Asilomar conference was financially successful, making $88,524 over expenses. This margin is more than predicted and is due to expenses than turned out to be less than predicted and higher than predicted attendance.

Expenses exceeded income by $11,716 in 2010. The major expense items in 2010 were dues owed to chapters (36%), journal subscriptions (18%), central office labor (18%), and Executive Council meetings (17%). Calculation of income and expenses for the Bern conference has not been completed.

Reflecting our sound financial footing, the Executive Council decided not to raise dues for 2012. I am pleased to say that dues have been kept level since 2007. Please take advantage of the early bird rate to save $20. It will be available from September 1 through December 31.

Membership Report

Overall membership increased 8% from June 2010 to June 2011 (from 1111 to 1208). Student members increased 22%, from 363 to 443. Regular members remained about the same, from 701 in June 2010 to 700 a year later. The Latin American chapter enjoyed the largest percent increase during the year, from 84 to 102, and the European chapter increased its membership 18%, from 425 to 503.

Please do not hesitate to contact me with any questions about the operation of our Society.
First of all, I would like to say what a privilege it was to serve as President of SPR and to thank my EC friends and colleagues for their support, and helpful suggestions, over the past year. It is indeed a very good feeling to know that I am passing the presidential torch on to Guillermo de la Parra, whose wisdom, compassion and commitment to SPR are without question. Next, I would like to provide a brief overview of the activities of the EC over the past year, and highlight some of the key initiatives completed in 2010-2011.

At our January 2011 EC meeting in Bern, it was the unanimous decision of the SPR EC to designate $250,000.00 as a Rainy Day Reserve Fund to cover future liabilities that the Society may incur. Given that SPR International current accounts exceed that limit by almost $200,000.00, there was a strong consensus amongst EC members that a systematic, strategic action plan be developed to carefully review and support future research and membership initiatives that may benefit SPR members, as a whole. Accordingly, based on input from the Past President’s meeting in Asilomar and SPR Chapter Presidents / EC members, 6 individual initiatives were identified with the intention of selecting one or two top ranked proposals, for pilot funding in 2011-2012. In order to establish criteria for the selection of proposals for future funding, the EC was in full agreement that feedback from SPR members would be essential when making those key decisions. As such, it was agreed that a Strategic Action Survey be prepared for completion by SPR members, to provide the SPR EC with feedback regarding priorities for future funding expenditures. With input from Tracy Eells and Sven Schneider, a Strategic Action Survey was posted on the SPR website in mid March and SPR members were encouraged to complete the questionnaire by April 30, 2011. Nearly 20% of members responded (n=197) and it was clear, for both regular members and students, that the most favored proposal was creation of a database archive and the second most favored was the small grants program.

The development of a database archive and the small grants program were also ranked as the top two proposals, across chapters.

<table>
<thead>
<tr>
<th>Proposals</th>
<th>Regular Members</th>
<th>Student Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Database of Archival Psychotherapy Research</td>
<td>59 #1 votes</td>
<td>21 #1 votes</td>
</tr>
<tr>
<td>Small grant program to facilitate psychotherapy</td>
<td>28 #1 votes</td>
<td>21 #1 votes</td>
</tr>
<tr>
<td>research pilot projects and promote academic careers</td>
<td>30 #2 votes</td>
<td>18 #2 votes</td>
</tr>
<tr>
<td>Affiliating a systematic case study journal (PCSP)</td>
<td>11 #1 votes</td>
<td>1 #1 votes</td>
</tr>
<tr>
<td>to SPR by expanding PCSP</td>
<td>23 #2 votes</td>
<td>8 #2 votes</td>
</tr>
<tr>
<td>SPR Early Career Travel Fellowship</td>
<td>7 #1 votes</td>
<td>14 #1 votes</td>
</tr>
<tr>
<td>Reduction of SPR International conference registration fees</td>
<td>12 #1 votes</td>
<td>5 #2 votes</td>
</tr>
<tr>
<td>International Student Travel Awards</td>
<td>12 #1 votes</td>
<td>9 #2 votes</td>
</tr>
</tbody>
</table>
Past President’s Message (continued)

It was clear that the majority of SPR regular and student members, across chapters, supported the two proposed strategic action initiatives that provided members with direct support for doing psychotherapy research. Proposal descriptions and budgets for the two highly endorsed projects were then submitted for detailed review by EC members in Bern, in June.

Additionally, an amendment to change criteria needed for the formation of SPR chapters was approved by the membership at large last Fall and the SPR EC also approved expansion of SPR International members eligible for reduced conference registration fees to include all countries identified as below “high income” based on 2011 World Bank criteria. A new SPR Communications Committee was created last February to address the further development of our website and presence on the internet (WIKIPEDIA), as well as explore new platforms and strategies to enhance networking and interest group discussions amongst SPR members. Finally, the formation of a new SPRISTAD interest group, with David Orlinsky at the helm, was approved by the EC and the first meeting of that interest group was held in Bern this June.

Past Presidents’ Lunch
Bern, Switzerland
June 30, 2011
**News about the *Psychotherapy Research Journal***

Paulo Machado and J. Christopher Muran

**Editors, Associate Editors, Book Review Editors, Editorial Board**

Paulo P. P. Machado and J. Christopher Muran were the Editors-in-Chief (Machado being Managing Editor). J. Christopher Muran replaced Clara E. Hill as Editor-in-Chief beginning January 1, 2010. Wolfgang Lutz, Shelley McMain, John Ogrodniczuk, and Miguel Gonçalves were Associate Editors (Franz Caspar and Jeffrey A. Hayes stepped down during 2010). Book Review Editors were Henning Schauenburg and Karla Moras. Hadas Wiseman will become Book Review Editor in 2011. Seventy-three people served as Advisory Editors (on the Editorial Board).

**Some facts about our journal**

The number of new submissions has been steadily increasing (223 in 2010)

![Number of Manuscripts by Country](image)

The average time from submission to decision was **42 days** in 2010 for regular manuscripts, so the average authors gets a decision back about their manuscript in less than 2 months after submitting it for review

![Decision lag](image)

The rejection rate for original submissions in 2010 was approximately **75%**, the breakdown by decision was:

<table>
<thead>
<tr>
<th>Manuscript Decision</th>
<th>Number of Manuscripts</th>
<th>Percentage of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accept as is</td>
<td>4</td>
<td>1.8%</td>
</tr>
<tr>
<td>Accept with Major Revisions</td>
<td>39</td>
<td>17.5%</td>
</tr>
<tr>
<td>Accept with Minor Revisions</td>
<td>13</td>
<td>5.8%</td>
</tr>
<tr>
<td>Reject</td>
<td>100</td>
<td>44.8%</td>
</tr>
<tr>
<td>Reject &amp; Resubmit</td>
<td>67</td>
<td>30.1%</td>
</tr>
<tr>
<td>Total</td>
<td>223</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

**Impact factor**

ISI reports that the journal’s impact factor 1.708 in 2010. Up from last year, and above the average of the last 5 years.

**Message to SPR Members**

We believe that the journal has dramatically increased in its quality and visibility over the 21 years that we have been publishing it. We are eager to continue making it better so that it is the premier journal for psychotherapy research, reflecting the energy and enthusiasm that the SPR membership has for psychotherapy research.

**Read your journal**

**Cite it when you write**

**Submit your best work**
Regional Chapter Reports

Latin American Chapter
Andres Roussos, President

The extensive participation of the Latin American members of the SPR during the 2011 Meeting in Bern displayed, not only the Research performed in the region, but also the interaction with groups from other regions. During the chapter meeting 3 student awards were presented. The students who received the award were: Malena Braun (Argentina), Ximena Pereira, (Chile) and Ignacio Etchebarne, (Argentina). The members of the award committee were Adela Leibovich de Duarte, Dr. Denise Defey and Dr. Laura Moncada.

The next SPR Latin American Chapter meeting will be held in Buenos Aires, October 25th and 26th, 2012. During this meeting we will be celebrating the chapters’ 20th anniversary. In order to commemorate this important event a book is being written by former presidents and special guests, with chapters about the history and current results of research in our region.

Last but not least, as every 20th birthday requires, we will have a party where tango will mix with other Latin-American rhythms. The details about submission for the meeting will be sent in a future communication. We hope to receive the visit of members from different regions.

This year the 11th annual Chilean meeting of psychotherapy research will take place in Reñaca (Chile) from the 25th to 28th of August. As we can see the region is committed with the aims of our society, actively growing and establishing solid bonds with the researchers of other regions.

European Chapter
Mikael Leiman, President

During the past year, the greatest input of EU Chapter members to the Society was the Annual Conference in Bern. Franz Caspar and his local team hosted the congress admirably, making it a truly memorable event for me and, I believe, to many others. The European contribution to the conference program was broad and creative, indicating a vigorous development and a healthy state of psychotherapy research throughout the continent. The active participation to the conference is reflected in the current number of EU chapter membership, which reached 503 in June. The number of student members, 189, is especially encouraging. 11 student travel award applications were made in January and the good financial status of the chapter allows for increasing the number of 2012 travel awards to 20. At the regional business meeting it was decided to raise the award to 600 € to compensate for the costs of travelling to Virginia Beach. Giuseppe Nicolò, Wolfgang Tschacher, and Mikael Leiman are the members of the 2012 award committee.

The Italian Area group, the only formally organized community of local researchers within the EU chapter, has been actively working during the past year, organizing its conference in Perugia in October 1-3. Recently, it has made its publication available in English. Please, visit the web site and download the June 2011 issue.

The UK Chapter has made an initiative to arranging a joint European conference. The initiative was supported at the EU Chapter meeting, the proposed venue being Porto and the provisional date mid October in 2012. At the time of writing this report, the final decision concerning a joint conference is still pending. It seems, however, reasonable to work for a European meeting next year, because the two consecutive international meetings will be held overseas.

An urgent issue for the EU Chapter is to get a legally solid base for its administration, including two additional functions. A treasurer that will take care of the economic aspects will be nominated at the next annual business meeting. To ease the transition of presidency, the office of the Chapter Vice President that will introduce a rotation of presidency is vital. The election will be due before the end of the year to allow the vice president beginning in office at the Virginia Beach conference. At the business meeting, Eva Bänninger-Huber, Helge Rønnestad, and Giuseppe Nicolò were elected to represent the geographical distribution in the nomination committee. Three seconded proposals for candidates were made from the floor. [The candidates will be presented in the SPR October Newsletter.]

To increase the within-chapter communication on administrative matters, I have established in ResearchGate a “Society for Psychotherapy Research EU Chapter” group. The group is intended only for the SPR EU chapter members and you have to request for admission. The minutes from the Bern chapter meeting are currently in the group’s Files section. The progress of the chapter constitution work will be available in due course and you can give your opinion about it in the discussion forum. ResearchGate will be an important platform for the SPR, and certainly for the EU chapter that extends over a vast geographical area and includes many countries. Please go to the web link http://www.researchgate.net/group/Society_for_Psychotherapy_Research_EU_Chapter/ and request for admission.
North American Chapter
Laurie Heatherington, President

The North American Chapter of SPR is in great shape thanks to the gracious and able leadership of the immediate Past-President, George Silberschatz, and Executive Officer, Sarah Knox. Our finances are solid and have allowed us to increase both the amount and number (now up to six) of student travel awards. For the 2011 International SPR meeting in Bern, the winners were: Kenneth I. Howard Memorial Award Samuel Nordberg, Penn State University; Laura N. Rice Memorial Award Jacqueline McKinnon, York University; Enrico E Jones Memorial Award Hsiao-Pei Chang, National Chi Nan University, Taiwan; Sol L. Garfield Memorial Award Andrea Kapeleris, University of Windsor; Hans H. Strupp Memorial Award Aaron J. Fisher, Penn State University; Edward S. Bordin Memorial Award Cristina Muñiz de la Peña, State University of New York Albany.

The North American chapter is fortunate to include (since 2010) the Korean Society for Psychotherapy Research, which was founded to advance psychotherapy research in Korea and has been quite an active chapter already, and the Australian area group. The Australian group held a successful regional conference in December 2010, another is upcoming this August, and they are very busy planning what promises to be a super International SPR meeting in Brisbane in 2013. Finally the Taiwan Regional Group, also affiliated with NASPR, held a well-attended regional conference in September 2010 which featured keynote addresses by luminaries and creative opportunities for research exchange among members.

The most timely and exciting update is the upcoming 2011 NASPR Conference, September 22 -24, 2011 at the Banff Conference Centre in the spectacularly beautiful Canada Rockies! The dynamic program follows the theme, “Therapy Relationships: The Dyad and Beyond,” and includes 3 Pre-Conference Workshops (on multi-level modeling, ethical implications of the DSM-V, and Interpersonal Reconstructive Therapy), an Opening Plenary Discussion (“Responsiveness in psychotherapy & psychotherapy research”), 13 Panel Sessions, 7 Paper Sessions, 4 Discussion Groups, 22 Posters, and a Closing Plenary Panel (“A Tribute to Luminaries of SPR”). This is a conference you will not want to miss, and we extend a warm welcome to all international SPR colleagues! Registration is open and easy; just go to the SPR home page and click on “NASPR 2011 Banff Alberta.”
The Lester Luborsky Student Poster Prize 2011

This prize in memory of Lester Luborsky was inaugurated in 2010 and awarded for the second time in Bern. The monetary award consists of 500/300/200 US $ for the first/second/third prize.

The Awards committee was chaired by Thomas Schröder (U.K.) and comprised Andres Roussos (Latin America), Bernhard Strauss (European Chapter and former chair) and James Fauth (North America).

In order to be eligible for the competition, entrants had to be students at the time of registration for the conference, be the first author, be present at the conference and give a one-minute presentation of their poster in a session immediately prior to the poster viewing session. They had to indicate their wish to enter the competition at the time of submission and send a pdf file of their poster to the chair of the committee at least two weeks before the start of the conference.

A total of 55 posters were submitted by authors who declared an interest in the competition; however, only 5 pdf files had been received in time to meet the deadline. A reminder e-mail resulted in further responses and a total of 14 posters were finally entered for the competition. Two presenters were not at the conference, leaving 12 posters eligible for the prizes.

Three members of the committee attended the conference in person, the fourth was sent the pdf files for his ratings; however, his scores were not received in time for the award. All posters were evaluated on four dimensions: Content, visual presentation, innovativeness and the one-minute presentation (accuracy of representation and originality). Committee members viewed all posters in vivo and spoke to presenters wherever feasible.

As two posters were an exact tie for third place, the committee decided -with the agreement of the President and the Executive Officer – to award two third prizes rather than split the award.

The winners were:

**First prize:** Ester Danelová, Masaryk University, Brno. *Professional development of psychotherapists in relation to psychotherapy integration: Lecturers of training in psychotherapy integration.*

**Second prize:** Meghan Craig, Regents College, London. *Assessing the influence of three therapy modalities on client change using single-case and abductive reasoning.*

**Third prize:** Álvaro Carrasco, Universidad de Chile – Heidelberg Universität – Pontificia Universidad Católica de Chile. *Design and pilot study of an adventure video game as a tool in psychotherapeutic processes of adolescent women.*

Samantha Tucker & Chloe Randal, South West Yorkshire. *Monitoring and feedback: The next crucial step towards improved therapeutic outcomes? Is it feasible in the UK NHS?*

All winning posters can be viewed on the SPR website.

**Important Deadlines for SPR Members:**
October 1, 2011—Early Bird Membership Period Begins
December 31, 2011 — Early Bird Membership Rate for 2012 Ends*

*Go to [www.psychotherapypresearch.org](http://www.psychtherapypresearch.org) to renew online or to download a renewal form. Paper renewals will not be mailed this year.*
4th International SPR Webinar with Dr. Les Greenberg
Sam Nordberg, Penn State University

On April 4th, SPR hosted the fourth in a series of webinars featuring highly esteemed researchers in the field of psychotherapy research. Dr. Les Greenberg presented to an audience of over 80 individuals and labs, across four continents, on process research as it pertained to Emotion Focused Psychotherapy. Dr. Martin Grosse Holtforth acted as the moderator for this webinar, taking over from Dr. Louis Castonguay's charming and vital leadership in the first three webinars.

After a brief introduction to process research and task analysis, Dr. Greenberg offered participants a choice of topics for further discussion. Having, in anticipation, prepared numerous slides related to process research and, in particular, task analysis, Dr. Greenberg reported being somewhat surprised by the overwhelming participant choice of topic for discussion - the clinical applications of process research and, in particular, of Emotion Focused Research. Bereft of the majority of his prepared remarks, Dr. Greenberg launched into a riveting discussion of the application of empirically identified mechanisms of change related to emotion. The didactic presentation swiftly transitioned into a vigorous question and answer session, with Dr. Grosse Holtforth moderating dozens of questions, and participants from across the globe peppering Dr. Greenberg with question after question.

During the course of the discussion, Dr. Greenberg broke new webinar-related ground by showing a video of a two-chair technique in order to illustrate several of the finer points of emotional deepening, identifying the critical part of self, and then softening to find love. The clip was compelling both in and of itself and as a demonstration of the power of this new format to reach across oceans and offer something that was, at the same time, supervision, continuing education, and empirical research. In essence, the webinar reflected the best of the practice-research model when, at times, one could not determine whether we were in supervision or training for the future of psychotherapy process research.

Dr. Wolfgang Lutz will present on his multi-level psychotherapy research program on September the 8th, at 12:00 Eastern Standard Time. Dr. Kenneth Levy is scheduled to present in November on early-career job opportunities and tips for young scholars seeking employment.

Communication Committee Report
Kathrin Moertl, York University

SPR goes ahead!

Would you like to reconnect with colleagues you met at SPR conferences? Share publications and files with other members? Are you sometimes annoyed by the flood of listserv emails that are not directed towards you? Would you like to have more control in choosing which online discussions you want to be part of? Do you want to watch presentations online that were recorded at our conferences? Are you interested in secret accommodation and restaurant tips for upcoming meetings … or look at pictures taken during past conferences?

Then you will be glad to hear that SPR has a Communication’s Committee that is brainstorming and putting these ideas into action now. Malena Braun, Kim de Jong, Kathrin Moertl, Armin Hartmann, Mikael Leiman, Nicholas Midgley and Sven Schneider are putting their heads together online and have prepared novel ways of communication for you. Besides our homebase www.psychotherapyresearch.org, which is our goto spot for general information, the online access to our journal and registration place for conferences, SPR will open up to further web-space. We worked on an English and German www.wikipedia.com entry for the Society of Psychotherapy Research, soon available also in Spanish and Chinese. Our www.facebook.com group ‘Society for Psychotherapy Research’ is flourishing with 145 members that exchange images, information about upcoming conferences and interesting research links. We started recording presentations at our Bern conference and will soon upload this video to the platform www.vimeo.com where you can access and watch it for free. This feature will be extended at future conferences to give all members who did not make it to the conference a chance to peek in from their laptops. And finally – the most innovative step so far – we started to set up a multilevel online presence for our members at www.researchgate.net. By joining the group ‘Psychotherapy Research’ there you will be able to easily contact other researchers, start and join ongoing discussions. The layout is intuitive and once you explore the site you will navigate smoothly through publications, conferences, groups and research foci of other researchers. You will be kept up to date about SPR initiatives and post inquiries about international collaborations and jobs. Unlike our listserv, you will gain full control over the notifications that are sent to your email via researchgate (you can choose this in your account > edit settings > notifications). Our aim is to bring chosen discussions from the listserv to researchgate in future.
Communications Committee Members
(employing the magic of technology)

See you online! If you need support or have any questions, please contact us via our virtual mailing addresses. Also, we are still looking for a North American member in our committee – if you are interested let us know.

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My experience in SPR
Hsiao-Pei Chang
National Chi Nan University, Taiwan

It is my honor to write an article about my experience in SPR. I joined SPR as a student member in 2009 after Dr. Li-fei Wang introduced SPR to me and shared her wonderful experience in SPR with me and my colleagues. A couple of months later, several professors and doctoral students in Taiwan worked together to found the Taiwan Group of Society for psychotherapy Research and held the first regional conference at the meanwhile with support of SPR and NASPR. Dr. William B. Stiles as our keynote speaker not only shared his solid research contributions to the attendees, but also encouraged the young researchers to keep doing research in a kind and supporting way. I think all of these make a good start of my SPR journey.

In 2010, with great excitement, I attended the 41st SPR international meeting in Asilomar. The experience was amazing. It was my first time to interact with so many people from different countries in a few days. There were always people who showed much interest in your research and were willing to share their different ideas and positive feedback with you. I did learn a lot by this interaction with members from different research fields. During lunch times, coffee breaks and dinner times, there were always colleagues who discussed how to collaborate in new research with humor and positive atmosphere rather than pressure. For me, although the weather was cold in Asilomar, people I met and everything that happened in SPR made me feel warm. At the end of the conference, I made up my mind and told Dr. Stiles my decision that I definitely will maximize the possibility to attend the 2011 conference in Bern, Switzerland. I think this was a promise to myself to keep involved in SPR.

In 2011, as time was getting closer, I couldn’t wait to go to Bern to see old friends, to share my research results which I had discussed the initial ideas with colleagues in Asilomar last year and to meet new friends. With over 680 presentations and participants from 38 countries, it was definitely one of the biggest international conferences and truly an “encounter between cultures”. Lunches held in the white tents was interesting to me and let me think of the traditional banquet style with colorful tents and red circle tables in Taiwan. Joy and hope are the same characteristics. For me, I think this was another kind of encounter between cultures. What impressed me most was the gathering between sessions and in the poster sessions. You can see people gathered in small groups in the halls to talk about how life goes on, to discuss research ideas and the opportunities of future collaborations and to celebrate the results of past collaborations. I was touched deeply. In my thought, collaboration is the core spirit of SPR. As a newborn in psychotherapy research society, SPR is like a big family offering a secure and supporting environment, such as annual conferences, Facebook group, research resources on line and webinar helping me to learn how to stand, toddle and walk with courage and confidence. I am so glad that I am a member of this big family.
Sun, surf, sand, and science! Mark your calendars now for the 2012 SPR conference to be held June 20-23 in Virginia Beach. The conference promises to provide an ideal mix of intellectual stimulation, fun, and relaxation.

Virginia Beach sits on 1300 square kilometers and is surrounded by lots of round water. The Atlantic Ocean borders Virginia Beach to the east, the Chesapeake Bay to the north, and numerous rivers and bays to the west and south. Plan to arrive early or stay late; some of the most beautiful beaches in the eastern United States are located nearby in Sandbridge, Virginia and on the Outer Banks of North Carolina. According to the Guinness Book of World Records, Virginia Beach itself has the longest pleasure beach in the world. While that fact may be open to interpretation, it does convey something about the geography and attitude of Virginia Beach. There are all kinds of ways to enjoy yourself, from free concerts every night on the boardwalk to dolphin cruises at sunset to swimming in the gentle surf (which will be somewhat warmer than the river Aare in Bern).

Getting to Virginia Beach is not complicated. It is located 20 minutes from Norfolk Airport, which is served by 200 flights per day; Washington, D.C., is a 3 ½ hour drive.

The conference setting is the Virginia Beach Convention Center. Located less than a mile from the ocean and reflecting its surrounding environment, the Convention Center combines a nautical theme with state of the art technology. Built in 2007, the Convention Center is certified as a “green” building, the food is exceptional, and the staff is friendly and professional. The result is a first-class venue. Check it out yourself at http://www.youtube.com/watch?v=IC1zi9JGQfU.

The conference hotel is the Doubletree, located adjacent to the Convention Center. (Only a parking lot separates the two, which should help those of us who are directionally impaired.) The Doubletree Hotel is a 10-minute walk from the beach and runs a complimentary shuttle to the beach as well. The hotel also has an indoor pool and a restaurant with indoor/outdoor seating. Although late June is prime season at the beach, SPR has reserved a block of rooms at the Doubletree at prices that will be difficult to beat anywhere in the area. In addition, SPR receives a discount for use of the Convention Center for conference attendees staying at the Doubletree.

On behalf of King Neptune (pictured below), I look forward to welcoming you to Virginia Beach in 2012!

Jeff Hayes