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# Phases of Psychoanalytic Treatment Research

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Horst Kächele

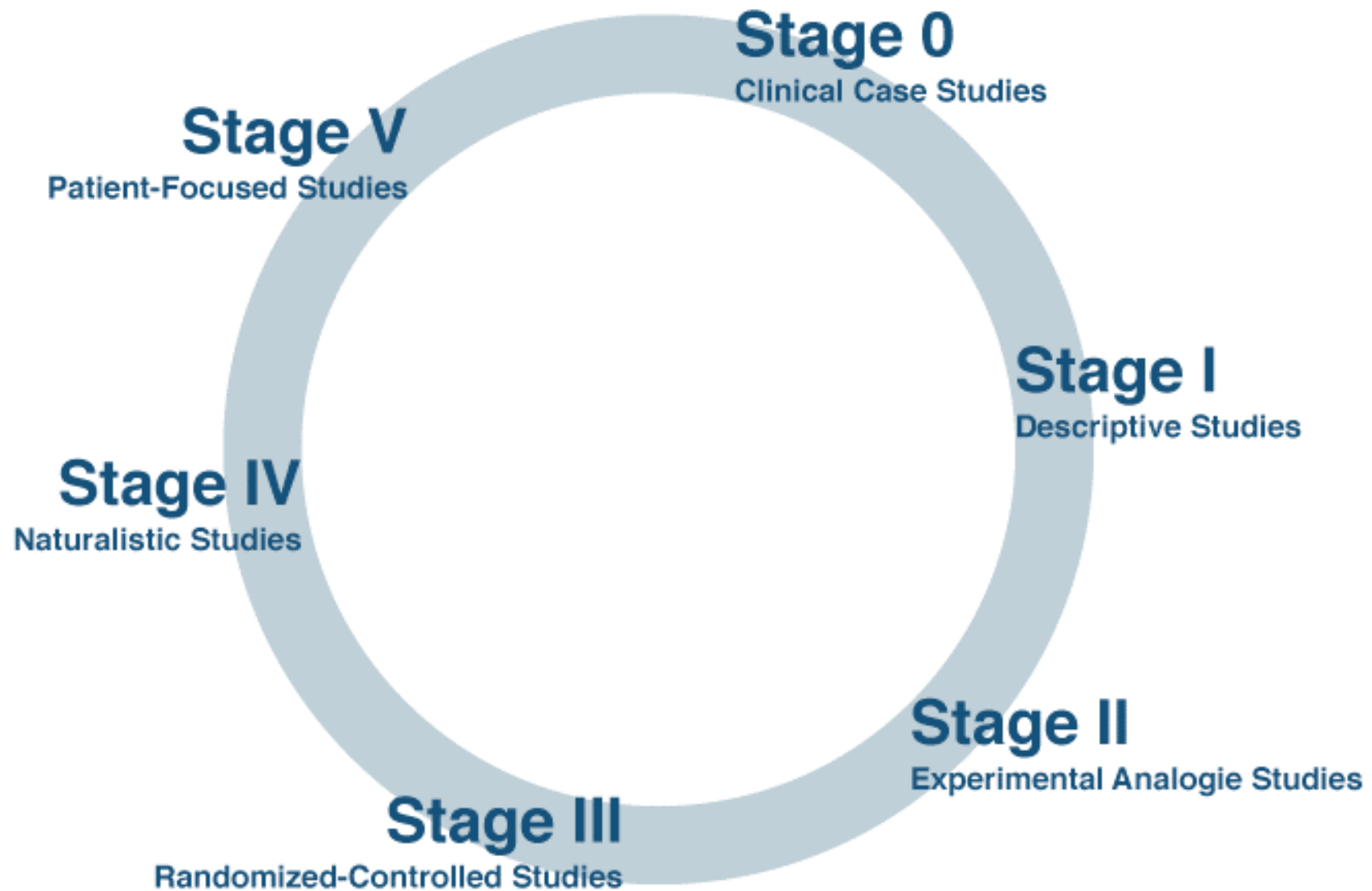
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## Stages of treatment research



## •Stage 0 Clinical Case-Studies

„Today the historically fertile narrative procedure Freud's is no longer able to carry the responsibility for the existence of psychoanalysis, even they still are a major tool for didactic and identity formation of the members of the analytic community, because case stories may be a rich material means of communication“ (Stuhr 2004).

## Stage I Descriptive Studies on

# working alliance f.e. Luborsky 's helping alliance 1976

# transference f.e. Luborsky's CCRT 1977, Dahl's FRAME 1988, Gill's  
PERT 1982

# technique, f.e. Q-Sort of Jones 1990

# mastery, fe. Weiss & Sampson's plan analysis 1986, Dahlbender &  
Grenyer 2004

# analytic process-scales, f.e. Waldron 2004

# countertransference f.e. Bouchard et al. 1995

## Stage II Experimental Analogue Studies

This methodology is not a strong domain in psychoanalysis

There are many good reasons for this

Exemption: Studies on Free Association





## •Stage III Randomized-Controlled Studies

RCT provide findings for the efficacy of treatments under experimental conditions :

# selection of patients (exclusion of co-morbidity, 10% of the real world samples are in such studies)

# manualisation of procedure

# Training of therapists

# limitation of treatment length

# standardized instruments

**Goal:** high internal validity - **Price:** low external validity

# **Efficacy of Psychoanalytic Therapies in RCTs**

(Leichsenring 2004)

# depression (ICD-10 F3)

# anxiety disorders (ICD-10 F40-42)

# stress reactions (ICD-10 F43)

# Dissociative, conversion- and somatoform disorders  
(ICD-10 F44, F45, F48)

# eatings disorders (ICD-10 F50)

# psychic and social factors with somatid diseases (ICD-10 F54)

# personality- and behavioral disorders (ICD-10 F6)

# dependency and abuse (ICD-10 F1,F55)



# Effectiveness of Long-term Psychodynamic Psychotherapy

## A Meta-analysis

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Falk Leichsenring, DSc

Sven Rabung, PhD

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**Context** The place of long-term psychodynamic psychotherapy (LTPP) within psychiatry is controversial. Convincing outcome research for LTPP has been lacking.

Leichsenring F, Rabung S (2008) Effectiveness of Long-term Psychodynamic Psychotherapy. A Meta-analysis. JAMA, October 1, 2008/Vol 300, No 13

# Stage IV Naturalistic Studies

## Ongoing Top-Studies

The Stockholm Study: *PI Rolf Sandell*

The Frankfurt Study: *PI Marianne Leuzinger-Bohleber*

The Göttingen Study: *PI Falk Leichsenring*

The Heidelberg Study: *PI Gerd Rudolf*

The Stuttgart TRANS-OP study *PI Kordy*

## Stage V

### Patient-focused studies

Puschner B, Kraft S, Kaechele H, Kordy H (2007)

Course of improvement during two years in psychoanalytic and psychodynamic outpatient psychotherapy.

*Psychology and Psychotherapy* 80: 51-68

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