

Single Case Research

The German Specimen Case Amalia X

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Single Cases in the History

•According to Rapaport (1960), the major body of positive evidence for psychoanalytic theory lies in the field of accumulated clinical observations:

•The first achievement of the system was a phenomenological one: it called attention to a vast array of phenomena and to the relations between them, and for the first time made these appear meaningful and amenable to rational consideration. (p. 111)

Method of Investigation?

•Because a canon of clinical investigation is absent, much of the evidence for the theory remains phenomenological and anecdotal, even if its obviousness and bulk tend to lend it a semblance of objective validity. (Rapaport 1960, p. 111)

Case reports after Freud

Author	Year	Number of cases	Number of publications	Number of cases	Number of publications
Adler	1907-1917	10	10	10	10
Ellis	1907-1917	10	10	10	10
Freud	1907-1917	10	10	10	10
Jung	1907-1917	10	10	10	10
Klein	1907-1917	10	10	10	10
Lacan	1907-1917	10	10	10	10
Marx	1907-1917	10	10	10	10
Miller	1907-1917	10	10	10	10
Robinson	1907-1917	10	10	10	10
Sullivan	1907-1917	10	10	10	10
Wallerstein	1907-1917	10	10	10	10
Winnicott	1907-1917	10	10	10	10
Zigmond	1907-1917	10	10	10	10

Mr. Z by Heinz Kohut:

In it the course of two psychoanalyses is presented, one differing considerably in technical approach from the other.

Kohut H (1979)

The two analyses of Mr. Z.

Int J Psychoanal 60: 3-27

Mr. Z. Case As Testimonial

Kohut (1979) concluded, based on this case, that “the new psychology of the self is helpful in the clinical area, that it allows us to perceive meanings, or the significance of meanings, that were formerly not perceived by us, at least not consciously” (p.26).

Biographical Evidence!

- Recently a biography on Kohut (Strozier, 2001) clarifies that Mr. Z’s second analysis was an artful invention, to illustrate how his second analysis should have been.
- In 1984 Kohut reinforced his satisfaction with the **first fictive psychoanalysis** worldwide.

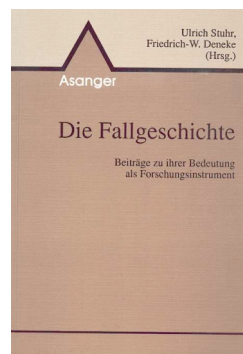
Meyer AE (1994)

To hell with the novella as representation of psychoanalyse - long live the account of the interaction

Nieder mit der Novelle als Psychoanalyse-darstellung -
Hoch lebe die Interaktionsgeschichte.

Z Psychosom Med Psychoanal 40: 77-98

„Novellas as psychoanalytic case stories today are anti-psychoanalytic and unscientific“



This book describes the origin and changing function of case studies, the **place of novellas as scientific form of representation and communication**, and its examination.

It provides concrete empirical research processes, especially by way of comparative casuistics (Jüttemann)

1993

The Ulm Clinical-Case-Archive

contains more than 900 final reports by candidates of the German Psychoanalytic Association

Archiv-Nr.	Diagnose	Diagnose II	Therapeut	Fallgesch. Fächer	
1997 FJ 01	Hysterische Neurose		F.	F.	37
1997 FJ 02	Hysterie	anale Abwehr	M.	F.	34
1997 FJ 03	Zwangneurose	phobische Symptome	M.	F.	34
1997 FJ 04	Depression, neurotische	hysterische Abwehr	F.	F.	36
1997 FJ 05	traumatische Neurose		F.	F.	26
1997 FJ 06	narcisstische Traumatisierung, Hysterie	bulimisch-anorektische Abwehr	F.	F.	27
1997 FJ 07	Hysterische Neurose	Vaginismus	M.	F.	33

A true collection of psychoanalytic fairy tales

Lang FU, Pokorny D, Kächele H (2009) Psychoanalytische Fallberichte: Geschlechtskonstellationen und sich daraus ergebende Wechselwirkungen auf Diagnosen im Zeitverlauf von 1969 bis 2006. *Psyche - Z Psychoanal* 63: 384-398

Helmut Thomä & Horst Kächele

Comparative Psychoanalysis on the Basis of a New Form of Treatment Report

International Psychoanalytic Congress New Orleans March 2004

A verbatim protocol of one session of the patient Amalia X has been discussed by many analysts of various orientations.

No surprise, huge variation in the interpretation

Thomä H, Kächele H (2007) Comparative psychoanalysis on the basis of a new form of treatment report. *Psychoanalytic Inquiry* 27: 650-689

Akthar S (2007) Diversity without fanfare: Some reflections on contemporary psychoanalytic technique. *Psychoanalytic Inquiry* 27: 690-704

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).

Horst Kächele & Helmut Thomä

La ricerca in psicoanalisi. Vol 1: Lo studio del caso clinico", *QuattroVenti, Urbino 2003*

La ricerca in psicoanalisi. Vol 2: Studio comparatista di un caso campione: Amalie X *QuattroVenti, Urbino 2007*



Helmut Thomä & Horst Kächele

Trattato di Terapia Psicoanalitica 1: Fondamenti teorici
Bollati Boringhieri, Torino 1990

Trattato di Terapia Psicoanalitica 2: Pratica
Bollati Boringhieri, Torino 1993



The Ulm Model of Single Case Research

- I clinical case study
- II systematic clinical description
- III guided clinical judgment procedure
- IV linguistic and computer-assisted text analysis

Kächele H, Thomä H (1993) Psychoanalytic process research: Methods and achievements. *J Am Psychoanal Assoc* 41: 109-129 Suppl.

Working Assumption

Psychoanalytic therapy - like any other scientific field - needs careful descriptive work. This has been named the **botanical phase in psychotherapy research**

Grawe, K. (1988) Zurück zur psychotherapeutischen Einzelfallforschung. *Zeitschrift klinische Psychologie* 17: 4-5

Luborsky & Spence's requirement for specimen cases

"Ideally, two conditions should be met: the case should be clearly defined as analytic....., and the data should be recorded, transcribed, and indexed so as to maximize accessibility and visibility"(1971, p. 426).

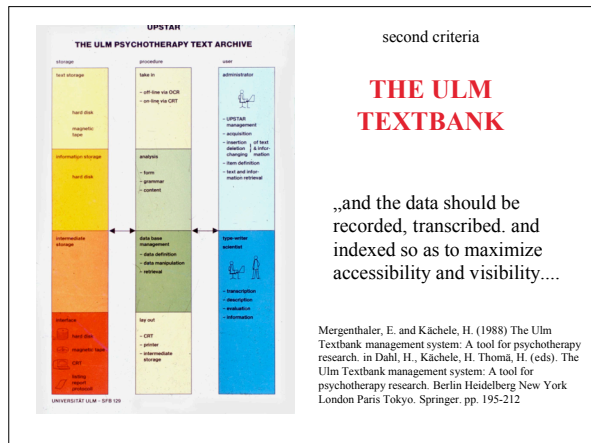
Luborsky L., Spence D (1971) Quantitative research on psychoanalytic therapy. In: Bergin AE, Garfield SL (Eds) *Handbook of psychotherapy and behavior change*. Wiley, New York, pp 408-438

Definition of Psychoanalytic Therapy

How do you define a case as ,analytic' ????????????

this case was handled by an very experienced psychoanalyst who at the time of this analysis was even president of the German Psychoanalytic Association.

Good enough ?



The patient Amalia X

Let me give a short account

The patient has given her written consent to tape-recording and its later use for empirical studies which at the time of her treatment had not been specified.

In 2003 when the patient - after more than 25 years - returned for a short clinical intervention, she commented to the materials:

*I am surprised what you had done with all this;
to me this is rather past.*

I clinical case study

In the second volume of our textbook on psychoanalytic therapy (Thomä & Kächele 1993) the patient Amalie X is discussed in five chapters.

Amalie X

2.4.2 Identification with the Analyst's Functions

7.2 Free Association

7.7 Anonymity and Naturalness

7.8.1 Examples of Audio Tape Recordings

9.11.2 Changes

II Systematic Clinical Description

Total sample: 517 sessions

Time sampling

Sessions 1-5, 26-30,
.....501-505, 512-517

- external circumstances
- symptomatology
- state of transference and
- countertransference
- family relations
- non-familiar relations
- dreams, etc

Amalia X's Transference Themes 1

- 001-005: The analysis as confession
- 026-030: The analysis as an examination
- 051-055: The bad, cold mother
- 076-080: Submission and secret defiance
- 101-105: Searching her own rule
- 116-120: The disappointing father and the helpless daughter
- 151-155: the cold father and her desire for identification
- 176-180: Ambivalence in the father relationship
- 201-205: The father as seducer or judge of moral standards

Amalia X's Transference Themes 2

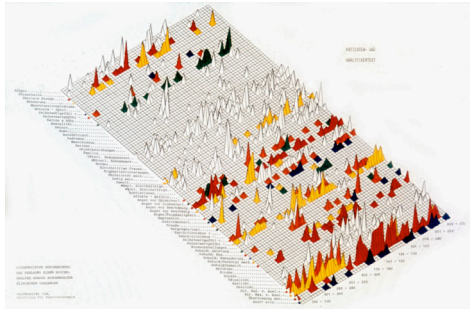
- 226-230: Does he love me - or not ?
- 251-255: Even my father cannot change me into a boy
- 276-280: The Cinderella feeling
- 301-305: The poor girl and the rich king-
- 326-330: If you reject me I'll reject you
- 351-355: The powerless love to the mighty father and jealousy
- 376-380: Separation for not being deserted

Amalia X's Transference Themes 3

- 401-405: Discovery of her capacity to criticize
- 426-430: I'm only second to my mother, first born are preferred
- 451-455: Hate for the giving therapist
- 476-480: The art of loving consists in tolerating love and hate
- 501-505: Be first in saying good-by
- 513-517: Departure-Symphony

Simon's Topic Index

also used by H. Dahl (1972)

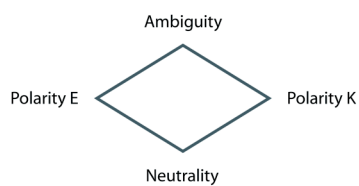


Level III guided clinical judgment procedures

5. Process Research		
volume 1	0. Contents	5.0 Introduction
volume 2	0. The Ulm Project	5.1 Comparative Psa
volume 3	2. Metascience	5.2 Insight
	3. Case Histories	5.3 Self-Esteem
	4. The Clinical Case	5.4 Suffering
	5. Process Research	5.5 Dreams
	6. Computer Research	5.6 Focal Model
	7. Conclusions	5.7 Plan Study
	8. Bibliography	5.8 Breaks
		5.9 Technique

Roderich Hohage's

The Emotional Insight Rating Scale



Hohage R, Kübler JC (1988) The emotional insight rating scale. In: Dahl H, Kächele H, Thomä H (Eds) Psychoanalytic process research strategies. Springer, Berlin, Heidelberg, New York London Paris Tokyo, S 243-255

Emotional insight Hohage & Kübler 1988

	E-Value	C-Value	EC-Value
beginning phase sessions 1 - 8	1.21	1.44	0.48
end phase sessions 510 - 517	1.79	1.30	0.88

Change of Self-Esteem

Neudert, Grünzig & Thomä 1987

The two central hypotheses about changes in overall self-esteem could be confirmed.

Positive self-esteem increased during the course of treatment ($p < 0.01$), but the trend did not set in right at the start of treatment but only after wide fluctuations over the first 100 sessions;

negative self-esteem shows a continuous decrease from the beginning of treatment until the end ($P < 0.01$).

Findings regarding Self-Esteem & Sexuality

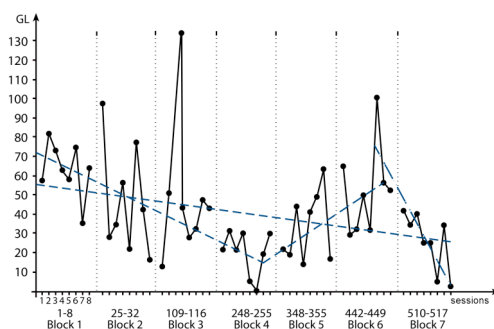
Two confirmatory results:

Self-esteem in connection with imagined heterosexuality improved according to expectations ($P < 0.05$);
&

Negative self-esteem in connection with autoeroticism decreased as predicted ($P < 0.05$).

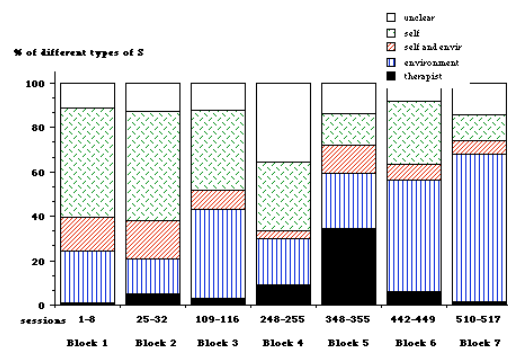
Total Amount of Suffering

Neudert & Hohage 1988



Types of Suffering

Neudert & Hohage 1988

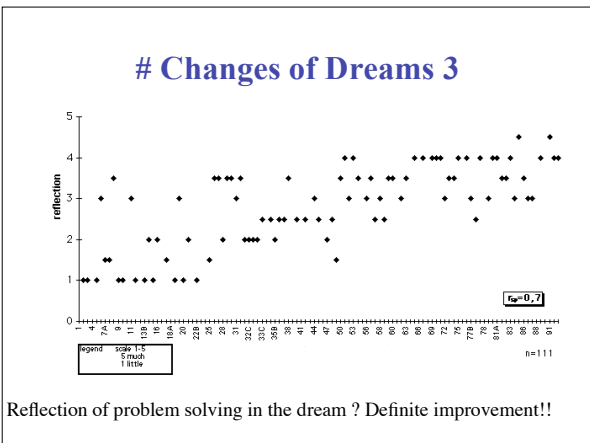
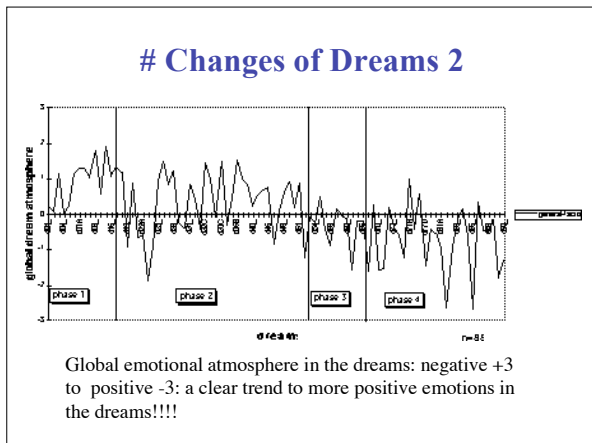
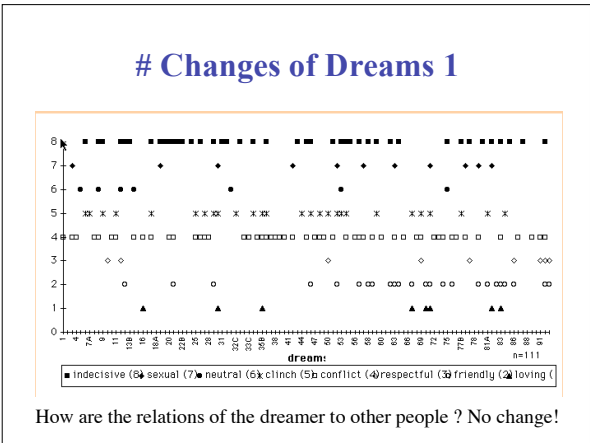


Conference on Psychoanalytic Process Research Strategies II in 1999

Go to: <http://sip.medizin.uni-ulm.de>

Expressed relationships, dream atmosphere and problem solving in Amalie's dreams - Dream series as process tool - A single case study

Horst Kächele, Marianne Eberhardt & Marianne Leuzinger-Bohleber



Focal Process & CCRT

The Ulm definition of psychoanalysis as a continuing, temporally unlimited focal therapy with a changing interactively generated focus has been the object of the first CCRT study on a psychoanalytic treatment.

Albani C, Pokorny D, Blaser G, König S, Thomä H, Kächele H (2003) Study of a Psychoanalytic Process using the Core Conflictual Relationship Theme (CCRT) Method according to the Ulm Process Model. *European Psychotherapy* 4: 11-32

The Core Conflictual Relationship Theme Method

Question:

How effective is the CCRT method in depicting the therapeutic course of the psychoanalytic treatment of Amalia X according to the Ulm Process Model?

Method

Evaluation of the sessions was carried out in random order by an experienced CCRT evaluator.

In order to check for reliability and to avoid rater drift, during the evaluation process one session out of the 11 evaluated blocks was selected at random to be evaluated by a second evaluator.

We got satisfying results concerning the reliability of the ratings.

The Most Frequent Categories:

WO: Others should be attentive to me (WO C1 A),
WS: I want to be self-determined (WS C1 D),
RO: Others are unreliable (RO C1 I),
RS: I am dissatisfied, scared (RS C1 F).

This pattern forms a central focus. And this focus is worked through in many therapy phases which has been detailed in this study.

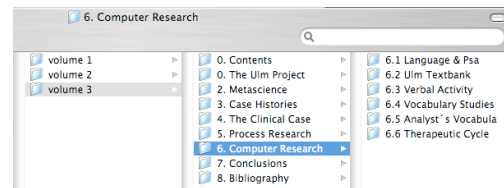
Amalia's wish for change is expressed in her wish for autonomy (WS C1 D), which results from her experience of herself as dependent and weak, unable to set limits and dissatisfied.

Focal Variations

Alongside of a basic theme manifested in each of the absolute highest-frequency categories ("nuclear conflict"),

each of the therapy phases also showed typical categories which characterize thematic foci in the sense of French's "focal conflicts" and which can be operationalized by the CCRT method.

Level IV Language Measures



IV Discourse Analysis

Everyday discourse and psychoanalytic discourse

Koerfer & Neumann 1982

Action language

Beermann 1983

Metaphors

Casonato & Kächele 2007

Everyday Discourse and Psychoanalytic Discourse *(Koerfer & Neumann 1982)*

„The therapeutic situation itself comprises a context, distinct from ordinary conversation...” (Lakoff 1981)

Amalia:

And when I say something, this might reach you by swift mail, but then I am not here, and I cannot know, I cannot get, what you are thinking in these very moments.

Our position:

**as much ordinary discourse as necessary,
as much analytic discourse as possible**

R. Schafer's Action Language

Each of four analytic patients displays a unique style of using the passive voice in the beginning.

Each of four analytic patients changes from passive to active voice during the course of analysis!

Beermann S (1983) Linguistische Analyse psychoanalytischer Therapiedialoge unter besonderer Berücksichtigung passivischer Sprechmuster (Linguistic analysis of psychoanalytic dialogues with regard to pattern of passive syntax construction). Universität Hamburg, Diplomarbeit

IV Computer-Assisted Text Analysis

- # Silence and verbal activity level (Kächele 1993)
- # The patient's and her analysts emotional vocabulary (Hölzer et al. 1999)
- # Analyst's strategy: Focusing on emotions (Kächele et al.)
- # Therapeutic cycles (Mergenthaler & Pfäfflin 2005)
- # Latent meaning structures (Mergenthaler & Kächele 1985)
- # Personal pronouns (Schaumburg 1980)
- # Body concept (Schors et al. 1982)

Silence and Verbal Activity

Kächele 1983

Number of words per session

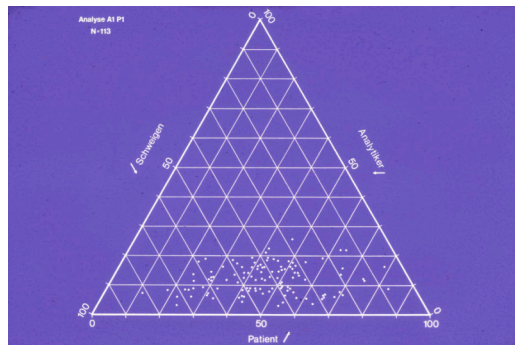
CASE	therapy code number	mean number of words per session		ratio	N session
		A	P	A : P	
1	A1 P253	1.200,4	1.353,7	1 : 1,1	110
2	A1 P1	780,3	2.921,2	1 : 3,7	113
3	A11 P3	817,8	2.483,6	1 : 3,0	93
4	A11 P2	718,0	3.595,0	1 : 5,0	50

Distribution Pattern of Verbal Activity

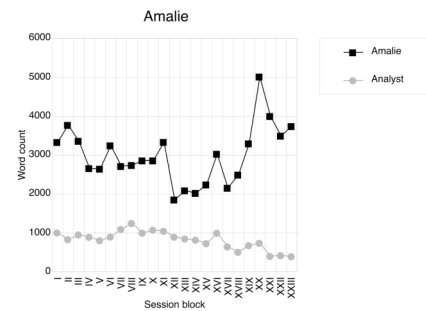
words per session



VA of Patient, Analyst and Silence



Verbal Activity Along The Process



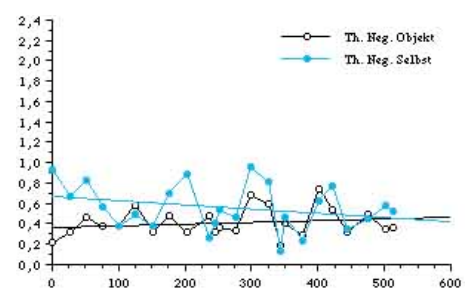
Focusing on Emotions-

A Basic Interpretative Strategy in Psychoanalytic Treatments
(Hölzer, Dahl & Kächele. in prep)

Computer-based vocabulary analysis based on Dahl's emotion theory (Affective Dictionary Ulm).

The study confirms that in all four analytic treatments - though in different degrees - a systematic change from negative ME-emotions to negative IT-emotions can be demonstrated.

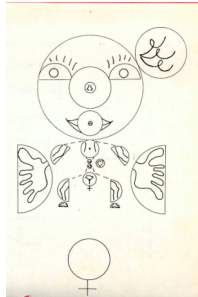
Focusing on Emotions



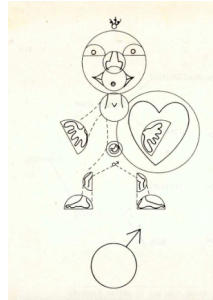
Amalia X

Body Vocabulary

Schors & Kächele 1982



Amalia's
verbalized body
image
compared to
Christian's
Verbalized body
image



Conclusions

These findings have to be integrated in order to prove their clinical value.

The core idea of having a **specimen case** allows not only testing hypotheses for single cases, but allows testing the fruitfulness of research methods for improving our clinical understanding.

Wallerstein (2002)

„We are without warrant ... to claim the greater heuristic usefulness or validity of anyone of our general theories over the others, other than by the **indoctrination** and **allegiances** built into us by the happenstance of our individual trainings, our differing personal dispositions and the **explanatory predilections** then carried over into our consulting rooms“ (p.1251).

Wallerstein RS (2002) The trajectory of psychoanalysis. A prognostication. JAPA 83, 1247-1267.

Gabbard and Westen (2003)

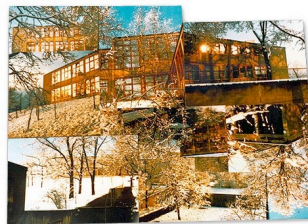
- urge that „we attempt to move from *arguing* about the therapeutic action of psychoanalysis to demonstrating and refining it“ (p. 338)
- Gabbard GO, Westen D (2003) Rethinking therapeutic action. Int J Psychoanal 84: 823-842

For a complete pdf-version
of Thomä/Kächele's
Volume 1-3

Go to:

<http://www.horstkaechele.de>

[horstkaechele.de](http://www.horstkaechele.de)



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wer die Länder...

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