

Department of Psychotherapy University of Ulm

1967

1997



Preface

The Department of Psychotherapy of Ulm University, under its former Medical Director, Professor Dr. Helmut Thomä and his present Medical Director Prof. Dr. Horst Kächele, covers a field for which a chair was established in 1967, the year of the university's foundation. For the newly-founded "Medizinisch-naturwissenschaftliche Hochschule Ulm" (Ulm University of Medicine and Natural Science) the establishment of this department in conjunction with the Department for Psychosomatics, directed by Professor Dr. Thure von Uexküll, represented the fulfilment of an important element of the general concept that lay behind the foundation. In their report the founding committee said: "The somatic and psychical problems that arise in the industrial society of today, the infirmities that the milieu, the world of machinery, work in the various branches of industry and on assembly lines, among other things, bring with them, must be researched and ways found to avert them." With this aim Prof. Thomä and Prof Kächele have built up a modern Ulm school for psychotherapy which has an influence on the work in many other universities and has achieved wide international recognition. Research results give an indication of the breadth of interests in the department: they range from the basic problems of psychoanalysis, through the establishment of the "Ulmer Textbank" to the psychotherapeutic support of patients who are treated in many departments of the university hospital. New ideas on teaching and patient care were also sought and continuously tried out.

The Ulm School for Psychotherapy has been growing steadily and it has won a recognized place in the scientific community as can be seen, for example, in its considerable contribution to the Special Collaborative Research Program 129 "Psychotherapeutic Processes" of the German Research Foundation (speaker: Professor Dr. H. Kächele) from 1980-1989, in its worldwide recognition of the Ulm textbook on psychoanalysis and its manifold ongoing research projects in a variety of fields.

The University thanks Professor em. Thomä and Prof. Kächele and their colleagues for establishing and extending this department and wishes them success in its further development as a now unified department of psychotherapy and psychosomatic medicine.

Prof. Dr. Jürgen Aschoff Pro-Rector

A Introduction

Ulm University was founded in 1967. In their initial report, the founding committee drew special attention to the importance of the psychosocial sciences, alongside the basic natural sciences, in the general study of medicine. On October 1st 1967, Professor Dr. Helmut Thomä was called to the chair of psychotherapy and appointed as head of the department of that name which initially worked in conjunction with the Department of Psychosomatics, headed by Professor Dr. Thure von Uexküll. The establishment of training facilities for psychotherapy and psychoanalysis as specialities was, for internal university reasons and because of the situation in the region, one of the most pressing tasks.

With regard to psychotherapy, Ulm and the whole region around Ulm was a no-man's land not only where patient care was concerned but also with regard to the initial and special training of physicians and psychologists. For years, all the psychiatric, psychotherapeutic, and for a long time the psychosomatic liaison service in the hospitals, as well as the psychotherapeutic, out-patient responsibilities for a large area, devolved upon the small staff of the department. From the smallest of beginnings, it proved possible to establish a special training in psychoanalysis and psychotherapy so that qualified patient care became available and the necessary pre-conditions for clinical research were fulfilled. That this was successfully achieved is owed to five psychoanalysts who were active in the department or their own practices: H. Henseler, E. Künzler, L. Rosenkötter, B. Thomä and H. Thomä. Later, V. Popescu, who was trained in Hungary in the thirties and then emigrated to Canada, came back to give additional strength to the Ulm institute of psychoanalysis.

The circumstances surrounding the establishment of the department deserve to be mentioned. Until they moved, in 1976, into the buildings of what had been the Hochschule für Gestaltung, the staff of the department were housed for some time in four places in the town far apart from each other. The shortage of rooms for somatic disciplines in the old municipal hospitals and the expansion that took place after they were taken over by the university led to the department head having to make do with an office of only 11 sq.m. His four colleagues' consulting room was in an old flat heated by oil stoves. Only in a very few cases was it possible to realise the aims of the founding committee and by investigation and therapy to widen the scope of the purely somatic approach to psychosocial factors in the genesis and the course of illnesses. Departments for the study of related subjects - psychiatry and

medical sociology - were established a long way outside the town. It is owing to the idealism of all involved and to their conviction that the fight to achieve this most important goal had to go on that it proved possible to overcome so many hurdles.

Just as the allocation of working space tells us a quite a lot, so the change in the association of the department points to the trouble of the years immediately following foundation. The founding committee laid down in their report that the Psychotherapy Department along with Psychiatry and Neurology should form a centre for nervous disorders. When it was established the department was removed from the Centre for Internal Medicine and became a part of this new center.

The next structural change proved to be very beneficial. In order to make it easier to realise one central aim of the founding committee's report, the inter-disciplinary Centre for Psychosocial Medicine was created. All departments that were concerned with the psychosocial aspects of people's illnesses belonged to this centre. In addition to the already-mentioned pre-clinical subjects of Medical Psychology and Medical Sociology, the departments Psychiatry I (Weissenau), Psychiatry II (Günzburg), Psychosomatics and Psychotherapy were brought under one "roof".

A provisionally final disposition of the clinical centres led to the creation of the present clinic and health centre for psychiatry, psychotherapy and psychosomatic medicine.

Since 1976, the Psychotherapy Department and its out-patient' facility, and the section for Psychoanalytic Methodology together with the Psychiatric outpatients' clinic and the pre-clinical subjects of Medical Psychology and Medical Sociology, have been housed in the former Design Institute. The building has become a "psychosocial centre" although it has no official title as such. After the emeritation of Professor Dr. S. Stephanos the two departments were fused. The fifteen beds were re-allocated to the department of internal medicine I (Prof. Adler), and a day hospital for psychosomatic medicine will be open towards the end of the year 1997.

The scientific connection between the university departments, Psychiatry I (Professor Dr. G. Hole) and Psychiatry II (Professor Dr. R. Schüttler) and to the pre-clinical departments, Medical Psychology (Professor Dr. H. Zenz) and Medical Sociology (Professor Dr. Dr. P. Novak) was fostered above all in the Special Collaborative Research Program 129, "Psychotherapeutic Processes" (speaker: Professor Dr. H. Kächele). The Institute for Psychotherapy Research in Stuttgart being diorected by

Prof. Kächele has strong connection to Ulm and the Department of Anthropology is also represented there (Professor Dr. Rösing).

The former Design Institute has become their much-loved spiritual home for all who live and work there, particularly since it houses the excellently-stocked specialist library P (psychotherapy, psychoanalysis, psychiatry, psychosomatics, medical psychology, medical sociology, theory and history of science). It is obvious, of course, that the separation from the somatic hospital has many disadvantages but, in recent years, both sides have tried to bridge this spatial distance by the undertaking of joint projects.

As in all fields, progress means specialisation. In 1972, the Section for Psychoanalytic Methodology and the Section for Group Psychotherapy were established and positions for two professors included in the budget. The first head of the Section for Psychoanalytic Methodology (Dr. L. Rosenkötter) was soon offered the position of Scientific Member and Professor at the Sigmund Freud Institute of the State of Hesse in Frankfurt and his follower Professor Dr. H. Henseler was called to the Chair of Psychoanalysis/Psychotherapy and Psychosomatic Medicine at Tübingen University in 1982.

From 1982 on the section was headed by Prof. Kächele and its focus has been for many years basic psychoanalytic process research. After him in 1995 the section has been renamed with the appointment of Professor Dr. F. Pfäfflin; his field of competence is Forensic Psychotherapy, a field little known so far in the FGR.

The appointment of Dr. D. Ohlmeier, head of the Group Therapy Section, to a C4 professorship at the University of Kassel occurred during a period of recession when the Ministry struck out all posts which were at that moment unfilled. The hope and expectation that this decision would later be reversed so that the section could be extended to become a department for group and family therapy has not yet been fulfilled. It is particularly to be regretted that it has not been possible to institutionalise a university training for child psychotherapists. In the early seventies, the Ministry of Science refused to agree to the establishment of a "Child Psychotherapy" section and, as a result, Dr. L. Schacht, who had been earmarked for this post, left Ulm again.

A curriculum for social work also failed to come to fruition on university-political grounds and, as a result, Dr. H. Radebold accepted a call to take over a C4 professorship for psychogerontology at the University of Kassel and Frau H. Bechtler took over a C3 professorship for social work at an institute for higher education for social workers in Berlin.

The most varied of circumstances have contributed to the fact that, until now, only a few of the tasks of a university department of psychotherapy have been able to be carried out. One example refers to the problem of organising the subjects of psychotherapy and psychosomatic medicine, especially in connection with patient care, in accordance with one principle, the realisation of which the Science Council had already demanded, in 1968, as "decentralized centralization". In using this expression, the intention was to stress that the overriding methodological problems of psychotherapeutic and psycho-somatic research and, equally, initial and special training should be dealt with together and centrally. In order to measure up to the demands of patient care, it is essential for psychotherapists and psychosomatic physicians to be "at home", in both senses of the expression, in the hospital in question. This meant that "decentralized" sub-units for psychotherapeutic and psychosomatic patient care, at least in many clinics, as well as in the inter-disciplinary pain and tumour centres, needed to be established. Complaints about inadequate psychotherapeutic patient care in most hospitals arose, according to leading specialists in psychosomatics and psychotherapy in universities in the Federal Republic of Germany (S. O. Hoffmann et al. 1986), because such units were nowhere to be found which could effect this "decentralized centralization".

Despite all limiting economic measures, it was possible to achieve certain central clinical and scientific objectives with the generous help of the German Research Foundation and the private Breuninger Foundation. Before we go into more detail about individual fields of research, we would like to give some examples of departmental efforts that led to success: In the textbook on "Psychoanalytic Principles", the first volume of which appeared in German in 1985 (English and Hungarian editions, 1987; Spanish edition, 1988; Italian 1990; Czech 1991; Polish 1996; Russian 1997), the authors, H. Thomä and H. Kächele, together with colleagues in the department, have presented "a critical examination of the whole teaching building and the practice of modern psychoanalysis" (L. Wurmser, 1986)

The solid scientific basis of the practice of psychoanalysis and psychotherapy which the textbook provided was prepared, among other things, during the course of the annual conferences ("Ulmer Werkstatt" - Ulm Workshop). This year, the Workshop attracts again as an international conference many renowned researchers from the field of psycho-analysis.

The thirty years' development of this university department will now be documented in this "Anniversary Report" by dealing with a number of important aspects.

B Fields of Research

Obesity

From 1967 to 1970, together with the Department of Psychosomatics, a research project on the subject of obesity was developed (H. Thomä 1968, S. Weidlich & G. Hedderich 1970).

Collaborators: G. Hedderich, E. Künzler, H. Thomä, S. Weidlich

Research into the Psychoanalytic Process I

From 1967 to 1968, a classification of interventions by the psychoanalyst and patients' reactions to them, as a continuation of the work begun in Heidelberg by H. Thomä on the problem of validating interpretations (Thomä & Houben 1967), was developed, tested and used, for the first time in the FRG, with psychoanalytic sessions which were tape-recorded and transcribed verbatim.

Collaborators: H. Henseler, D. Ohlmeier, H. Thomä

Research into the Psychoanalytic Process II

From 1968 to 1970, a questionnaire was devised on "changes in the psychoanalytic process" which was completed and evaluated over a longer series of sessions by the analyst working on the case in question and a research analyst taking part in the procedure via tape recordings (Thomä & Rosenkötter 1970). During this work, "changes" were examined with regard to variations in strategies of interpretation.

Collaborators: G. Hedderich, L. Rosenkötter, H. Thomä

Research into the Psychoanalytic Process III

During the years 1970 to 1979, the experiences gathered to date were given a systematic basis in that a methodology of research into the psychoanalytic process was developed in a project supported by the German Research Foundation. Tackling the basic meta-scientific and methodological problems that such a piece of work necessarily involved and the acquisition of relevant literature led to three papers that formed the basis of the project (Thomä & Kächele 1973, 1975; Kächele et al. 1973, Schaumburg et al. 1974).

Tape-recorded sessions were dealt with using a variety of methods of description which made it possible to supplement and deepen the traditional case-study through the introduction of systematic descriptions of clinical categories by a third party not being part of the process (Thomä, Kächele, Schaumburg 1973, unpublished report). In addition,

the evaluation of clinical concepts using rating scales was tried, which transformed the systematic descriptions into quantifiable amounts (Grünzig, Kächele, Thomä 1975). Within the framework of this project, the problem of consensus in psychoanalysis was also examined, theoretically and empirically (Thomä et al. 1976). As a fundamentally new step, the introduction of computer-assisted analysis of content was tested (Kächele et al. 1975, Kächele 1976).

Collaborators: H. Böckenförde, H.J. Grünzig, H. Kächele, A. Kitzmann, E. Mergenthaler, A. Plewa, C. Schaumburg, H. Thomä
Grants: DFG Project
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Research into the Psychoanalytic Process IV

Supported by a grant from the Alexander von Humboldt Foundation, the Chilean psychiatrist and psychoanalyst, Dr. Pablo Jiménez (University of Chile), has been conducting research, since 1985, into the psychoanalytic process with regard to interruption reactions as indicators of structural change. In the first phase of the project, a catamnestic study of 100 patients who had completed a course of therapy was carried out, using a questionnaire developed by

Dr. Jimenez, to evaluate the significance of the separation phenomenon comparing different kinds of psychoanalytic therapy. At the moment, a psychoanalytic treatment is being evaluated in order to learn about the course of the interruption reaction during the treatment.

Group Psychoanalysis

The development of a research project in psychoanalytic group therapy arose from theoretical and empirical studies carried out in the Group Therapy Section. Similarly to the method employed in the project described above, phases in the course of group therapy and the way in which thematic focal points arose were investigated (Ohlmeier 1973; Cierpka et al. 1980, 1983; Kächele et al. 1975). In cooperation with the Psychosomatics Department the psychosomatics of acute heart attacks and the possibility of group treatment were investigated (Ohlmeier et al. 1971, 1973).

Collaborators: M. Cierpke, H. Kächele, H. Kühn, D. Ohlmeier, C. Schaumburg

Psycho-Gerontology

The problems of psychotherapeutic techniques in the case of neurotic

and reactive illnesses in later or advanced years were investigated by H. Radebold and H. Bechtler in a clinical research approach. Taking special advantage of the possibilities of therapeutic work by social workers a concept of "Psychosocial Work with Older People" (Radebold et al. 1973) was developed and tried out in practice with the establishment of the "Old People's Meeting Place" Ulm/Neu-Ulm. The following evaluation, 1979 - 1984, was backed by the EDP-facilities of the Psychotherapy Department (Radebold et al. 1982).

Collaborators: H. Bechtler, A. Durner, E. Mergenthaler, H. Radebold

Suicide

Theories and forms of therapeutic treatment for dealing with an acute and chronic pre-disposition to suicide were developed by H. Henseler against the background of the psychoanalytic theory of narcissism.

Clinical studies of a large number of patients who were seen after a suicide attempt, as well as comprehensive experience in psychotherapeutic treatment, led to a conception that tried to see the psychodynamics of a pre-disposition to suicide as an unconscious regulation of an unstable and endangered self-esteem. These notions led to the outline of an "ideal type" which it was possible to examine and verify in an empirical study of 50 suicide aspirants chosen at random (Henseler 1974).

As part of the work of the Special Collaborative Research Program 129, a study was carried out in 1980 and 1981 to distinguish empirically between acute and chronic suicidal tendencies. Within the terms of reference of this study, a "scale for the classification of chronic suicidal tendencies" was evolved; a test on its retrodictive power was carried out by performing a catamnestic study.

Collaborators: H. Henseler, R. Marten, U. Sodemann

Grants: Project A2 in SFB 129

The "Ulm Textbank"

Regarding the manifold expectations from the use of extensive records of dialogues which had been transcribed verbatim, a project was started in 1980 with the purpose of acquiring the fundamental methods and tools to build up, administer and classify a psychotherapeutic textcorpus. This had as its long-term goal the building-up of a central textbank for psychotherapy research in German-speaking countries. For this reason the technical equipment chosen had to be such that the corpus could remain open to the reception of texts of the most widely varying origins. Only the therapeutic situation itself, as the common source of the texts, should be the joint feature of all parts of the corpus.

With regard to the aims in view, the research work in this project could be classified under three headings:

1. Building-up, scope and management of the textcorpus.
2. The development of methods for describing a textcorpus.
3. Comparative investigations.

The evolving of a computer-assisted textbank management system, the Ulm Textbank, which has meanwhile been completed, has made possible rational and integrating application of what has gradually become a very large textcorpus (10 million words of running text = 30,000 typed pages) (Mergenthaler 1985, 1986). It is now possible for the first time to research the way language is used in sessions involving patients and psychotherapists from a variety of aspects in systematically applied studies.

Cross-sectional investigations of a representative cross-section of the population reveal differences which can be evaluated in relation to the clinical picture, age, sex and social data. Longitudinal investigations allow insight into the changes in the use of language which occur over a longer period during the therapeutic process and from which inferences can be drawn concerning emotional changes (Kächele & Mergenthaler 1983, 1984).

Both direction of investigation allow theoretical assumptions to be checked irrespective of trends in current schools of thought. So researchers in other universities, at home and abroad, can take advantage of the text materials and methods of the Ulm Textbank. The third research period of SFB 129, 1986 saw the beginning of the introduction of methods of artificial intelligence for the purposes of complex, structure-orientated content analysis (Goeser & Mergenthaler 1986).

Collaborators: B. Drewek, S. Goeser, M. Hölzer, H. Kächele, U. Kemmer, E. Mergenthaler, G. de la Parra, M. Schiessl, E. Wirtz

Grants: Project B2 in SFB 129

Content-Analysis of self-regard and its disorders

The central theme of this project was the theoretical and empirical investigation into concepts of self from a psychotherapeutic point of view. In view of the large number of theoretical and nosological aspects, the clarification and operationalisation of what constitutes self-regard was the objective strived for, in particular since this clarification is of importance for many schools of psychotherapy. A workshop, which led to the book "Self, Symptoms, Psychotherapy" (Eds. N. Cheshire, H. Thomä 1987), was dedicated to this theme.

The project at first had the title "Content analysis in process-oriented

diagnosis of self-regard and related disorders". The preliminary, theoretical work made it clear that explanatory investigations into the subject of self-regard cannot ignore the aspect of the synthesis or integration of contradictory emotional content (Hohage 1985). A descriptive operationalisation is possible using the concept of "suffering about oneself", which takes into account aspects of attribution theory. In 1983, the project was renamed "Content-analytical investigations of disturbances of self-regard and the achievement of psychical integration during the course of therapeutic treatment".

The content analytic techniques from the project "Research into the psychoanalytic process III" were further developed methodologically. As a result, the following methods came to be used:

1. The identification of suffering in the psychotherapeutic process including a discrimination between suffering about oneself and suffering about one's environment (Neudert et al. 1987).
2. The determination of emotional insight based on the concept of ambiguity tolerance (Hohage et al. 1987).
3. The designation of words expressing feeling according to the "feelings dictionary" (Grünzig 1984).
4. The designation of physical experiences with the help of grading procedures and the "body dictionary" (Schors, in prep.).
5. The determining of shame anxiety and guilt anxiety according to the "anxiety themes dictionary" (Grünzig et al. 1975).

The investigations were mostly carried out as single case studies so that long-term therapeutic changes could be followed. In addition, short-term therapies and first interviews were also included in the investigations.

Collaborators: H.J. Grünzig, R. Hohage, J.C. Kübler, L. Neudert, R. Schors, H. Speidel, H. Thomä.

Grants: Project B3 in SFB 129, Breuninger Foundation, Stuttgart

Changes in cognitive processes during long-term psycho-analytic therapy

A project which began in 1983, and is still going on, describes the manifold changes in cognitive processes during long-term psycho-analytic therapy using theory-guided content analysis and methods of computer-assisted text analysis. Theoretically, the investigation is orientated towards a cognition model from the field of artificial intelligence research: Empirically first of all, a single case-study of the diary entries of a patient was carried out (Leuzinger & Kächele 1985; Leuzinger 1987); at present, a further four psychoanalytic cases are being evaluated on the basis of verbatim transcriptions and aggregated

in the light of results from which preliminary generalisations can be drawn.

Collaborators: H. Kächele, M. Leuzinger

Grants: Project B6 of SFB 129, Breuninger Foundation, Stuttgart

Bone-marrow transplantation

In collaboration with the Department of Internal Medicine III (PD Dr. R. Arnold) and the Department of Medical Sociology (Professor Dr. Dr. P. Novak), investigations have been going on since 1986 into the long-term effects of bone-marrow transplantation on the psycho-social rehabilitation of patients. Using various qualitative and quantitative methods, the problem of coping and defense, the quality of social support and the effects on the body-concept are being investigated. In the first phase of the project, all patients who have been transplanted in Ulm are being examined in a retrospective study (N = 36). In the phase that is coming next, patients will be examined before the transplantation and at regular intervals for a longer period after it.

Collaborators: M. Cierpka, H. Kächele, B. Paul-Hambrink, R. Schors, W. Steffens

Grants: Project A15 of SFB 129

Family research

Since 1983, in collaboration with P. Joraschky, at that time a member of the University Department of Psychiatry II, families have been examined with regard to the regulation and disturbance of relationship boundaries. In the process of conceptualising distinctions are made between boundaries on three levels: Alongside the self boundaries of the individual members (I) are boundaries on the inter-personal level, between dyads, triads and between the sub-systems. We speak of inter-personal boundaries, generation and sex boundaries (II). On a third level the boundaries of the family environment are described (III) (Cierpka 1986). Ten so-called "normal" families are compared with ten families with a psychotic member and ten families with a neurotic member. Up to now, in a multi-method investigation, disturbances have been classified with a macro-analytical rating instrument (Cierpka et al. 1983). Since the families all do the same Rorschach test, data is acquired on a micro-analytical interaction level. Of interest is both the comparison between the clinical and the non-clinical families and the effect of the differences on data generation. For this reason boundary disturbances have been defined on the text-analytical level as interruptions or breakdowns so that with the help of computer-assisted text analysis it is possible to make comparisons in dialogue behaviour. A further level is the examination of

these families using a questionnaire (the Family Assessment Measure) in order to find out how these families see themselves in terms of their functionality as a family (Cierpka et al. 1987).

Collaborators: M. Cierpka, G. Frevert, G. Martin

Grants: Breuninger Foundation, Stuttgart

Transference research

The empirical investigation into phenomena of transference as part of a central clinical process conceptualization is being worked on as a project in cooperation with M. Gill (Chicago) and L. Luborsky (Philadelphia) on the basis of the assessment of a sample of hours of a psychoanalysis in the light of the clinical-ecological validity (Kächele et al. 1987, in print; Thomä & Kächele 1987, in print).

Since the beginning of this year we have been working on a German version of the Core Conflictual Relationship Theme (CCRT) manual which is being applied to a psychoanalytic short-term therapy.

Collaborators: M. Gill (Chicago), H. Kächele, L. Luborsky (Philadelphia), H. Thomä

Grants: Breuninger Foundation, Stuttgart

PADOS - a system of computer-assisted outpatients' documentation

Since 1975, outpatients' documentation has been done with the aid of electronic data processing. A new step is the introduction of systematic recording of the clinical activities of all members of the staff, which provides a rapidly-available monthly picture of what has been achieved by patients and therapists. This is a great help for the clinical function of institutional supervision (Mergenthaler & Hössle 1981, unpublished departmental report; Kächele, Hohage, Mergenthaler 1986).

Using this procedure, investigations into "The relevance of psychoanalytic forms of therapy to patient care" have been carried out which make possible a detailed analysis of the time expended for a ten-year collective (N = 980) of patients undergoing various forms of therapy (Kächele, Mergenthaler, Hössle 1986).

Collaborators: R. Hohage, I. Hössle, H. Kächele, E. Mergenthaler

Bulimia and Obesity

At the moment we are in the preparatory stages of a new project, in which the presumed complementary therapeutic strategies of behaviour therapy and psychodynamic therapy are to be systematically investigated with regard to their significance in the treatment of bulimia

and obesity. In collaboration with the study group General Medicine (Prof. Dr. Dr. P. Novak) and the Department for Internal Medicine II (Professor Dr. H. Ditschuneit) a group therapy programme is to be carried out to evaluate the differences in achievement between the two forms of therapeutic treatment.

Collaborators: I. Haisch, J. Haisch, R. Hohage, W. Steffens

Prizes

1973 Science Prize of the city of Ulm for the study group H. Thomä, H. Kächele and C. Schaumburg for the project "Research into the psycho-analytic process".

1975 Science Prize of the city of Ulm for H. Henseler for his work on the psychodynamics of suicide

1985 Merckle Prize of Ulm University for H. Kächele and E. Mergenthaler for their project "Ulm Textbank"

1986 Graduation (doctorate) Prize of the University Society, Ulm for E. Mergenthaler's work on the "Ulm Textbank".

C Teaching and Special Training in Psychotherapy and Psychoanalysis

In devising the practical course for psychotherapy, which all medical students take as part of their clinical training, we take advantage of audio-visual aids: The interviews with patients should not be adversely affected through direct contact with a student audience. Therefore, sessions that were especially suitable didactically have been filmed, shortened to just a few key scenes and are shown to students. This form of presentation makes easier an intensive study of the diagnostic and therapeutic process involved in each doctor-patient relationship. Over and above the material offered in the course, a collection of video films of typical psychotherapeutic treatment sessions has been built up, to which, in an unshortened form, advanced students have access. The possibility of watching experienced therapists "live" at work and to discuss what has been seen afterwards continues to arouse great interest. Additionally, experienced students are able to conduct some therapy sessions themselves and to discuss them with members of staff afterwards. A lecture on the important basic theories of the subject complements the department's teaching. During their internship, medical students have a chance to participate in Junior Balint groups and to discuss their first professional experiences.

The department has a multiple function in the special training of psychotherapists and psychoanalysts which, for qualified doctors leads to the further designations "Psychotherapist" and "Psychoanalyst". In order to acquire the necessary clinical experience for pursuing research, we think that full time special training for at least five years is indispensable.

These additional, special medical qualifications can also be gained by someone who is practising in some other medical field. This possibility is being grasped more and more by prospective psychiatrists and especially by registered doctors in general practice who are confronted with the psychosocial problems of their patients. The knowledge acquired goes beyond what is covered by the Balint groups which form a part of this special training.

This special training for practising doctors leading to the additional title of "psychotherapist" is offered by staff members of the department in collaboration with psychoanalysts in private practice. For this purpose, a seminar for special training in psychotherapy has been formed, the chairman of which is the department head. Members of the department's staff offer didactic therapies, i.e. opportunities to acquire one's own experience as well as supervision. In addition, staff members hold theory seminars and case seminars. The special training programme of a first course was completed after three years and a second course is well under way in the meantime. About 15 doctors, employed or in their own practices, take part in this course. The number of interested applicants, however, far exceeds our training capacity.

The special training for psychoanalysis follows the standards of the International Psychoanalytic Association. The department together with locally practising psychoanalysts has formed the Psychoanalytic Institute Ulm. During the 20 years of its existence, the department has constantly had four qualified psychoanalysts who were able to offer didactic analyses, supervision and theory seminars within the framework of the special training. Working in this institute at present are the following full and associate members of the German Psychoanalytic Association:
A. Bilger, M. Cierpka, E. Gaus, R. Hohage, P. Jiménez, H. Kächele, R. Karstens, J. Rannow, P.-J. Rockel, B. Schors, H. Schrenk, H.J. Schunter, W. Steffens, B. Thomä, H. Thomä.

As a result of this training and special training the psychotherapeutic care of patients in the region has risen from zero to a relatively satisfactory level. The department has, in many respects, an integrating function and the cooperation that results has proved its worth in many activities and in dealing with organisational problems.

D Patient Care

The task of the Psychotherapy Outpatient Clinic is to see patients, who have usually been sent by practising doctors, to make a diagnosis and to offer the patient that kind of therapy that will be effective in dealing with his disorder. The patients who come cover the whole spectrum of neurotic, psychoreactive and psychosomatic disorders. Correspondingly, the therapies offered cover the whole spectrum of psychoanalytically oriented forms of therapy, e.g. short-term therapy, psychoanalytic long-term therapy, couple therapy, family therapy, group therapy, supportive therapy, relaxation techniques, and even behaviour therapy. All the doctors and psychologists working in the department take part in the work of patient care. One of the special features of the Ulm department is that two social workers have been brought into psychotherapeutic patient care who are mainly concerned with supportive therapy but are also involved in family and couple therapy. Diagnostic and differential-indication problems are discussed in the clinic's conferences. Whereas following the establishment of the department indications which suggested the need for very frequent sessions of psychoanalysis were noted, it became gradually clear that the psychotherapy offered needed to be more broadly based in terms of the subjects it covered in order to measure up to the needs of the patients.

With the help of the documentation system mentioned earlier clinical orientation is made easier: what therapies are indicated and how often, how long the individual therapies should last and how long patients have to wait for therapy. Consultation, short-term therapy and supportive therapy are percentally strongly represented. If one compares the range of therapies now offered with the situation in 1973 the following pictures emerges: whereas in 1973 a total of only 33 courses of psychotherapeutic treatment were conducted, in 1986 the figure had reached 199. This can be explained by a marked shift from long-term to short-term therapies. In the case of long-term courses of treatment there was a notable drop in twice-a-week analytical psychotherapies from 36.4% to 9% as well as a drop in psychoanalysis from 6.1% to 2.5%. In the same period of time the proportion of psychoanalytic short-term therapies rose from 9.1% to 28.2%. Behaviour therapies now represent about 10% of all treatments. Since the group therapy section was closed in 1976, the amount of group therapies on offer has decreased.

An extract from the 1986 annual report throws some light on the activities of the outpatient clinic. During that year 760 patients were treated in the department; this amounts to a total of 7,512 hours of treatment. 430 patients had a first interview and, of these, 77.8% were able to begin a course of treatment. A fairly large proportion of time is

spent on supervisions.

Most of the patients were between 20 and 29 years old (40.6%). 61% of the patients were women. Most of them (68.4%) were referred to us by practising doctors. Patients who come from Ulm and the surrounding district (up to 50 km) usually (60,9%) receive a binding offer of therapy, i.e. the member of staff who conducts the first interview arranges for a course of therapy either with us or with an outside practising specialist.

Of the 199 newly-begun treatments the emphasis lay on short term therapies (56), supportive therapies (34) and consultations (23). A total of 138 patients completed their treatment last year. For clinical activities as a whole the fact still remains that psychoanalytic theory provides the framework for a differentiated treatment technology: the maxim "as much as necessary and as little as possible" is applied here in that short-term therapies are conducted for the majority of the patients whereas, in individual, if rare, cases, a justifiably long-term course of frequent sessions may be conducted when a particularly serious disorder has to be cured.

The accompanying research into treatment procedures and results leads to the fact that daily practice and science do not travel along separate paths but that the latter, as clinical research, has a high degree of relevance to actual practice which in the end is of benefit to the patients.