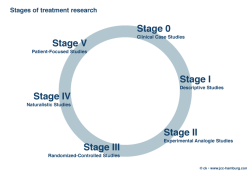


From Clinical Case Study to Tape-Recording

Horst Kächele



Charcot's Impact on Freud

"The complete and extreme cases, the *types*, could be brought into prominence with the help of a certain sort of schematic planning and, with these types as a point of departure, the eye could travel over the long series of *ill-defined cases* — the *formes frustes* — which, branching off from one or other characteristic feature of the type, surrender to indistinctness. He called this kind of intellectual work, in which he had no equal, "*practicing nosography*", and he took pride in it". (Freud 1893c, p. 12)

Freud S (1889) Charcot. Standard Edition, VI, 11-23.

Freud as Historian of Individuality

"Freud and ourselves as latter-day observers are confronted by a single sick individual whose life story presents a variety of incongruities — events and attitudes demanding to be explained, to be brought within the framework of understandable human behavior. Freud, like the historian, is interested in a particular course of events, namely, an individual's history." (Sherwood 1969, p. 188)

Sherwood M (1969) The logic of explanation in psychoanalysis. Academic Press, New York

The Discovery of a Narrative Science

In "Studies on Hysteria" (1895) Freud wrote that he was surprised that his "case histories should read like short stories and that they lack the serious stamp of science". (p.160)

Psychiatrists in the era of Romantic Medicine: „Some of their case reports remind one to the portraits of Kleist, Schiller and Jean Paul". (Rüdamer 1953, p. 520)

Rüdamer J (1953) Zur Entstehung der Psychiatrie als Wissenschaft im 19. Jahrhundert. Fortschritte der Neurologie, Psychiatrie und ihrer Grenzgebiete 21: 111-136

Charcot's Impact on Freud

"He used to look *again and again* at the things he did not understand, to deepen his impression of them day by day, till suddenly an understanding of them dawned on him.

In his mind's eye the apparent chaos presented by the continual repetition of the same symptoms then gave way to order; the *new nosological pictures* emerged, characterized by the constant combination of certain groups of symptoms".

Freud as Nomothetic Researcher

"In order to derive fresh generalizations from what has thus been established with regard to the mechanisms and instincts, it would be essential to have at one's disposal *numerous cases* as thoroughly and deeply analyzed equally to the present one". (Freud 1918b, p. 105)

Freud S (1918b) From the history of an infantile neurosis. Standard Edition XIX: 7-122

Typological Research

Max Weber initiated a debate on typology in social science (see Hempel 1952). The concept of ideal types was used f.e. in psychoanalytic follow-up research (Wachholz & Stühr 1999) and the understanding psychodynamics of suicidal men (Lindner & Briggs 2010)

Hempel C (1952) Problems of causality and theory formation in the social sciences. In American Philosophical Association. Eastern Division. Papers, Lectures, Addresses, and Current Topics. Philadelphia: University of Pennsylvania Press, pp 83-84
Wachholz R, Stühr U (1999) The concept of ideal types in psychoanalytic follow-up research. Psychother Res 4: 33-44
Lindner R, Briggs J (2010) Finding Ideal Types by Understanding: The Psychoanalytic Treatment of Suicidal Men. Frontiers in Psychology 1: 1-10

From Singular Events to Types

Still Meissner (1971) emphasizes:

"Psychoanalytic methodology is ultimately forced to rest upon the single case history". (p. 302)

Yet the function of the case history as the explanation of singular events, the ideographic element of the psychoanalytic narrative, is connected to the hidden agenda of typology.

Meissner W (1971) Freud methodology. J Am Psychoanal Ass 19: 385-393

Freud's Case Histories as a Methodological Paradigm

As Ernest Jones says regarding the Dora case:

"This first case history of Freud's has for years served as a model for students of psychoanalysis... (Jones 1955, p. 257). The close ties between therapy, research and training led to the creation of a traditional form of communication so that the *short case report* came to seem a natural form.

Jones E (1955) Freud biography. © B

Freud's Archived Clinical Notes

Compare the Freud's report 1909 on the „Ratman" and E. Zetzel's "Additional notes" (1966):

"In these clinical notes there are over 40 references to a highly ambivalent mother-son relationship, which were not adequately considered in the Freudian case history as it was published in 1909". (Zetzel, 1966)

Zetzel ER (1966) Additional notes upon a case of obsessional neurosis: Freud 1909. Int J Psychoanal 41: 120-126

The Schreber Case

Debated by a sizable number of psychoanalytic authors: Baumeyer, Bloch, Isak, Katan, Kiley, Laccan, Lauffel, Loftham, Meissner, Nederland, Nurnberg, Saks, White, etc.

And from outside

Canetti E (1962) Crowds and Power. Viking Press, New York

Neufeldt L, Hander RA (Eds) (1955) D. P. Schreber: Memoirs of my illness. Davison and Sons, London

The Case of Dora as unfinished business?

2005 the journal Psychoanalytic Inquiry presented a special issue: Freud and Dora. Here especially: Mahony features the Dora case history under the headlines: terminable and unterminable.

Levin S (Ed) (2005) Freud and Dora: 100 years later. Psychoanalytic Inquiry 25: 1-115
New expanded
Mahony P (2005) Freud's unterminable and terminable: A case history terminable and unterminable. Psychoanalytic Inquiry 25: 121-44

Rhetorics of a Literary Masterpiece

"The appeal of the Dora case and its undoubted standing as a *literary masterpiece* make us aware of the influence of what might be called rhetorical craft and the subtle power of the clinical narrative". (Spence, 1987, p. 123)

Spence DP (1987) The Freudian Melodrama: Towards Paradigm Change in Psychoanalysis. W W Norton, New York London

Psa As a Narrative Science

Psychoanalysis became a narrative science using narration aspiring to narrative truth.

Forrester J (1980) Language and the origins of psychoanalysis. London: Macmillan
Spence D. P. (1988) Narrative truth and theoretical truth. The Psychoanalytic Quarterly, 57: 45-69

What is Wrong?

Oral tradition combined with loosely written case studies instead of systematic efforts for adequate sampling that could lead to a *representative corpus* of case studies

Glover's Achilles Heel

"Analysts of established prestige and seniority produce papers advancing a new theoretical or clinical viewpoint or discovery. If others corroborate they tend to report that; but if others feel reason to reject it, this scientific 'negative' does not get reported. So ultimately it is canonized as 'so-and-so has shown it'"

Glover, E. (1952). Research methods in psychoanalysis. *The International Journal of Psychoanalysis*, 33, 453-458.

Wallerstein & Sampson's Classic Paper

"The whole corpus of psychoanalysis...comprehending the phenomena of both normal and abnormal personality development and functioning.

attests **brilliantly** to the explanatory power of the theory derived from data of the consulting room" (1971, p.11).

but

Kohut's Specimen Case

"The case not only highlights the way theoretical changes enable the analyst to see **new clinical configuration**, but further demonstrates how the analyst's apprehension of the self-object transference affects his handling of clinical material via the expanded empathy that results from the **new theoretical frame**." (Kohut, 1984, p. 93)

Oral History Research

The brothers Grimm, the two professors from Göttingen in Germany, systematically started out to collect orally transmitted fairy tales.
They started a field of **fairy tale research** which later established highly sophisticated methods to analyze the available large collections from all over the world.

Grimm's Fairy Tales (Germany, 1812-1857)

Wallerstein & Sampson's Classic Paper

"We need at least to be equally cognizant of the **limitations of the case study method** as a source of prospective continuing knowledge" (p. 12).

Wallerstein DE, Sampson H (1971) Issues in research in the psychoanalytic process. *Int J Psychoanal* 52: 11-29

Kohut's Case of Mr. Z

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...

Kohut H (1979) The two analyses of Mr. Z. *Int J Psychoanal* 60: 3-27
Briere JG (2001) *Victim-Killer: The making of a psychoanalyst*. Basic Books and Simon and Schuster, New York

Fairy Tale Research

V. Propp's „Morphology of the Folktale“ was published in Russian in 1928. Although it represented a breakthrough in both folkloristics and morphology and influenced Claude Lévi-Strauss and Roland Barthes, it was generally unnoticed in the West until it was translated in the 1958.

Propp Vladimir: "Theory and History of Folklore". Ed. Araby Liberman. University of Minnesota. University of Minnesota Press, 1984

Public Availability

What do we learn from the fairy tale research world?

There is nothing wrong with clinical process notes, as long as they are available for public scrutiny;
- this constitutes the essence of any scientific enterprise.

Extensive Treatment Reports

„Up to 1980 I found 36 publications extending 20 pages of print in the psychoanalytic literature past Freud“

Kohut H (1981) Zur Bedeutung der Einzelfallgeschichten in der klinischen psychoanalytischen Forschung (On the meaning of case history in clinical psychoanalytic research). *Zeitschrift für Psychoanalyse* 12: 138-157
Kohut H, Feiner S (2001) The significance of case history in clinical psychoanalytic research. In: Abelson P, Gurelman P, Thomas T, eds. *The Psychoanalytic Process Research Study Group 2001*. From Psychoanalysis Research to Empirical Single Case Research: Implications for Psychoanalytic Practice. Routledge, New York, pp 38-52

GB - Examples

An artful account of a psychoanalytic treatment, by Marion Milner (1969);
Meltzer (1978) "The Kleinian development" re-analyzed M. Klein's (1951) „Narrative of a child analysis“ week-by-week;
Margaret Little (1990) provides a personal record of an analysis with Winnicott.

Milner M (1969) *The hands of the living god: An account of a psychoanalytic treatment*. Hogarth, London
Meltzer D (1978) *The Kleinian development: Part II, Richard week-by-week*. Clinica, Paris
Little M (1990) *Exploring creativity and containment: A personal record of an analysis with Winnicott*. Allen Lane, Northridge, NJ

French Examples

F. Dolto (1971) publishes the „marvellous cure“ of a psychotic adolescent
and
Anthony (1974) writes a quite critical review.

Dolto F (1971) *La cure merveilleuse*. Eds Seuil, Paris
Dolto F (1972) *La cure merveilleuse*. Seuil, Paris
Dolto F (1974) *La cure merveilleuse*. Seuil, Paris
Anthony B (1974) *Review of F. Dolto: The analysis of an adolescent*. New York 1971. *Psychiatrist* 6: 81-84

From Narration to Observation

Kächele H (1992) Narration and observation in psychotherapy research: Reporting on a 20 year long journey from qualitative case reports to quantitative studies on the psychoanalytic process. *Psychotherapy Research* 2: 1-15

US - Examples

Dewald's (1972) voluminous 600 page long description - based on in-session careful notes.

Stoller (1974) publishes a voluminous case of female masculinity.

Goldberg (1978) compiles a casebook „The Psychology of the Self“

Dewald PA (1972) *The psychoanalytic process: A case illustration*. Basic Books, New York
Goldberg A (1978) *The psychology of the self: A casebook*. International University Press, New York
Stoller N (1974) *Spenser: A case of female masculinity*. Guilf, New York

German Examples

Argelander (1971) reports in details about the treatment of a narcissistic business man

Moser (1974) a gifted young analyst - portrays his couch experience - Heinz Kohut writes an enthusiastic foreword.

Argelander H (1971) *Der Patient (The case)*. Suhrkamp, Frankfurt am Main
Moser T (1974) *Langeweile auf der Couch*. Buchverlag Dr. Werner Köhler, Berlin

The New Paradigm

Rogers C (1942)
The use of electrically recorded interview in improving psychotherapeutic techniques. *American Journal of Orthopsychiatry* 12: 429-434

Kubie LS (1952) Problems and techniques of psychoanalytic validation and progress. In: Papan-Mandrin E (Ed) *Psychoanalysis as science: The Heiss lectures on the scientific status of psychoanalysis*. New York Basic Books p.46-124

Shallow D (1960)
The recorded psychoanalytic interview as an objective approach to research in psychoanalysis.
The Psychoanalytic Quarterly 29: 82-87

Psychoanalysts' Attitude to Tape-Recording in Their Practice.

*The tape-recording of psychoanalytic sessions should by now be standard procedure for those who are prepared to undertake serious empirical research on the psychoanalytic process.

*However, the number of those who expose themselves to this procedure is still small, nearly as small as the number of those willing to engage in the careful scrutinizing of what they do when practicing psychoanalysis.

Freud's Warning

First of all, since Freud's warnings against the presence of a third person are often extended to the presence of a recorder or of microphones in the consulting room:

Freud stated that the patient "would become silent as soon as he observed a single witness to whom he felt indifferent" (1916/17, p. 18).

Instrumentation

- Freud could not have known in 1916 that human inventiveness would one day produce a very unobtrusive instrument – the **tape recorder**.
- It gives an unmistakably correct account of the verbal exchange that is superior to any recollection by the analyst, including detailed notes written after the session or late in the evening.

Voice

- Morata ME, et al. (2008)
- Measuring emotion in the voice during psychotherapy: A pilot study.
- Biol Res 41: 389-395
- A number of studies have shown that different emotions are cued by various combinations of acoustic parameters, speech rate and the fundamental frequency (the lowest frequency in the spectrum, F₀) presumably exerting the strongest effect (Banse and Scherer, 1996, Murray and Arnott, 1993, Pell, 2001).

Procedure

- For the present study, the word "mother" (German: mutter) was selected from the audiotapes of AAIs of subjects of the three attachment groups to compare the effective quality of speech.
- Recordings of the interviews containing the word "mother" in response to specific questions were acquired at a sampling rate of 22050 Hz with a Macintosh computer (Power PC 7100), using the Sound Edit 16 software. The acquired sounds were further analyzed with the Signalize 3.12 software.

Data Collection

- Since Freud was trained to follow the rules of the natural sciences,
- I assume that he would have welcomed new ways to assure accurate observation and data collection in the psychoanalytic situation.

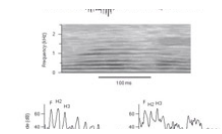
Spoken Language

- The main psychotherapeutic tool is the spoken language (Russel, 1993).
- However, the relevance of voice quality for the communicative process, i.e. the effects of emotion on intonation and word duration, has received little attention in psychotherapy research.
- Dittmann & Wynne (1961) proposed that **para-linguistic variables like pitch and speech rate** might capture emotional signals from the discourse, but they could be independent of the subject's emotional expression in the interviews.

Measurement

- Ten to twelve repetitions of the word "mother" in response to the first half of the interview questions of the AAI were analyzed for each subject. Power spectra (0-5500 Hz, 20 Hz resolution) of the two vowels of the word "mother" were obtained at the midpoint of the vowels u and o ("Mutter"). The amplitudes and frequencies of the first, second and third (F₁, F₂ and F₃) harmonics were measured. The differences in amplitudes between these three spectral peaks were computed, and averages of these measures calculated for each individual and compared among individuals of the three groups with the Duncan's statistical test (P < 0.05). In addition to power spectra, oscillograms and sonagrams of the complete word were obtained for graphical representation of this sound.

mutter – mother – madre – mae



Voice Quality

- Rice L & Wagstaff AK (1967) Client voice quality and expressive style as indices of productive psychotherapy. *Journal of Consulting Psychology* 31: 557-563
- Scherer KR (1978) Personality inference from voice quality: the loud voice of extroversion. *European Journal of Social Psychology* 8: 467-487
- Rice L & Ken G (1986) Measures of client and therapist vocal quality. In Greenberg L & Pinsaf W (Eds.) *The psychotherapeutic process. A research handbook* New York: The Guilford Press, pp 557-563

The Voice of the Psychotherapist

- At the Ulm Workshop on Research in Musicotherapy (2005) I tried to gain musictherapists to study the voice of psychotherapists:
- Kachele H (2005) *Wie klingt die Stimme eines Psychotherapeuten?*

Protection

- A great many "third persons" become potential intruders if the dialogue between analyst and patient is recorded and transcribed.
- The analyst protects the patient in this situation in two main ways:
- first, by obtaining informed consent, and second, by protecting the patient's anonymity

Agreements

- "(1) the sessions will be tape-recorded and made accessible to the patient himself, the treating analyst and the scientific community,
- "(2) it is up to the patient to decide whenever he wants the recording machine turned off and/or if he wishes to stop the recording altogether, and
- "(3) the analyst assumes an active responsibility for protecting the patient's anonymity.

The Psychoanalytic Pioneers of Tape Recording

F. Alexander early forerunner in the fifties

End of the sixties:

USA: H. Dahl, M.M. Gill,
Germany: A.E Meyer, H.Thomä, H.Kachele

By now it has been accepted that some analysts feel comfortable with tape recording analytic sessions and that we do not have strong evidence on detrimental aspects.

Familiarity with Taping

- It is our experience that after a certain time the treating analyst gets accustomed to the tape-recording.
- And his evenly hovering attention is no longer distracted by his inadvertent attempts to select certain passages for later note taking, to say nothing of the shorthand and seemingly accurate notes that some analysts have taken.

Protecting the Patient's Identity

- using codes in the transcripts,
- by systematically limiting access to such transcripts to bona fide clinicians and researchers who themselves assume the treating analyst's responsibility to maintain confidentiality,
- and by carefully disguising publicly presented and published patient material.

Therapists' Resistance

- strongest resistance to tape-recording comes from therapists themselves.
- It is not easy to expose oneself fully to the critical investigation of colleagues who all too readily infer from the interpretations given to their sources, not in the patient's material, but in the feelings and hidden motives of the therapist.

Kubie (1958)

- „When for the first time a student psychiatrist or an experienced analyst hears himself participate in an interview or a psychotherapeutic session, it is always a surprisingly illuminating experience.
- He hears himself echo the patient. Or he hears himself outshouting or outshripping the patient, always louder or always softer. Or he hears himself playing seesaw with his patient – loud when the patient is soft, and soft when the patient is loud.“

Unwanted Clues

- „Or with surprise and dismay he hears in his own voice the edge of unintended sarcasm or sarcasm, or impatience or hostility, or else over tender solicitude and seductive warmth.
- Or he hears for the first time his own unmuted tic-like noises punctuating and interrupting the patient's stream.“
- Kubie LS (1958) Research into the process of supervision in psychoanalysis. The Psychoanalytic Quarterly 27: 225-238

Learning Process

- „From such data as this he and the group as a whole learn a great deal about themselves and about the process of interchange with patients and what this process evokes in them in the form of automatic and therefore indescribable patterns of vocal interplay.
- They learn also to watch for and to respect the subtle tricks of forgetting and false recall to which the human mind is prone.

Quality of Recording

- # is absolutely crucial
- But
- Sometimes patients do speak with a very low voice
- Or noise from the street floods into the room
- Too bad

Gill's Emphatic Conclusion:

“We doubt that any problem will arise on the patient's part in a research analysis, which is not already known from ordinary analysis” (Gill et al. 1968, p. 236).

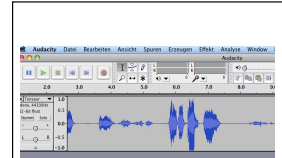
•Gill MM, Simon J, Fink G, Endicott NA, Paul IH (1968) Studies in audio-recorded psychoanalysis. I. General considerations. J Am Psychoanal Ass 16: 230-244

Negative Feelings

- One source of these negative feelings lay in the high priority was attached to making precise and exact interpretations.
- Tape-recording and transcribing made it very easy for us to notice that we often failed to live up to our own (and other's) expectations.
- Nonetheless, we also gave high priority to Freud's insistence that our deepest professional obligations require us to face reality and acknowledge truth.

Technical Hardware

- Today any number of small dictaphones
- The quality of recordings depends more on the microphone
- Use your computers software, f.e Audacity



Setting Up

- Place the machine discrete but visible
- Be explicit where the tapes are stored.
- Be explicit who has access to them!
- Sign an agreement for what purpose they might be used.
- How long will they remain in use.
- The patient is free to cancel this agreement at any time.

Transcription Rules

- Mergenthaler E (1984) Die Transkription von Gesprächen. Ulmer Textbank, Ulm
- Mergenthaler E, Stinson CH (1990) Transcriptions transcription standards. Psychother Res 2: 125-142
- Mergenthaler E, Gil S (1996) Descripción de las reglas para la transcripción de sesiones de psicoterapia. Revista Argentina de Clínica Psicológica 6: 163-176
- Mergenthaler E, Ferri S, Giampieri E, Ferrai R (1998) Regole Standardizzate di Trascrizione delle Sedute di Psicoterapia. Rivista in Psicoterapia 1: 29-46

Discretion

- Specific desires for discretion sometimes lead to the request that the tape recorder be temporarily turned off.
- Amalia X, for example, talked about a colleague who was also in therapy; she did not want to mention the name of the latter's therapist until the tape recorder had been turned off (20th session).
- The analyst can accept such a wish or can emphasize the aspect of resistance or explore ideas such as whether the patient believes the colleague might be negatively affected.

Sexual Difficulties

- In the 10th session Amalia X spoke with great decisiveness about her sexual difficulties and managed to disclose a relatively substantial amount of information; in the middle of the session she became increasingly horrified by the intensity of her longing.
- I interpreted her anxiety "that she views herself and her fantasies as an addiction or as being perverse after all, and somehow I do too, and I only act as if I wouldn't find it perverse or addictive."

Example

- 70001
- P: Patient
- T: Therapist
- Datum: 03.05.73
- T: es ist schwierig geschlafen.
- P: ja heute ist sehr schwierig (lacht)
- T: ja, ja.
- P: heute ist es schwierig - ich bin // ich weiß auch nicht, so richtig / (lacht)
- T: hmmm

Supercensor

- Amalia X talked in the 38th session of her therapy about her experience with a therapy while she was at college. Her therapist at that time had not returned her diary to her, which had made her feel disheartened.
- I suggested that the fact that the therapist kept her diary corresponded to the tape recorder keeping her thoughts.
- The patient said that she knew nothing about the use of the recordings, adding "I also have to say that I'm not very concerned about it."

Sexual Difficulties 2

- The patient herself arrived at a differentiated opinion: "When I think about it, I know that this is not what you think." Yet she herself saw herself in such terms and was afraid that others would say something like, "Yes, the old X."
- In this moment she asked herself, "Is the tape recorder still running?"
- The thought was linked with the idea that my elderly secretary might type the transcripts, and other associations led to the father confessor etc.

Wrong Assumption

- In her 202nd session Amalia X took a statement I had made to be an explanation of my therapeutic technique.
- She found it "unusually positive" and mentioned the inaccurate assumption that the tape recorder had been turned off and that I was thus able to act more freely and was less inhibited.

Wrong Assumption

- The patient imagined that the presence of the tape recorder had the same inhibiting effect, as a supervisor, on me that the presence of her supervisor at work had on her.
- P: "If I don't see the black wire here some time, then you will feel freer and for once can say what you're thinking."

Sign of Termination

- In the 24th session the patient noted that the microphone wire was not on the wall. She speculated that the presumed disappearance of the tape recorder (or microphone) signalled the end of her therapy.
- She said she was afraid of the separation, and that her earlier idea that her colleagues would listen to the recordings and laugh at them had disappeared.

Blah blah

- P: Sometimes I think about what we have already achieved in the analysis, and then I'm always overcome by the feeling that I would like to take all the tapes and throw them into the fire and start all over. I've talked the tapes full with bias. I imagine that in an session there might be one good sentence, and for this one sentence you have to sit and listen 50 minutes, hoping that one comes.

Do ut des

- P: Sometimes there aren't any. And that's why I believe that you then become disinterested and read at me again.
- A: That I use so much, use so many of the tapes, and get so little in exchange.
- P: Yes, I feel as if I'm taking private lessons. I would like to be a good pupil, so that you might be happy with me.

Artificial Psychoanalyst

- P: Yes, if that would be possible, then it would probably be much easier for me to be uninterested in describing things, if you weren't buzzing in my head, if I could turn you off completely, if I would just be lying alone in the room and talking to the tape recorder.
- Here the tape recorder serves as an artificial psychoanalyst, not precipitating any anxiety about a loss of distance.

Tape Recorder turned on?

- In the following session Franziska X asked if the tape recorder was turned on or not, since the cover was closed. She then told me that she had drunk a lot (several glasses) of wine the night before.
- I linked the two statements by asking whether she felt the desire for the recorder to be off. The patient responded in the negative, emphasizing.
- P: "No, I don't think so, it's never bothered me . . . (almost a little ironically) Perhaps I'm worried that my valuable comments won't be recorded . . . and perhaps it's running after all."

A Gift for the Analyst

- I related this to her associations about the tape recorder.
- A: "In the last session you had the feeling that you only reveal invaluable stuff, at least a good worm has to be in it for me."
- Franziska X confirmed again that she had the feeling that she always had to offer something special to gain confirmation.

Spectator

- Kurt Y, a scientist, was in analysis because of impotence and an incapacity to work. In the fourth session he glanced at the microphone as he entered the office, laid down, and after a short pause began to speak.
- He referred back to his experiences as a child, which had also been a topic in the preceding session. In general he had been a quiet, good boy; it had only been in his soccer club that he had been able to let out his pent up energy.

Spectators

- He added, however, that he had always played poorly when spectators had been present.
- A: As if you were afraid of the attention.
- P: Yes, everything was over as soon as I felt the expectation that I would have to demonstrate my skills.
- A: While you were coming in, you glanced at the microphone, is there perhaps an expectation associated with it?

No Gaps on the Tape

- P: No, today I don't have to think about it much, but yesterday I noticed it. I had the strong feeling I had to fill the tape, that there couldn't be any gaps, that something had to go onto it.
- A: These expectations, the ones you identify with the tape recorder, represent in your opinion the expectations I place on you.

Tools for Teaching

- At the beginning of the following session Kurt Y again referred to the tape recorder. He said it was much friendlier today, as if it were a third person in the room, someone he could imagine to be a young physician. He could bear it after all for someone to listen, adding that the recordings were presumably used for teaching.

Vacation

- P: The tape recorder does have something positive to it. At the very least the tapes will stay here and thus something of our relationship will stay here as a kind of pledge.
- I interpreted the connections between vacation, distance, and his reactions to them as a kind of fundamental question about what he was worth to me and how regularly I would be there for him.

Giving a Speech

- Kurt Y began the 54th session with a comment about the tape recorder. He had the feeling he had to hold a speech, as if he were in an auditorium, and this was linked with the idea that what he had to say was not really finished and needed further elaboration.
- It was like in his workbook, where he recorded his notes about his experiments; he would not make it accessible to anyone prematurely.

Sexual Experiences

- Kurt X talked for a long time about the tape recorder, leading me after a while to assume there was a resistance, and I told him that it seemed to be easier for him today to speak about the tape recorder than about other things.
- He then began to speak, albeit with many qualifications, about the sexual experiences he had had the past weekend with his fiancée.

Heinrich Y and His Cassette Recorder

- In the 16th session the patient surprised me by bringing a cassette recorder along, which he prepared for recording while he asked me whether he could use it.
- I pointed out the simultaneous timing of the two actions - the request for my approval and his actions as if I had already given my approval - and added that the recording of our talk had to be very important to him.

Being Equal

- Since I had previously obtained his informed consent for recording the sessions, I said it was only appropriate that I permit him to do the same.
- The patient laughed at this, obviously relieved. At this point I did not ask any more questions about the purpose of his actions.

Tape als Control

•A: Additional advice? That also means that our sessions don't provide enough.
 •P: Precisely, the sessions are over so quickly, and afterwards I can never remember exactly what happened.
 •A: But then tape recordings must be a desirable means to listen to everything in peace and quiet.
 •P: Yes, I hope to be able to work through everything in detail, to get more out of the sessions. I play them to my girlfriend Rita - who has had some experience with psychotherapy - and she can tell me whether everything is alright here.

Control

•A: Yes, in this initial period it seems natural to ask somebody for advice, especially since you were very reluctant in agreeing to undergo therapy.
 •Your severe depression was precipitated, after all, by Rita believing herself to be pregnant. Might it be possible that the tape recorder permits you to exert some control on what you are able to speak about with me?

Rudolf Y

•P: Yes, that's it, that I don't let you have the pleasure of gaining knowledge at my expense, don't give you confirmation of how good you are and of how much you know about me.
 •A: So it isn't a pleasure related to you that you turn might profit from.
 •P: Yes, I'm a means to an end. (Very long pause) The tape, it's in vain, there's nothing on it. [laughed]
 •A: So I, the one who would like to demonstrate something, to show myself, how good I am, can't demonstrate anything.
 •P: Yes, that's it.

Moments of Silence

•A: I could show the collected moments of silence. (Both roared with laughter) It documents my powerlessness.
 •P: Yes, the silence.
 •A: So a balance has been created. Today's long silence on the tape is the compensation for the submissiveness with which you agreed that I may know so much about you. Today I'm the one who's been dispossessed, shown to be powerless, and made the butt of laughter. You were pleased by the idea that my colleagues would laugh at me.
 •P: Yes, I still switch between these extremes of either complete submission to superiors or of thinking they're sons of bitches.

Indirect Means

•P: Rita should just find out how bad off I am and what part she's played in it.
 •A: So that this is an indirect means of telling Rita something that you cannot or don't want to tell her directly.
 •P: Well, things I say here, I can point out that it's part of the therapy.
 •A: That I'm responsible for it and you can't be held accountable for it.

Protected Space

•At this point the patient laughed mischievously and emphasized that I traced his most secret thoughts. He added that it might be better after all for him to turn off his recorder and tell Rita that it simply had not worked correctly.
 •A: At any rate the space we share here would be protected from somebody's censorship. This would also provide some freedom.

Commentary

The tape recording is a factor in the patient's alternation between these extremes and in the polarization into power and impotence. The laughter accompanied an insight into this distribution, which the patient's attribution had the effect of increasing and maintaining. Tape recordings provide a good occasion for considering the topic of transference, an example of which is given in the following section. Rudolf Y obviously realized that his silence might be a disgrace for his analyst. Old scores are settled in transference as well as in catharsis.

Luborsky & Spence's Complaint About Paucity of Primary Data

- data accumulated during actual analytic sessions.

"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. P. (1971). Quantitative research on psychoanalytic therapy. In A. E. Bergin & S. L. Garfield (Eds.) *Handbook of Psychotherapy and Behavior Change* (1 ed., pp. 438-438). New York: Wiley.

Ulm Textbank

a computer based archive with built-in tools for retrieval and text analysis

Mengerhaeuf, E., & Kächele, H. (1992). *Locating Text Archives for Psychotherapy Research*. In H. E. Miller, L. Luborsky, J. P. Sander & J. Docherty (Eds.), *Psychodynamic Treatment Research - A Guide for Clinical Practice* (pp. 34-42). New York: Basic Books.

More Archives

The Psychoanalytic Research Consortium (Waldron 1989)

The Penn Psychoanalytic Treatment Collection: A set of complete and recorded psychoanalyses as a research resource (Luborsky et al., 2001).

The Harvard Psychodynamic Tape Collection (Jones & Ablon)

The German Collection of Case Reports (Kächele 2009)

Positive Features of Case Studies

a case study may cast doubt on a general theory
 # a case study may provide a valuable heuristic to subsequent and better controlled research
 # a case study may permit the investigation, although poorly controlled, of rare but important phenomena
 # a case study can provide the opportunity to apply new principles and notions in entirely new ways
 # a case study, under circumstances, can provide enough experimenter control over an phenomenon to furnish "scientifically acceptable" information.
 # a case study can assist in placing "meat" on the "theoretical skeleton"

Examples of Qualitative Case Studies

The Wallerstein (1986) final report:
 42 cases studies from the Menninger Treatment Project

The Hampstead Child Psychoanalytic Index :
 the complete analytic treatment records of over 140 cases (Sandler et al. 1962; Sandler et al. 1980).

Wallerstein HS (1986) Forty-two Men in treatment: A study of psychoanalysis and psychotherapy. Oxford, New York.
 Sandler J (1962) The Hampstead Index as an instrument of psychoanalytic research. *Int J Psychoanal* 43: 389-391

Single Case Research

Single case research repeatedly has been called the most suitable approach for evaluating psychoanalytic treatments.

f.a. Edelson 1988

Edelson M (1988) The hermeneutic turn and the single case study in psychoanalysis. *Psychosocial Context Thought* 8: 357-414

Individual Case Studies

"The observation of variability across time within a single case combines a **clinical interest** to respond appropriately to changes within the patient, and a **research interest** to find support for a causal relationship between intervention and changes in variables of theoretical interest" (Fonagy & Moran 1993)

Fonagy, P., & Moran, G. (1993). Selecting single case research designs for clinicians. In Miller NE, Luborsky L, Barber JP, Docherty JP (Eds.) (1993). *Psychodynamic Treatment Research - A Handbook for Clinical Practice*. pp. 62-95. Basic Books, New York

Quantitative Case Studies

- Replication by segmentation
- Time series analysis

a) Replication by Segmentation

Mount Zion Group (Weiss & Sampson 1986)
 or

Luborsky on the Symptom-Context Method (1996)

are good illustrations of the experimental use of textual material.

Weiss J, Sampson H. The Mount Zion Psychotherapy Research Group (1986) *The Psychoanalytic Process: Theory, Clinical Observation, and Empirical Research*. Oxford Press, New York.
 Luborsky L (Ed) (1996) *The Symptom-Context Method: Symptoms as Opportunities in Psychotherapy*. American Psychological Association, Washington, DC

b) Time Series Analysis

phenomena that are contingent of their position during treatment

f.e. the process features of long-term psychoanalytic treatments extending over several hundreds of sessions

f.e. change of dream pattern

Convincing Examples

Moran & Fonagy (1987) in their single case study on "psychoanalysis and brittle diabetes" and by Graff & Luborsky (1977) in their four cases study on the relationship of transference and resistance.

Moran G, Fonagy P (1987) Psychoanalysis and diabetic control: An experiment in single case study. *The British Journal of Medical Psychology* 60: 357-372
Graff H, Luborsky L (1977) Long-term trends in transference and resistance: A quantitative analytic method applied to four psychoanalyses. *J Am Psychoanal Ass* 25: 471-490

Kleinian Techniques

- In a critical discussion at a congress of the German psychoanalytic umbrella organisation DGPT Kienberg (2000b) pointed out that Gill's critique of this Kleinian position is only directed at the Kleinian technique as it was applied thirty years ago.
- According to Gill, contemporary Kleinian authors see the necessity of analyzing the deep unconscious meaning in the here and now (p.314).
- On reviewing this Thoma (1989) pointed out that the Kleinians on the one hand and Gill on the other have a considerably different understanding of the here and now.
- however this is difficult to verify this since there are no tape recordings of Kleinian authors available.

The Ulm Model of Single Case Research



- clinical case study
- systematic clinical description
- guided clinical judgment procedure
- linguistic and computer-assisted text analysis

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