CCRT-LU

Understanding

Rating

Analyzing

, Horst Kächele

Dan Pokorny, Cornelia Albani

1. **Systematic clinical formulations**

2. **Rating methods**
   on quantity of transference

3. **Q-Sorts, Questionnaires &**
   the Kelly-Grid-Technique

4. **Methods to Identify**
   Relationship Patterns

5. CCRT standard category system

6. Category system CCRT-LU (Leipzig-Ulm)

7. Research case Amalia X -

relationship patterns

by CCRT and CCRT-LU

1. Systematic clinical formulations

- Menninger Project:
  Team discussion at the end of treatment

  [Wallerstein, 1956]

- Menninger Project:
  Systematic analysis of childhood memories

  [Mayman & Faris, 1960]

- Chicago consensus project

  [Seitz, 1966]

2a. Rating methods on quantity of transference

- Rating instruments to catch therapist´s technique, transference & countertransference and patient´s behavior and feeling

- Description and prediction of the therapeutic process

  [Bellak, 1956]

- Therapeutic interaction

  [Cutler, 1958]

- Therapeutic technique, transference and countertransference

  [Strupp, Ewing, Chassan, 1966]

Session questionnaire for transference, resistance

[Graff & Luborsky, 1977]

Working alliance, transference, and anxiety themes

[Grünzig, Kächele, Thomä 1978]

The concept of transference space & the 5-minutes samples

[Luborsky et al, 1973]

Q-Sort Methods

- Similarity between "significant parent" and "therapist"

- Similarity between "ideal person" and "therapist"

- Expectations of patients about therapists,

- Expectations of patients about therapists,

- Similarity in behavior towards parents and therapists before and after

- [see for a review Meltzoff & Kornreich, 1970]

- Questionnaires

- Remembered parental behavior

  [Albani et al. 2000]

- Interaction in a therapeutic group

  [Baguet, 1984; Tschuschke, 1994]

- Giessen-Test -
  transference and countertransference

  [Beckmann, 1974; 1978]

Kelly-Grid-Technique

- transference in group analysis [Catina & Tschuschke, 1993]

4a. Methods to identify Relationship Patterns

- 4.1 CCRT the Core Conflictual Relationship Theme

    [Luborsky, 1991, 1998, 1999]

- 4.2 CRP the Central Relationship Pattern.
  An extended procedure for the CCRT data analysis

    [Albani et al 1994]

- 4.3 FRAME

    [Dahl, 1988,1993]

- 4.4 Configurational Analysis

    [Horowitz, 1991]

4b. Methods to Identify Relationship Patterns

- ## 4.5 Dynamic Focus CMP
  [Schacht & Binder, 1984]

- ## 4.6 Plan Analysis
  [Weiss & Sampson, 1986]

- ## 4.7 Idiographic Conflict Summary
  [Perry, 1991]

- ## 4.8 PERT Patient´s Experience
  of the Resisted Aspects of the Transference
  [Gill & Hoffman, 1982]

Lester Luborsky
presented
in 1976 on Tuesday at 2 pm in 1976
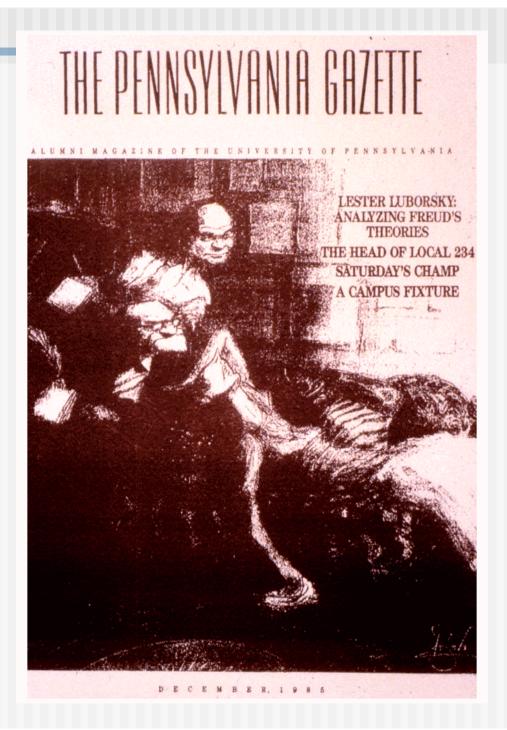at the Downstate Medical Center in New York
on the conference
„Communicative structures and psychic structures"
a paper with the title

„Measuring a pervasive psychic structure
in psychotherapy:
the core conflictual relationship theme".

Lester Luborsky

W - Wish

RO - Reaction of the Object

RS - Reaction of the Self

The basic structure of the CCRT

verbatim protocol

↓

relationship episodes
core stories with a relationship object

↓

tailor-made categories W, RO, RS

↓

standard categories W, RO, RS

↓

frequency counting

Category systems for the CCRT

- standard CCRT categories and clusters (Luborsky, Barber et al.)

- **QUAINT** (Crits-Christoph et al.)

- **alternative CCRT Clusters** (Körner et al.)

- **revised CCRT categories** (Barber)

- **CCRT-LU (Albani, Blaser, Grüninger, Pokorny)**

CCRT – list of <u>wish</u> standard categories

01 to be understood
02 to be accepted
03 to be respected
04 to accept others
05 to respect others
06 to have trust
07 to be liked
08 to be opened up to
09 to be open
10 to be distant from others
11 to be close to others
12 to help others
13 to be helped
14 to not be hurt
15 to be hurt
16 to hurt others
17 to avoid conflict
18 to oppose others

19 to have control over others
20 to be controlled by others
21 to have self-control
22 to achieve
23 to be independent
24 to feel good about myself
25 to better myself
26 to be good
27 to be like other
28 to be my own person
29 to not be responsible or obligated
30 to be stable
31 to feel comfortable
32 to feel happy
33 to be loved
34 to assert myself
35 to compete with somebody for someone's attention

Responses of the objects – standard categories

01 they are understanding
02 they are not understanding
03 they are accepting
04 they are rejecting
05 they respect me
06 they don't respect me
07 they don't trust me
08 they are not trustworthy
09 they like me
10 they dislike me
11 they are open
12 they are distant
13 they are helpful
14 they are unhelpful
15 they hurt me
16 they are hurt

17 they oppose me
18 they are co-operative
19 they are out of control
20 they are controlling
21 they give me independence
22 they are dependent
23 they are independent
24 they are strong
25 they are bad
26 they are strict
27 they are angry
28 they are anxious
29 they are happy
30 they love me

Responses of the self – standard categories

01 I understand
02 I don't understand
03 I feel accepted
04 I feel respected
05 I like others
06 I dislike others
07 I am open
08 I am not open
09 I am helpful
10 I hurt others
11 I oppose others
12 I am controlling
13 I am out of control
14 I am self-controlled
15 I am independent
16 I am dependent

17 I am helpless
18 I feel self-confident
19 I am uncertain
20 I feel disappointed
21 I feel angry
22 I feel depressed
23 I feel unloved
24 I feel jealous
25 I feel guilty
26 I feel ashamed
27 I feel anxious
28 I feel comfortable
29 I feel happy
30 I feel loved
31 I have symptoms

The cluster solution - based on expert ratings (Barber)

Wish-Clusters.

I wish ... →

1 to assert self and be independent
2 to oppose, hurt, and control others
3 to be controlled, hurt and not responsible
4 to be distant and avoid conflicts
5 to be close and accepting
6 to be loved and understood
7 to feel good and comfortable
8 to achieve and help others

**Responses
of Objects.
Clusters.**
The others (are)

↓

1 strong
2 controlling
3 upset
4 bad
5 rejecting and opposing
6 helpful
7 like me
8 understanding

**Responses of Self.
Clusters.**
I (am, feel) ...

↓

1 helpful
2 unreceptive
3 respected and accepted
4 oppose and hurt others
5 self-controlled and self-confident
6 helpless
7 disappointed and depressed
8 anxious and ashamed

The basic procedure of the CCRT

Identify <u>at least</u> 10 relationship episodes (RE)

Determine the degree of episode completeness
Identify the three components W, RO & RS

Determine the most frequent Wish
Determine the most frequent RO
Determine the most frequent RS

<u>This is the CCRT</u>

Freud's Observations and the CCRT Evidence

1. Wishes toward people are prominent   +

2. Wishes conflict with responses from other and of self   +

3. Especially evident in erotic relationships   +?

4. Partly out of awareness   +?

5. Originates in early parental relationships   +

Freud's Observations and the CCRT Evidence

6. Comes to involve the therapist   +

7. May be activated
   by the therapist's perceived characteristics   R

8. May distort perception   R

9. Consists of one main pervasive pattern   +?

10. Subpatterns appear for family members   +?

Freud's Observations and the CCRT Evidence

11. Distinctive for each person +?

12. Remains consistent over time +

13. Changes slightly over time +

14. Shows short-term
    fluctuations in activation R

15. Accurate interpretation changes
    expression of pattern +

Freud's Observations and the CCRT Evidence

16. Insight into pattern can benefit patient   +0?

17. Can serve as resistance   R

18. Symptoms may emerge during its activation   +?

19. Is expressed in and out of therapy   +

20. Positive vs. negative patterns
    are distinguishable   +

21. Is expressed in multiple modes
    (dreams and narratives)   +

27 years

of exciting CCRT applications

and

continuing developments

26 years CCRT – the Ulm thread

1976 | 17-jan-1976, 2:00pm: LL presents CCRT | Kächele & Grünzig visit LL in Philly |
1984 | Gill-LL: project in Amalia X. |
1985 | LL in Ulm: CCRT analysis of Mr. C. |
1987 | first CCRT master theses in Ulm (Kächele) → |
1988 | → children at age 3 years (Dengler) | LL-Kächele: CCRT working book Ulm |
1989 | → depressive patients (Eckert) | Psychoanalytic Process Research Strategies |
1990 | LL et al: Understanding Transference, 1st ed. |
1991 | the case of "Student", pattern search (Albani) |
1992 | LL Albani Eckert: German CCRT manual |
1993 | female students Ulm (n≈40) Ulm CCRT-group |
1994 | male students Ulm (n≈50) Ulm CCRT-group |
1995 | multicenter study Leipzig-Ulm-Göttingen |
1996 | (n=266 neurotically disturbed young female patients) |
1997 | daydream psychotherapy, single case study Lausanne-Ulm |
1998 | LL et al: Understanding Transference, 2nd ed. |
1999 | project CCRT-LU starts |
2000 | CCRT-LU n=32 clinical interviews | CCRT-LU single case study Amalia X |
2001 | presentation CCRT-LU Euro-SPR Leiden | world-SPR Montevideo |
2002 | June panels at SPR Santa Barbara |
2003 | June CCRT+LU international workshop Weimar, Germany |
2004 | June CCRT-conference Roma |

territories in the world
where at least
one CCRT relationship episode
was rated

Brazil
Bulgaria
Canada
Colombia
Czech rep.
Germany
Israel
Italy
Portugal
Russia
Spain
Sweden
Switzerland
Ukraina
U.S.A.
Uruguay

Ulm-Leipzig Studies

Implementation of a German Manual

[Luborsky & Kächele 1988]

Single pt case evaluation pre & post

[Kächele et al. 1990]

Central Relationship Pattern (CRP)

[Albani et. al.1994]

Critique of the category structure of the CCRT

[Albani et al. 1999]

Single psa case evaluation pre & post

[Albani et al. 1999]

Affective evaluation and severity

[Albani et al. 1999]

CRP with different objects

[Albani et al (2001)]

the end is coming ...

the end is coming ...

the end