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The Role of Psychoanalytic Treatment Research in Psychoanalytic Training - Twenty Good Reasons for Knowing more about it²

This lecture was delivered by invitation to the first conference of the newly founded European Confederation of Psychoanalytic Psychotherapy. In order to maintain the atmosphere of the lecture this presentation tries to highlight twenty salient issues³.

TOP 1 Psychoanalytic Education

The first issue pertains to the "traditional Eitingon-Model" which regulates, as well as the later French model, the standard training of the IPA. The true revolution of the Berlin foundation was not just in its being a tripartite training institution. For it was conceived by Freud and Eitingon from the beginning as a research institution and as providing treatment free of charge for the general population, thus fulfilling Freud's (1919a) Budapest requirement⁴. It was in this sense that Fenichel's summary of ten years of the Berlin's Institut psychoanalytic Out-Patient Facility

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⁴Freud, S. (1919a). "Lines of advance in psycho-analytic therapy." SE vol XVII: 157-168.

in the Berlin "Ten-Years-Report" demonstrated the viability of psychoanalytic outcome research(1930⁵). It reported on the relationship of diagnosis, duration and outcome and was very specific in pointing out differential outcome of psychoanalysis in different disorders.

A careful account may be gathered from the first edition of Bergin & Garfield's "Handbook of Psychotherapy and Behavior Change" which contains the first fair and critical review on psychoanalytic outcomes by Bergin (1971⁶) in the 1st. edition. Further editions of the handbook - the Bible of psychotherapy researchers - are a must for every library in the field (2nd. ed. 1978, 3rd. ed. 1986, 4th. ed. 1994 and the most recent 5th. ed. by M. Lambert in 2003⁷).

TOP 2 Balint's critique from 1948 and its consequences for today

"The original idea: psychotherapy for the broad masses..., became completely lost in the years of the development. It is a justified charge against us analysts that we are so little concerned about it, and only a fair consequence that the therapy of the masses is passing more and more into other hands and will eventually be solved - rightly or wrongly - without us. The same is true about the second original aim of the institute, about research. The results in this direction are so poor that they are hardly worth mentioning.

⁵Fenichel, O. (1930). Statistischer Bericht über die therapeutische Tätigkeit 1920-1930. Zehn Jahre Berliner Psychoanalytisches Institut. Poliklinik und Lehranstalt. S. Radó, O. Fenichel and C. Müller-Braunschweig. Wien, Int Psychoanal Verlag: 13-19.

⁶Bergin, A. (1971). The evaluation of therapeutic outcomes. Handbook of psychotherapy and behavior change. A. Bergin and S. Garfield. New York, Wiley: 217-270.

⁷Lambert, M. J., Ed. (2003). Bergin and Garfield's handbook of psychotherapy and behavior change. New York Chichester Brisbane, Wiley.

Perhaps the only exception to this sad record is the Chicago Institute" (p. 168⁸).

Thus, any psychoanalytic training should be directed to the application of psychoanalytic therapy in its most patient-oriented form considering the given social and psychological constraints. Therefore today's most pertinent issue can be couched in the following question: Is there one form of psychoanalytic therapy or is it useful to conceive of it in many forms?⁹

TOP 3 The present challenge

The recently established German Board on Professional Standards in Psychotherapy demanded from the German Psychoanalytic Umbrella Organisation (DGPT) a statement on the evidence for psychoanalysis and psychoanalytic/psychodynamic psychotherapies. After some discussions our committee agreed on the generic name: „Psychoanalytic Therapy“ to cover the field: „This name refers to psychoanalysis with its theories of personality, of disorder, of treatment. It seemed suitable to cover all forms of application of the principles of psychoanalytic treatment theory “(Hau & Leuzinger-Bohleber¹⁰). As the Ulm textbook on Psychoanalytic Therapy by Thomä & Kächele (1985, 1988) has been written in that spirit I think this was a wise decision¹¹.

⁸Balint, M. (1948a). “On the psychoanalytic training system.” *Int J Psychoanal* 29: 163-173.

⁹Wallerstein R (1988) One psychoanalysis or many. *Int J Psycho-Anal* 69: 5-21

¹⁰Hau, S. and M. Leuzinger -Bohleber (Eds) (2004). “Psychoanalytische Therapie - Eine Stellungnahme für die wissenschaftliche Öffentlichkeit und für den Wissenschaftlichen Beirat Psychotherapie.” *Forum Psychoanal* 20(1): 13-125.

¹¹The German version was first published in 1985 (Volume 1: theory) and 1988 (volume two: practice); meanwhile it has been translated in quite a number of other languages: english (1987, 1992); hungarian (1987, 1991), spanish (1989, 1990), italian (1990, 1993), tchech (1992, 1996), portuguese (1992), polish (1996, 1996), russian (1997,

Politically this decision could signal a conceptual breakthrough. Like „behavior therapy“ covering many diverse techniques the generic name "psychoanalytic therapy" could act as a unifying medium.

Following the logic of the German Board (WBP¹²) a procedure has various forms of application (i.e. methods) thus the generic name would include

- 1 analytic individual psychotherapy
- 2 analytic group psychotherapy
- 3 psychodynamic individual psychotherapy
- 4 psychodynamic group psychotherapy
- 5 analytic couple and family psychotherapy
- 6 in-patient psychodynamic psychotherapy
- 7 analytic child- and adolescent psychotherapy (individual /group)
- 8 psychodynamic child- and adolescent psychotherapy (individual /group)

The thus united family does share basic assumptions like transference and countertransference, resistance and working through, interpretation and insight!

TOP 4 What is needed for psychoanalytic training?

In my view there are four major points to focus on:

- a) Self-experience - didactic analytic experience
- b) Guidance how and what to read when

1997), roumanian (1999, 2000) and armenian (2004). A third volume (research) is available in its full length in German and English on the internet (www.la-vie-vecu.de); shorter versions have appeared in Russian (2003) Spanish (2003) and Italian (2003).

¹²<http://www.wbpsychotherapie.de/>

- c) Practical experience under supervision
- d) Knowing about research findings

ad a) Self-experience - didactic analytic experience

Thomä and Kächele (2000¹³), made the recommendation that the right of psychoanalytic institutes to influence directly or indirectly the training analysis should be restricted. We fully agree with Kernberg that we should avoid "any bureaucratic restriction and bureaucratic extension of the personal analysis" (Kernberg, 2000, p. 114¹⁴).

To restrict the power of Institutes with regard to the length of the 'didactic' or 'training' analysis is not a bureaucratic measure, but a sound way of doing three things:

- (aa) to rescue personal rights
- (ab) to preserve the otherwise permanently threatened therapeutic function of the personal analysis and
- (ac) to create a professional curriculum where the work and knowledge of candidates is judged independently of diagnostic evaluations and unspecified expectations about what changes are to be brought about by further "purification" (that is, by extending the analysis beyond the required quantitatively defined term of analytic "self-experience").

Can one work without training analysis?

In order to avoid further endless discussions about differences between 'didactic' and 'therapeutic analysis', Thomä & Kächele suggested speaking of 'self-experience' (Selbsterfahrung), assuming that most analysts agree that such a 'self-experience' is necessary for professional reasons. However, in our opinion

¹³Thomä, H. and H. Kächele (2000). "On the devaluation of the Eitingon-Freud model of psychoanalytic education. Letters to the editor." Int J Psychoanal 81: 806-808.

¹⁴Kernberg, O. (2000). "A concerned critique of psychoanalytic education." Int J Psychoanal 8: 97-120.

candidates should be evaluated exclusively on the strength of their performance as clinicians instead of being diagnosed as patients¹⁵. In principle, candidates who think that they can work without any self-experience should be allowed to prove their psychoanalytic attitude, thinking and skills in intensive supervision and clinical courses.

Although this is an utopian point of view, we have to take it as a matter of principle and for historical reasons. It is well known that many influential members of the IPA had a relatively short analysis. So far it is not evident that the length of the analysis either in the Eitingon model or in the French one correlates positively with later clinical or scientific competence.

ad b) Guidance how and what to read when?

Do we need a curriculum with standard reading lists?

My recommendations: Let the candidates choose depending on their own curiosity, encourage small group work. Start with the contemporary textbooks first, work your way back.

For a true primer look for evidence-based textbooks like Luborsky (1984) Principles of psychoanalytic psychotherapy¹⁶.

ad c) Practical experience under supervision

Better to begin without supervision than not to begin at all.

Use of peer-supervision should be mandatory.

Use of e-mail or telephone supervision.

Don't worry too much about issues of frequency or couch.

¹⁵My favourite comparison is judging the performance of a musician; no one would ask how many lessons a application for a job has; it be be a matter of his or her performance. Could it be that we have unsolved problems how to judge psychoanalytic performance that makes us move to counting numbers of sessions for self-experience?

¹⁶Luborsky L (1984) Principles of psychoanalytic psychotherapy. A manual for supportive-expressive treatment. Basic Books, New York

Encourage difficult patients to make use of second opinion (patient's supervisory experience!).

Share tape or video recording of sessions liberally among colleagues and peers.

Mind: the task of learning psychoanalytic therapy is a longterm enterprise - it never stops. See as many patients as possible.

ad d) What should one know about research in psychoanalytic training?

There are two main pillars of wisdom for psychoanalytic work in what form ever:

A developmental research

B treatment research

There are other influential domains, socio-cultural developments, economics, linguistics etc and most likely in the near future it will be essential to at least get a feeling of what neurobiology has to add to understanding of psychotherapy processes (Roth 2001;Grawe 2004¹⁷).

TOP 5 Psychoanalytic Basic Assumptions

A significant assumption is the role which conflicts play during the lifespan of a person - starting from birth, manifest in his /her interpersonal contact and his/her personal well-being. If the role conflict plays in the emergence of a psychic or psychosomatic illness is purely considered as innerpsychic and not also interpersonal, the implications of the theory as well as the technique would be limited.

¹⁷Roth, G. (2001). Fühlen Denken Handeln. Wie das Gehirn unser Verhalten steuert. Frankfurt, Suhrkamp. K.Grawe: Neuropsychotherapie. Göttingen. Hogrefe

Traditional psychoanalytic understanding of a symptom almost requires a search of its origin in the life history of the person. This genetic point of view is not in contradiction with Kurt Lewin's belief that only forces and conditions which are present in the here and now, can induce an effect in the here and now. He would say that much of what is "presently seen" in the individual in the here and now can only be recognised by genetic discovery of what came before (Rapaport 1960¹⁸).

TOP 6 Early Mother-Child Relationship

By now there has been a great change in the understanding of various developmental processes which take place in early childhood. Empirically based research of the early mother-child relationship began with René Spitz. Already in 1935 he was able to observe hundreds of infants growing up in orphanages and described the hospitalism he saw, which he attributed to emotional deprivation. Mahler (1975) followed in the tradition of Spitz, and developed his work further in her groundbreaking monograph entitled "The Psychological Birth of the Human Infant"¹⁹. The more recent research into the evolution of the mother-child relationship in the first year of life was able to provide the until then constructed or reconstructed psychoanalytic world of the infant or child with new perspectives.

Daniel Stern's (1985²⁰) monograph put together the up-to-then divided worlds of psychoanalysis and developmental psychology. The new theories of childhood development have had two main effects. They have promoted an integration of ethology as well as

¹⁸Rapaport, D. (1960). The structure of psychoanalytic theory. A systematizing attempt. New York, Int Univ Press.

¹⁹Mahler, M. S., F. Pine, et al. (1975). The psychological birth of the human infant. New York, Basic Books.

²⁰Stern, D. (1985). The interpersonal world of the infant. New York, Basic Books.

theories of communication and action and they have also had an marked impact on psychoanalysis and other psychodynamic schools

TOP 7 Good bye to Freuds drive/discharge model

The drive/discharge model saw development with the eyes of the entropy model. However, today's developmental psychobiologists take into account that the neurobiologically determined complexity, due to billions of neurons with millions of interconnections, leads to uncertainty and a limitation in the ability to predict behaviour.

This degree of complexity guarantees individuality and assures self-determination. Complexity grows in the course of development. Humans are attributed with the ability to socialise themselves into the animate and inanimate world. Activity generated endogenously represents a fundamental principle which has taken the place of the drive/discharge hypothesis (Kächele et al. 2001²¹).

TOP 8 The concept of schema has become a building block for both developmental and clinical theories

From today's point of view the inner object is not seen as an isolated object, but rather as a memory framed by a context of activity. From birth the object representations take place in a multiple context of acts of varying quality. By repeated communicative acts unconscious schemata are created, which can become very stable.

²¹Kächele, H., A. Buchheim, et al. (2001). Development, attachment and relationship: New psychoanalytic concepts. Contemporary Psychiatry. F. A. Henn, N. Sartorius, H. Helmchen and H. Lauter. Berlin, Springer: 358-370.

Stern (1985) refers to this active process as the representations of interactions that have been generalised (RIG). He assumes that the infant divides the flow of an interaction into episodes (e.g. feeding) and from repeated similarities (invariances) a prototype or schemata is built and generalised. This schema guides the expectations and the behaviour for the interactional sequences to follow (Kächele et al. 2001).

TOP 9 Attachment theory

Developed first as a theory of normal development, the last years have seen the impacting of attachment theory on clinical issues (Kächele et al. 2001). It is clear to me that it can hardly be over estimated in providing a sound basis for early developmental failures (clinically known as the so-called early disturbances).

Attachment theory provides a testable model for the construct of re-staging in the therapeutic process (Strauss et al. 2002²²)

A desirable increase in attachment security is a curative and protective factor in psychic disorder working by change of procedural memories systems (Bowlby 1988²³)

Furthermore two items are of relevance:

Therapeutic alliance provides an attachment environment and

The therapist functions as an attachment figure providing corrective emotional experience.

²²Strauß, B., A. Buchheim, et al., Eds. (2002). Klinische Bindungsforschung. Theorien - Methoden - Ergebnisse. Stuttgart, New York, Schattauer.

²³Bowlby, J. (1988). "Developmental psychiatry comes of age." Am J Psychiatry 145: 1-10.

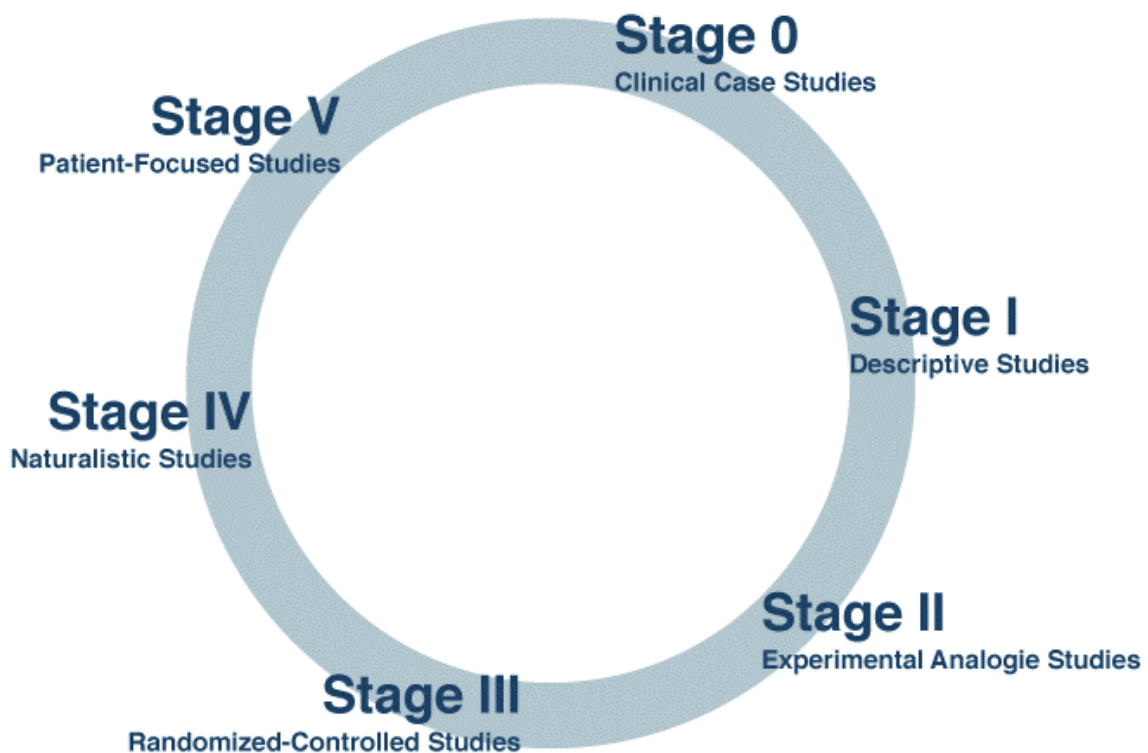
Attachment status is related to psychopathology; read Peter Fonagy's (1996) paper on the relation of attachment status, psychiatric classification and response to psychotherapy²⁴.

²⁴Fonagy P, Leigh T, Steele H, Kennedy R, Mattoon G, Target M, Gerber A (1996) The relation of attachment status, psychiatric classification and response to psychotherapy. *J con clin psychol* 64: 22-31

TOP 10 What does one has to know about contemporary treatment research ?

It seems useful to organize our present knowledge by differentiating stages of research:

Stages of treatment research



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TOP 11 Stage 0 Clinical Case-Studies

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

communication“ writes Stuhr (2004²⁵), a former student of Germany's most prominent psychoanalytic researcher A. O. Meyer. In 1994 Meyer himself espoused a strong view about the genre of semi-fictional case stories: "To hell with the novella as representation of psychoanalysis - long live the account of the interaction" so the title of his philippika; „Novellas as psychoanalytic case stories today are anti-psychoanalytic and unscientific “(Meyer 1994²⁶).

However learning from other fields of formal investigation on soft subjects - for example fairy tale research (Propp 1928²⁷) - a way not to discard the clinical reports would be the systematic accumulation of materials as demonstrated by the Ulm Clinical-Case-Archive which contains more than 400 final reports by candidates of the German Psychoanalytic Association. These are most useful materials to study formal issues of theory and practice developments by means of comparative methodologies (Jüttemann 1990²⁸).

TOP 12 Stage I Early Descriptive Studies

It may come as a surprise that an early psychoanalyst was curious about what his colleagues really do in the office. E. Glover's questionnaire on technical issues issued on July 8th, 1932²⁹ was an innovative beginning:

²⁵in Hau & Leuzinger-Bohleber (2004)

²⁶Meyer A E (1994) Nieder mit der Novelle als Psychoanalytisedarstellung - Hoch lebe die Interaktionsgeschichte. Z Psychosom Med Psychoanal 40: 77-98

²⁷Propp, V. (1928) Morfologia delle fiabe. Einandi, Torino.

²⁸Jüttemann, G., Ed. (1990). Komparative Kasuistik. Heidelberg, Asanger Verlag.

²⁹Glover, E. and M. Brierley, Eds. (1940). An investigation of the technique of psycho-analysis. London, Baillière, Tindall & Cox. republished in Glover, E. (1955). The technique of psychoanalysis. London, Baillière Tindall & Cox.

E. Glover`s ORIGINAL QUESTIONNAIRE
(issued July 8, 1932) (Q)

1. Interpretation

1. Form

Do you prefer:

- (1) short compact interpretation, or
- (2) longer explanatory interpretation, or
- (3) summing up type: (a) trying to convince by tracing development of a theme: (b) proving (or amplifying) by external illustration.

2. Timing

Query: favourite point of interpretation?

- (1) early in session;
- (2) middle or before end (allowing a space for elaboration);
- (3) at and: "summing-up" fashion.

3. Amount

- (1) General: as a rule do you talk much or little?
- (2) Early stages: how long do you usually let patients run without interference? How soon do you start systematic interpretation?
- (3) Middle stages: is your interpretation on the whole continuous and systematic, or do you return from time to time to the opening system of letting them run?
- (4) End stages: do you find your interpretative interference becomes incessant?

Today there are a number of such instruments on therapists attitude and strategies; the most recent by Sandell (2000³⁰) that helped to differentiate the outcome of middle and high frequency psychoanalytic therapies in interaction with technique.

TOP 12 Stage I Ongoing Descriptive Studies

This has been a truly rich field, sometimes registered under the heading of process research. The details of the massive amount of work can be found in Dahl et al. (1988³¹), Miller et al. (1993³²) and the process chapters in Bergin & Garfield's Handbook (Lambert 2003³³). To name but a few developments that should be known widely:

working alliance f.e. Luborsky's helping alliance 1976³⁴

transference f.e. Luborsky's CCRT 1977³⁵, Dahl's FRAME 1988³⁶, Gill and Hoffman's PERT 1982³⁷

technique, f.e. Q-Sort of Jones 2000³⁸

³⁰Sandell, R., Blomberg, J., Lazar, A., Carlsson, J., Broberg, J., & Rand, H. (2000). "Varieties of long-term outcome among patients in psychoanalysis and long-term psychotherapy: a review of findings in the Stockholm outcome of psychoanalysis and psychotherapy project (STOPP)." *International Journal of Psychoanalysis* 81: 921-943.

³¹Dahl, H., H. Kächele, et al., Eds. (1988). *Psychoanalytic Process Research Strategies*. Berlin Heidelberg New York London Paris Tokyo, Springer.

³²Miller, N. E., L. Luborsky, et al., Eds. (1993). *Psychodynamic Treatment Research. A Handbook*. New York, Basic Books.

³³Lambert, M. J., Ed. (2003). *Bergin and Garfield's handbook of psychotherapy and behavior change*. New York Chichester Brisbane, Wiley.

³⁴Luborsky, L. (1976). *Helping alliance in psychotherapy: the groundwork for a study of their relationship to its outcome. Successful psychotherapy*. J. L. Claghorn. New York, Brunner, Mazel: 92-116.

³⁵Luborsky, L. (1977). *Measuring a pervasive psychic structure in psychotherapy: the core conflictual relationship theme. Communicative structures and psychic structures*. N. Freedman and S. Grand. New York, Plenum Press: 367-395.

³⁶Dahl, H. (1988). *Frames of mind. Psychoanalytic Process Research Strategies*. H. Dahl, H. Kächele and H. Thomä. Berlin, Heidelberg, New York, London, Paris, Tokyo, Springer: 51-66.

³⁷Gill, M. M. and I. Z. Hoffman (1982). "A method for studying the analysis of aspects of the patient's experience in psychoanalysis and psychotherapy." *J Am Psychoanal Assoc* 30: 137-167.

mastery, fe. Weiss & Sampson's plan analysis 1986³⁹, Grenyer 1996⁴⁰

analytic process-Scales,f.e. Waldron 2004⁴¹

countertransference, fe. Bouchard et al. scales 1995⁴²

TOP 13 Stage I Descriptive Studies: Methods to Measure Core Relations Patterns

Ever since the first International Conference on Psychoanalytic Process Research in Ulm in 1995, it has become obvious how intensive the core construct of psychoanalysis's theory of technique, the transference, has been studied:

- 1 Luborsky's Core Conflictual Relationship Theme Method (CCRT)
- 2 Horowitz's Configurational Analysis
- 3 Dahl's Frames Method
- 4 Gill & Hoffman's Patient's Experience of the Relationship with Therapist (PERT)
- 5 Strupp & Binder: Dynamic Focus
- 6 Weiss & Sampson Plan Diagnosis

³⁸Jones, E. (2000). *Therapeutic Action: A Guide to Psychoanalytic Therapy*. Northvale, New Jersey: Jason Aronson.

³⁹Weiss, J., H. Sampson, et al., Eds. (1986). *The psychoanalytic process: Theory, clinical observation, and empirical Research*. New York, Guilford Press.

⁴⁰Grenyer, B. F. S. and L. Luborsky (1996). "Dynamic change in psychotherapy. Mastery of interpersonal conflicts." *J con clin psychol* 64: 411 -416.

⁴¹Waldron, S., R. D. Scharf, et al. (2004). "What happens in a psychoanalysis? A view through the lens of the Analytic Process Scales." *Int J Psychoanal.* in press

⁴²Bouchard, M. A., L. Normandin, et al. (1995). "Countertransference as instrument and obstacle: a comprehensive and descriptive framework." *The Psychoanalytic Quarterly* 64: 717-745.

Critique of these semi-quantitative methods is inevitable and desirable (Dreher 1998⁴³). Formal research methodologies are easily criticised for not capturing the full richness of the clinical phenomena. Whatever they may lack in this respect, the gain is an increase in validity!

TOP 14 Stage I Descriptive Studies Measures of „Structural Change“

An never ending story among psychoanalysts is the issue how to measure „structural change“ in contrast to mere symptom change. At present we have three good candidates:

"Scales of Psychological Capacities" (Wallerstein 1991⁴⁴) which is in a stringent testing procedure by the Munich study group⁴⁵

"Heidelberger Umstrukturierungsskala" (Rudolf et al. 2000⁴⁶) which also is used to differentiate the outcome between low and high frequency psychoanalytic therapies.

The "Adult Attachment Interview " (Main 1995⁴⁷) has become one of the major instruments in borderline research in Great Britain⁴⁸, in the New York study on the treatment of borderlines⁴⁹

⁴³Dreher S (1998) Psychoanalytische Konzeptforschung. Verlag Int Psychoanalyse, Stuttgart

⁴⁴Wallerstein, R. S. (1991). Assessment of Structural Change in Psychoanalytic Therapy and Research. The Concept of Structure in Psychoanalysis. T. Shapiro. Madison:, International Universities Press.

⁴⁵Huber, D., G. Klug, et al. (2001). Die Münchner Prozess-Outcome Studie - Ein Vergleich zwischen Psychoanalysen und psychodynamischen Psychotherapien unter besonderer Berücksichtigung therapiespezifischer Ergebnisse. U. Stuhr, M. Leuzinger-Bohleber and M. Beutel. Stuttgart, Kohlhammer: 260-270.

⁴⁶Grande, T., G. Rudolf, et al. (2003). Investigating structural change in the process and outcome of psychoanalytic treatment - The Heidelberg-Berlin Study. in P. Richardson, H. Kächele and C. Renlund (Eds) European Psychoanalytic Therapy Research. . London, Karnac: 35-61.

⁴⁷Main, M. (1995). Recent studies in attachment: overview, with selected implications for clinical work. Attachment theory: Social, developmental, and clinical perspectives. S. Goldberg, R. Muir and J. Kerr. Hilldale, NJ, The Analytic Press, Inc.: 407-474.

⁴⁸Fonagy, P., M. Target, et al. (2003). "The developmental roots of borderline personality disorder in early attachment relationships." Psychoanal Inquiry 23(3): 412-459.

and the Ulm study on neurobiological correlates of borderline pathology⁵⁰.

TOP 15 Stage II Experimental Analogue Studies

Truely this methodology is not our strength. There are many good reasons for this because convincing analogue research in our field is hard to implement. There is one exemption: Studies on Free Association have shown some encouraging results.

I would recommend to replicate the Ulm experimental study on free association as part of any training experience. It is really a lot of fun and it helps to better understand one mechanism of change⁵¹.

TOP 16 Stage III Randomized-Controlled Studies

Randomized Controlled Treatment Studies are the sine qua non of modern medical treatment research. They can provide the highest level of evidence and are the hallmark of Empirically Supported Treatments⁵². They provide findings for the efficacy of treatments under experimental conditions. There are a number of shortcomings one should be aware of:

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

⁴⁹Clarkin, J., P. Kernberg, et al. (1991). The Cornell Borderline Project. Psychic change and its assessment. 1st IPA Research Conference, London.

⁵⁰Walter, H., S. Erk, et al. (2002). "Abstract: Bindungstheorie und Borderline-Persönlichkeitsstörung: neue Forschungsansätze der klinischen kognitiven Neurowissenschaft." Der Nervenarzt 73 (Supplement 1): 182.

⁵¹Hölzer M, Heckmann H, Robben H, Kächele H (1988) Die freie Assoziation als Funktion der Habituellen Ängstlichkeit und anderer Variablen. Zsch Klinische Psychologie 17: 148-161

⁵²Chambless, D. L. and S. D. Hollon (1998). "Defining empirically supported therapies." J Con Clin Psychol 66(1): 7-18.

- # Manualisation of procedure
- # Training of therapists
- # Limitation of treatment length
- # Standardized instruments

The goal is to reach high internal validity; price is low external validity.

I like to call this test tube research!

To illustrate this concern we checked the average number of sessions in the meta-analysis by Grawe et al (1994⁵³)

Duration of Experimental Studies⁵⁴

Cognitive-Behavioral Therapies_

- 429 Studies, average 11,2 sessions
- 434 Studies, average 7, 9 weeks

Humanistic Therapies

- 70 Studies, average 16,1 sessions
- 76 Studies, average 11, 6 weeks

Psychodynamic Therapies_

- 82 Studies, average 27,6 sessions
- 80 Studies, average 30,7 weeks

One has just to check out one's own clinical experience be it behavioral, humanistic or psychodynamic to realize that these average figures are not representative of business as usual.

Still there is no need to despair:

⁵³Grawe, K., R. Donati, et al. (1994). Psychotherapie im Wandel. Von der Konfession zur Profession. Göttingen, Hogrefe- Verlag für Psychologie.

⁵⁴Kächele, Eckert, Schulte Hillecke, in Vorb

Few psychodynamic clinicians are aware of that at least three RCT are available for psychodynamic/psychoanalytic treatments in the following areas (Leichsenring 2002⁵⁵):

- # depression (ICD-10 F3)
- # anxiety disorders (ICD-10 F40-42)
- # stress reactions (ICD-10 F43)
- # Dissociative, conversion- and somatoform disorders (ICD-10 F44, F45, F48)
- # eatings disorders (ICD-10 F50)
- # psychic and social factors with somatic diseases (ICD-10 F54)
- # personality- and behavioral disorders (ICD-10 F6)
- # dependency and abuse (ICD-10 F1, F55)

Very recently Leichsenring et al (2004⁵⁶) have published in a high ranking psychiatric journal a meta-analysis on the overall efficacy of psychodynamic psychotherapy on psychiatric disorders with substantial positive findings comparing it to waiting list control and to alternative therapies like CBT.

TOP 17 RCT with longer, low and high frequency treatments

Very often we hear that RCTs with longer psychoanalytic treatments are impossible. In this vein one convincing demonstration has been published by Sandell et al. (1997⁵⁷). However a randomized, controlled out-patient study, performed on

⁵⁵Leichsenring, F. (2002). "Zur Wirksamkeit psychodynamischer Therapie. Ein Überblick unter Berücksichtigung von Kriterien der Evidence-based Medicine." Zeitschrift für Psychosomatische Medizin und Psychotherapie 48: 139-162.

⁵⁶Leichsenring, F., S. Rabung, et al. (2004). "The efficacy of short-term psychodynamic psychotherapy in specific psychiatric disorders. A meta-analysis." Arch Gen Psychiat 61: 1208-1216.

⁵⁷Sandell, R., J. Blomberg, et al. (1997). "When reality doesn't fit the blueprint: doing research on psychoanalysis and long-term psychotherapy in a public health service program." Psychother Research 7: 333-344.

behalf of a group of practicing psychoanalysts by two research psychoanalysts has been staged by the Munich Study Group of Huber and Klug⁵⁸. The commentary by Peter Fonagy in the IPA OPEN DOOR Review⁵⁹ has been: "This is an extremely promising study". This study measures symptom change with the SCL-90 instrument: a much loved and hated measure. The findings so far are: Symptomatic burden changes linearly during treatment in both low and high frequency treatment. The TRANS-OP Study of the Stuttgart Center for Psychotherapy - an effectiveness study - shows the same results⁶⁰. The Munich study also shows - so far - only modest correlations of outcome with duration and dose in the "Scales of Psychological Capacities" and in an therapist rated "Impairment score"(BSS).

TOP 18 Stage IV Naturalistic Studies

The true domain of psychoanalytic treatment studies have been and are naturalistic studies. Quite a number of good studies are available:

Classical studies that most of us know:

like the Menninger-Studie: PI Robert Wallerstein (1986⁶¹)

like the Berlin I Studie: PI Annemarie Dührssen (1962⁶²)

like the Penn-Studie: PI Lester Luborsky (1988⁶³)

⁵⁸Huber, D. and G. Klug (2003). Contributions to the measurement of mode-specific effects in long-term psychoanalytic therapy. European Psychoanalytic Therapy Research. P. Richardson, H. Kächele and C. Renlund. London, Karnac: 63-80.

⁵⁹Fonagy, P., H. Kächele, et al., Eds. (1999). An open door review of the outcome of psychoanalysis. London, Research Committee of the International Psychoanalytic Association: <http://www.ipa.org.uk>.

⁶⁰Kraft, S., R. Percevic, et al. (2003). "Änderungsmuster im Verlauf psychischer, sozialer und körperlicher Gesundheit." Psychotherapie in Psychiatrie, Psychotherapeutischer Medizin und Klinischer Psychologie 8: 218-224.

⁶¹Wallerstein, R. S. (1986). Forty-two lives in treatment. A study of psychoanalysis and psychotherapy. New York, Guilford.

⁶²Dührssen, A. (1962). "Katamnestiche Ergebnisse bei 1004 Patienten nach analytischer Psychotherapie." Z Psychosom Med Psychoanal 8: 94-113.

like the Heidelberg I Studie: PI Michael von Rad (1998⁶⁴)
like the Berlin II Studie: PI Gerd Rudolf (1991⁶⁵)

Ongoing Top-Studies that most of us should know:

liked the Stockholm Study: PI Rolf Sandell (2000⁶⁶)
like the Göttingen Study: PI Falk Leichsenring (1999⁶⁷)
like the Heidelberg Study: PI Gerd Rudolf (1997⁶⁸)
like the New York Borderline-Study: PI Otto Kernberg
(1999⁶⁹)
like the finnish comparative Study: PI R. Knekt (2004⁷⁰)
like the Stuttgart TRANS-OP study: PI Hans Kordy (2001⁷¹)

In-Patient Psychotherapy-Studies

like the Stuttgart Studie: PI Volker Tschuschke (1994⁷²)
like the nation-wide group-therapy-Study: PI Bernhard
Strauss (2002⁷³)

⁶³Luborsky, L., P. Crits-Christoph, et al. (1988). Who will benefit from Psychotherapy? New York, Basic Books.

⁶⁴Rad, M. v., W. Senf, et al. (1998). "Psychotherapie und Psychoanalyse in der Krankenversorgung: Ergebnisse des Heidelberger Katamneseprojektes." *Psychotherapie psychol Med* 48(4): 88-100.

⁶⁵Rudolf, G. (1991). *Die therapeutische Arbeitsbeziehung. Untersuchungen zum Zustandekommen, Verlauf und Ergebnis analytischer Psychotherapie.* Berlin Heidelberg New York, Springer.

⁶⁶Sandell, R., Blomberg, J., Lazar, A., Carlsson, J., Broberg, J., & Rand, H. (2000). "Varieties of long-term outcome among patients in psychoanalysis and long-term psychotherapy: a review of findings in the Stockholm outcome of psychoanalysis and psychotherapy project (STOPP)." *International Journal of Psychoanalysis* 81: 921-943.

⁶⁷Staats, H., F. Leichsenring, et al. (1999). Changing problems, changing aims: The development of change in psychoanalytic psychotherapy evaluated by PATH, a tool for studying longterm treatments. *Psychoanalytic Process Research Strategies II.* H. Kächele, E. Mergenthaler and R. Krause. Ulm, <http://sip.medizin.uni-ulm.de>.

⁶⁸Grande, T., G. Rudolf, et al. (1997). *Die Praxisstudie Analytische Langzeittherapie. Ein Projekt zur prospektiven Untersuchung struktureller Veränderungen.* Psychoanalytische Katamnesenforschung. M. Leuzinger-Bohleber and U. Stühr. Giessen, Psychosozial Verlag.

⁶⁹Clarkin, J. F., F. E. Yeomans, et al. (1999). *Psychotherapy for Borderline Patients.* New York, Wiley.

⁷⁰Knekt, P. and O. Lindfors (2004). A randomized trial of the effect of four forms of psychotherapy on depressive and anxiety disorders. Helsinki, KELA The Social Insurance Institution, Finland. *Studies in social security and health* Nr. 77

⁷¹Puschner, B. and H. Kordy (2001). "Der Zugang zur ambulanten Psychotherapie." *Verhaltensther & Psychosoziale Praxis* 33(3): 487-502.

⁷²Tschuschke, V. and R. R. Dies (1994). "Intensive Analysis of Therapeutic Factors and Outcome in Long-Term Inpatient Groups." *International Journal of Group Psychotherapy* 44(2): 185-208.

like the TR-EAT Study: PI Horst Kächele (2001⁷⁴)

The manifold mainly positive findings of all these studies have been detailed in the Open Door Review of the Outcome of Psychoanalysis⁷⁵.

A special case in the field of naturalistic studies are the retrospective catamnestic studies, f.e. The German Psychoanalytic Associations Follow-up study⁷⁶. This first representative large scale follow-up study showed few differences between psychoanalyses and truly long term psychoanalytic psychotherapies performed by experienced psychoanalysts.

Both forms of treatment lead to long time stable results in the majority of patients, if the indication was well conceived.

Self reflection and the internalization of the analyst were more comprehensive in analytic patients, the evaluation of achieved outcomes more differentiated, and the development of creative resources more innovative

An important result was the identification of Clinical Prototypes based on three dimensions: Capacity for relationship - Capacity to work - Creativity-Self reflection. These three dimensions allowed the classification of the large samples into eight clinical prototypes:

⁷³Schmidt, S., B. Strauss, et al. (2002). "Subjective physical complaints and hypochondriacal features from an attachment theoretical perspective." *Psychology and Psychotherapy: Theory, Research and Practice* 75: 313-332.

⁷⁴Kächele, H., H. Kordy, et al. (2001). "Therapy amount and outcome of inpatient psychodynamic psychotherapy of eating disorders. Results of a multi center study across Germany." *Psychotherapy Research* 11: 239-257.

⁷⁵Fonagy, P., H. Kächele, et al., Eds. (2002). *On open door review of the outcome of psychoanalysis*. 2nd ed. London, Research Committee of the International Psychoanalytic Association: <http://www.ipa.org.uk>.

⁷⁶Leuzinger-Bohleber M, Target M (Hrsg) (2002) *Outcomes of Psychoanalytic Treatment Perspectives for Therapists and Researchers*. Whurr Publishers,, London and Philadelphia,

Type 1: „well done... The really good ones“
Type 2: „successful, but why,?...the unreflecting successful ones“
Type 3: „with success and little capacity for reflection, but socially well integrated...“
Type 4: „the tragic ones, that were able to accept their lot „
Type 5: „...professionally successful and creative, but still alone...“
Type 6: „successful within limits in their creativity and capacity to work but with clear limits...“
Type 7: „...therapy didn't do any good.. “
Type 8: „the severely traumatized people“

This is a finding that may well be used in the day -by-day clinical evaluation of our clientel.

TOP 19 Stage V Patient-focused studies

This will be a growing domain of outcome research which needs large data basis and a lot of statistics. So it is very technical, yet very close to the clinicians' hopes to get tools for evaluating individual's course of treatment. Using hierarchical-linear modeling the course of individual treatment may be predicted and the factual course compared with the prediction (Lambert 2001⁷⁷).

TOP 20 Consumer Satisfaction

Consumers' satisfaction is a new topic in psychotherapy evaluation research ever since Marty Seligman changed his mind from being a 'Saulus' advocating only RCT findings⁷⁸ to a 'Paulus'

⁷⁷Lambert, M. J. (2001). "Psychotherapy outcome and quality improvement: Introduction to the special section on patient-focused research." J Con Clin Psychol 69: 147-149.

⁷⁸Seligman M (1994) What you can change and what you can't. A.A. Knopf, New York

now decrying that RCTs are the wrong way to do psychotherapy research⁷⁹. The by now famous CONSUMER REPORTS showed that increasing duration of treatment up to hundred sessions of mainly once a week psychotherapy leads to greater satisfaction which - as shown by critical re-analysis - is not related to symptom change. So satisfaction with treatment seems to be but one of the many dimensions of outcome.

Coda: Never give up

The impact of research findings on treatment is steadily growing. Thus psychoanalytic education has to keep a watchful eye on it. Research will be one of the powerful anti-ideological weapons in our field.

⁷⁹Seligman, M. E. P. (1995). "The effectiveness of psychotherapy." *Am Psychologist* 50: 965-974.