

Sixty Years of Psychoanalytic Process Research Strategies

Horst Kächele



A Map of Strategies

- Instead of a historical walk
- two major strategies
- A research designated as **clinical research**
- B research using a wide variety of methods designated as **empirical research**

The Players and the Processes

- Patient's view of the process
- **Narration**
- Analyst's view of the process
- **Narration**
- Third parties' view of the process
- **Observation**

The Players and the Processes

- Patient's view of the process

Freud's Patients

- Wortis, J. (1954). *Fragments of an analysis with Freud*. New York: Simon & Schuster.
- Doolittle, H. (1956). *Tribute to Freud*. New York: Pantheon Books.
- Blanton, S. (1971). *Diary of my analysis with Sigmund Freud*. New York: Hawthorn Books.
- Kardiner, A. (1977). *My analysis with Freud: Reminiscences*. New York: Norton.
- Roazen, P. (1995). *How Freud worked. First-hand accounts of patients*. Northvale, NJ: Jason Aronson.

Later Reports

- de Forest, I. (1954). *Leaven of Love*. New York: Harper & Brothers.
- Little, M. (1958). On delusional transference. *International Journal of Psychoanalysis*, 39, 134-136.
- Guntrip, H. (1975). My experience of analysis with Fairbairn and Winnicott. *International Review of Psychoanalysis*, 2, 145-156.

Candidate's Critical View

- Drigalski, D., von. (1979).
- {*Flowers on granite - An odyssey through German psychoanalysis*}.
- Frankfurt am Main Berlin Wien (Aktualisierte Neuauflage im Antipsychiatrie Verlag Berlin 2003: Ullstein.
- Strupp, H. H. (1982). Psychoanalytic failure. Reflections on an autobiographical account. *Contemporary Psychoanalysis*, 18, 235-258.

French Patients

- Cardinale, M. (1975). *Les mots pour le dire*. Paris: Grasset.
- Rey, P. (1995). *Une saison chez Lacan*. Paris: Laffont
- Haddad, G. (2002). *Le jour où Lacan m'a adopté : mon analyse avec Lacan*. Paris: Grasset.

Perspective from a Literary Critic

- “This essay explores five reports of therapists, who for a while had been in a psychoanalytic, psychotherapeutic or psychiatric treatment and who later recorded their experiences:
- Piet C. Kuiper (1991); Helmut Junker (1993); Tilmann Moser (2004); Margret Osterfeld (2006); Arnhild Lauveng (2008).

1st versus 3rd Person Perspective

- The central question is whether the 3.-person-perspective (the perspective of therapist) leads to a new or modified understanding in combination with the 1.-person-perspective (the perspective of patient) – in respect to institutions, to method of treatment, and to process of treatment” (p.65).
- Grundmann, E. (2011). Therapists as Patients. *Psychotherapie & Sozialwissenschaft*, 13(2): 65-90.

The Players and the Processes

- Analyst’s view of the process

Freud’s Position

„The analyst ... sets in motion a process, that of the resolving of existing repressions. He can supervise this **process**, further it, remove obstacles in its way, and he can undoubtedly vitiate much of it.

But on the whole, once begun, **it goes its own way** and does not allow either the direction it takes or the order in which it picks up its points to be prescribed for it. (1913c, p. 130, emphasis added)

Rangell's View of Process



Rangell's process model

Rangell, an influential psychoanalyst of the sixties, articulated these beliefs clearly and eloquently:

"The analyst's neutral and objective intra-psychic position, observing and interpreting, is the essence and the *sine qua non of the psychoanalytic process*" (Rangell 1969, p. 72).

Rangell's Classic Position

- The analytic process can be said to begin when the patient really free associates and the patient develops a transference neurosis in his/her mind which the analyst attempts to resolve by interpretations; therefore the process itself, explains Rangell, **"takes place within the patient"** (1968, p. 22).
- Schachter J, Kächele H (2017e) Psychoanalytic process: A concept ready for retirement. In: *Nodal Points. Critical Issues in Contemporary Psychoanalytic Therapy*. IPBOOKS, New York, pp 63-78

Many More

- Variations in conceptions of "psychoanalytic process" have been extensive in recent decades.
- Various process theories have been formulated:
- Meltzer (1967)
- Fürstenau (1977)
- Kohut (1984)

Ulm Focal Model of Process

Chapter 9:

We consider the interactionally formed focus to be the axis of the analytic process, and thus conceptualize psychoanalytic therapy as an **ongoing, temporally unlimited focal therapy with a changing focus.**

Thomä, H., & Kächele, H. (1987). *Psychoanalytic practice: Vol. 1 Principles..* Berlin, Heidelberg, New York, London, Paris, Tokyo: Springer.

Idiosyncrasy

- Streeck, U. (1994).
- {Psychoanalysts interpret "the talk which makes up the psychoanalytic treatment"}.
- In M. B. Buchholz & U. Streeck (Eds.), *Heilen, Forschen, Interaktion. Psychotherapie und qualitative Sozialforschung* (pp. 29-47). Opladen: Westdeutscher Verlag.

Westen's Critique on Narrative Reports

"Narratives case reports. . are invariably compromise formations. We hope they include a heavy dose of relatively accurate perception and memory. But as compromise formations, they are likely to reflect a variety of wishes and fears..

Critique on Narrative Reports

Among the most important limitations are lack of replicability, lack of reliability of inference, lack of control over variables that would allow causal inference, and unknown generalizability." (p. 883)

Westen, D. (2002). The language of psychoanalytic discourse. *Psychoanalytic Dialogues*, 12, 857–898.

Lack of Consensual Agreement

- No consensual agreement about the definition of "psychoanalytic process" itself is at hand.
- Abrams (1987) writes that "The psychoanalytic process conceptualizes what is fundamental to the investigative and clinical potential of psychoanalysis.
- Yet, it is hard to imagine any term more burdened by ambiguity, controversy and diversity of usage It has become a **Babel**, a **shibboleth**, and a weapon. Is it worth saving at all?" (p.441).

Clinicians as Expert Observers

- Graff & Luborsky try to remedy by using clinicians' daily after-the-session impressions filling out **session check sheets**.
- Graff, H., & Luborsky, L. (1977). Long-term trends in transference and resistance: A quantitative analytic method applied to four psychoanalyses. *Journal of the American Psychoanalytic Association*, 25, 471-490.

Therapy Session Check Sheet

Therapy Session Check Sheet [TSGS]

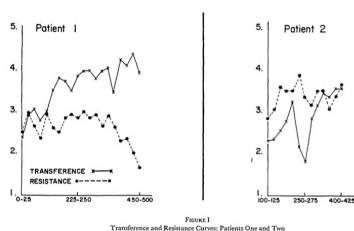
Patient _____ Date _____ Therapist _____ Session# _____

(FILL OUT DURING OR IMMEDIATELY AFTER SESSION!)

	None- Slight	Some	Mod.	Much	Very Much	Notes:
PATIENT:						
Reflective	1	2	3	4	5	_____ Technical Problems
Receptive	1	2	3	4	5	_____ Symptoms
Anxiety	1	2	3	4	5	_____ Therapeutic Change
Depression	1	2	3	4	5	
Hostility	1	2	3	4	5	
Other Affect	1	2	3	4	5	
Specify:						
TRANSFERENCE:						
Amount	1	2	3	4	5	
Manifest	1	2	3	4	5	
Latent	1	2	3	4	5	
Positive	1	2	3	4	5	

Pseudo-Quantification

- Weekly summaries



The Players and the Processes

- Third parties view of the process
- Observation**

External View of the Interaction Process

- Bales, R. F. (1950). *Interaction process analysis: A method for the study of small groups*. Mass. Cambridge: Addison-Wesley.
- Strupp, H. H. (1957). A multidimensional system for analyzing psychotherapy techniques. *Psychiatry*, 20, 293-306.
- Critically commented on by
- Peräkylä, A. (2004). Two traditions of interaction research. *British Journal of Social Psychology* 43, 1–20.

One Way Mirror

- One of the earliest approaches to empirical study of analytic treatment was by F. Alexander at the Southern California Institute in the 1950's.
- He began research into analytic therapy using a **one-way mirror** (Shershow, 1996).
- Shershow, L. (1996). Panel Report history of psychoanalysis on the West coast. *International Journal of Psychoanalysis*, 77, 819-823.

New York Starters

- The another early study of actual multiple-session psychoanalytic treatment was by Bellak and Smith (1956) who tape-recorded two psychoanalytic treatments.
- They tried to predict from one session to the next session: what will happen next?
- Bellak, L., & Smith, M. B. (1956). An experimental exploration of the psychoanalytic process. *Psychoanalytic Quarterly*, 25, 385-414.

The First Readers on Process Methods

- Mowrer, O. (Ed.) (1953). *Psychotherapy: Theory and research*. New York: Ronald Press.
- Gottschalk, L. A. (Ed.) (1961). *Comparative analysis of psychotherapeutic interviews*. New York.
- Gottschalk, L. A., & Auerbach, A. (Eds.). (1966). *Methods of research in psychotherapy*. New York: Appleton-Century-Crofts.

From Saulus to Paulus: Merton M. Gill

Gill, M. M., Simon, J., Fink, G., Endicott, N. A., & Paul, I. H. (1968).

Studies in audio-recorded psychoanalysis. I. General considerations.

Journal of the American Psychoanalytic Association, 16, 230-244.

The Battle about Tape-Recording



Hartvig Dahl



Helmut Thomä



Are these analysts exhibitionists?

• Adolf-Ernst Meyer

Luborsky's & Spence's Research Agenda

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

Mrs. C - A Specimen Case

The case of Mrs. C analyzed by H. Dahl under the supervision of J. Arlow was completely audio-taped and a **true psychoanalytic** treatment. It subsequently served as the source of several research studies.

(e.g. Reynes et al. 1984; Dahl, 1988; Bucci, 1988; Jones and Windholz, 1990; Weiss, 1993; Spence et al. 1994; Bucci, 1997; Sammons and Siegel, 1999).

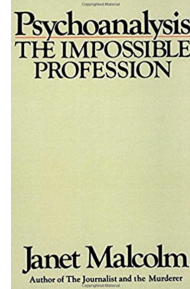
The Specimen Hour (*Anonymous*)

(3-minute silence, occasional stomach rumbles)

#1

Something that's been on my mind today is the relationship I have with the girl who is my assistant this year and was last year. And (sigh) well, it took me quite a while to get used to her last year and I imagine it was a variety of reasons. But at the beginning of this year things were going quite nicely

A Rare Praise



In contrast to the portrayal of her fictive analyst hero, Dr. Green, the journalist Janet Malcolm (1980) reports about Hartvig Dahl's effort to decipher what really went on in the session five of Mrs C.

Together with Virginia Teller, a computer scientist, they spent their professional lives as researchers on this case.

The New Agenda

„The widespread uneasiness among psychoanalysts about the current status and the future of our profession is largely based, I believe, on our failure to redeem the promise of psychoanalysis as a science.

We must start fulfilling that promise in a more basic way than we have generally recognized, by **revising our very methods of collecting data.**“

The New Agenda

„I am convinced that we must begin **audio-recording psychoanalyses**, to eliminate the unsystematic and unspecified selection procedures involved in note-taking, as well as the errors resulting from our fallible memories.

Moreover, I assume that we need to make our **data public**, in the sense that analysts other than ourselves can have access to the fine details of what each has heard and responded to in private.“

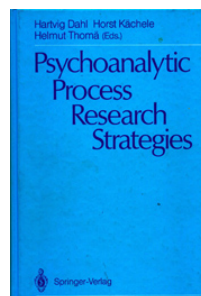
Dahl's Topic Index

In this study Dahl analysed thematic structures of the process on a female patient that had been treatment by M. Gill; she was transferred to a female candidate who became pregnant.

Dahl reconstructed the negative development!

Dahl, H. (1972). A quantitative study of psychoanalysis. In R. R. Holt & E. Peterfreund (Eds.), *Psychoanalysis and contemporary science* (pp. 237-257). New York: Macmillan Company.

The First PPRS Conference



In June 1984 the first international conference on Psychoanalytic Process Research Strategies took place in Ulm.

„This is a book about the future that we hope will arouse the curiosity of clinicians and point a direction for researchers. It marks the surprisingly rapid evolution of psychodynamic psychotherapy research from an applied toward a basic science, and, as its title implies, describes strategies to follow rather than results to live by.“

The Never-Ending Battle about Tape-Recording

-
- Kächele, H., Thomä, H., Ruberg, W., & Grünzig, H.-J. (1988).
- Audio-recordings of the psychoanalytic dialogue: scientific, clinical and ethical problems.
- In H. Dahl, H. Kächele, & H. Thomä (Eds.), *Psychoanalytic process research strategies* (pp. 179-194). Berlin Heidelberg New York Tokyo: Springer.

Towards the Objective Analysis of Psychodynamic Structures

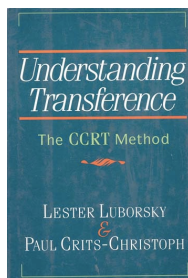
The Specimen Hour (Anonymous: H. D.,)

Frames of Mind (Hartvig Dahl)

Converging Evidence for Emotional Structures: Theory and Method (Wilma Bucci)

A Comparison of Three Transference Related Measures Applied to the **Specimen Hour** (Lester Luborsky)

Core Conflictual Relationship Theme



- The Assessment of Transference by the CCRT Method (*Lester Luborsky and Paul Crits-Christoph*)
- A pioneer work
- Spreading the method across many languages

PERT

- A Scheme for Coding the **Patient's Experience of the Relationship with the Therapist** (PERT): Some Applications, Extensions, and Comparisons (*Irwin Z. Hoffman and Merton M. Gill*)
- Herold, G. (1995). *Übertragung und Widerstand (Transference and resistance)*. Ulm: Ulmer Textbank.

Analytic Intervention Rating System

- Klug, G., & Huber, D. (1997).
- Analytic Intervention Rating System (AIRS): a rating system for psychoanalytic interventions.
- In H. Kächele, E. Mergenthaler, & R. Krause (Eds.), *Psychoanalytic Process Research Strategies II*. www.horstkaechele.de

Alliance in Process Research

- Rating of sessions using the
- Experiencing Scale
- Working Alliance Scale
- Helping Alliance Questionnaire
- At 1, 5 and 6 months in three treatment modalities

Ratzek M et al. Munich Psychotherapy Process Study at IPU

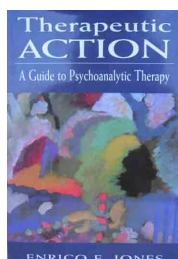
Analytic Process Scales

- Waldron, S., Scharf, R. D., Hurst, D., Crouse, J., Firestein, S. K., & Burton, A. (2004a).
- What happens in a psychoanalysis? A view through the lens of the **Analytic Process Scales**.
- *International Journal of Psychoanalysis*, 85(21), 443-466.

Comparative Psychotherapy Process Scale

- Blagys, M., Ackerman, S., Bonge, D., & Hilsenroth, M. (2000).
- Measuring psychodynamic-interpersonal and cognitive behavioral therapist activity: Development of the **Comparative Psychotherapy Process Scale**.
- Society for Psychotherapy Research, Chicago, IL.

The Psychotherapy Q Sort as a New Approach



Jones, E. E., & Windholz, M. (1990). The **psychoanalytic case study**: Toward a method for systematic inquiry.

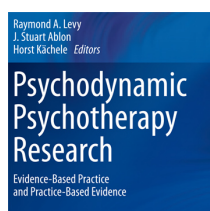
Journal of the American Psychoanalytic Association, 38(4), 985-1016.

Psychoanalytic Prototype

Item description	Factor score
P's dreams or fantasies are discussed.	1.0
A is neutral.	1.0
A points out P's use of defensive manoeuvres (e.g., undoing, denial).	1.0
A draws connections between the therapeutic relationship and other relationships.	1.0
A is sensitive to the P's feelings, attuned to P; empathic.	1.0
A interprets ward-off or unconscious wishes, feelings, or ideas.	1.0
A conveys a sense of nonjudgmental acceptance.	1.0
P achieves a new understanding or insight.	1.0

Ordering of Q-Items by Factor Scores on Ideal Psychoanalytical Process Factor 8 of 10 characteristic items of an ideal psychoanalytical treatment (cf. Ablon & Jones (2005)).

Applying the Psychotherapy Q Sort



Levy RA, Ablon JS, Ackerman J, Thomä H & Kächele H (2012)

A specimen session of psychoanalytic therapy under the lens of the Psychotherapy Process Q-set.

In: Levy R, Ablon S, Kächele H (Eds.) *Psychodynamic Psychotherapy Research*. Humana, New York, p 509-528

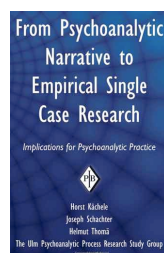
Psychoanalytic Prototypes ?

- What about a Kohutian, Kleinian, Lacanian or Relational prototype?
- Is this the proper way to go?
- Blatt, S. J. (2005). Commentary on Ablon and Jones. *Journal of the American Psychoanalytic Association*, 53, 569-578.

Single Case Research Study

- Many papers have been written on the usefulness of the **single case methodology**;
- **Very** few have been performed!
- And even less have been **published!!!!**
- Grünbaum, A. (1988). The role of the case study method in the foundations of psychoanalysis. In H. Vetter & L. Nagl (Eds.), *Die Philosophen und Freud* (pp. 134-174). Wien: Oldenburg.

Ulm Levels of Process Research



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

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

I Clinical Case Study

In the second volume of our textbook on psychoanalytic therapy (Thomä & Kächele 1992) the patient Amalia X is discussed in five chapters.

Amalia X

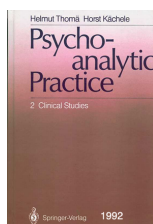
2.4.2 Identification with the Analyst's Functions

7.2 Free Association

7.7 Anonymity and Naturalness

7.8.1 Examples of Audio Tape Recordings

9.11.2 Changes

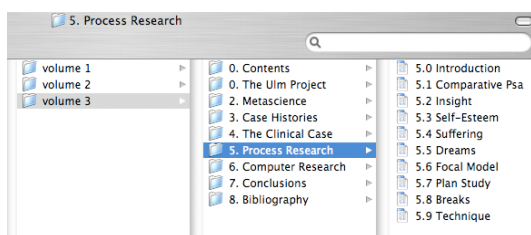


II Systematic Clinical Description

	Grundgesamtzeit (700 Stunden)
	Stichprobe 1 (130 Stunden)
	Stichprobe 2 (20 Perioden)
	Stichprobe 3a (13 Perioden)
	Stichprobe 3b (13 Perioden)
1-5 1	26-30 2
51-55 3	76-80 4
101-105 5	Stunden Perioden

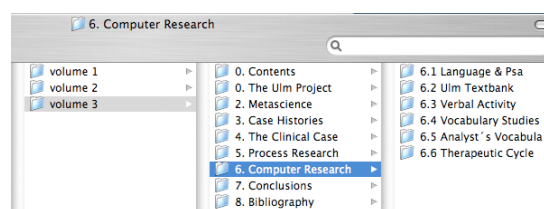
- external circumstances
- symptomatology
- state of transference and
- countertransference
- family relations
- non-familiar relations
- dreams, etc

Level III Guided Clinical Judgment Procedures

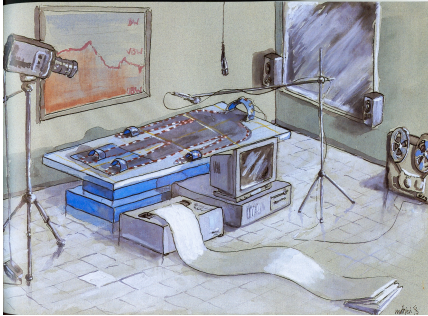


Kächele, H., Schachter, J., & Thomä, H. (Eds.). (2009). *From Psychoanalytic Narrative to Empirical Single Case Research. Implications for Psychoanalytic Practice*. New York: Routledge.

Level IV New Methodologies IV a Computer Based Text Analysis



Caricature of the Ulm Model of Observation



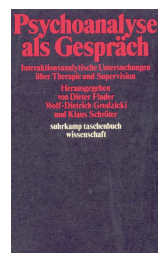
IVa Computer-Assisted Text Analysis

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

Therapeutic Discourse IVb

- Labov, W., & Fanshel, D. (1977).
- *Therapeutic discourse. Psychotherapy as conversation.*
- New York: Academic Press.
- Flader, D., & Wodak-Leodolter, R. (Eds.).
- (1979). {*Therapeutic Communication*}. Königstein: Scriptor.

Everyday Discourse and Psychoanalytic Discourse



„The therapeutic situation itself comprises a context, distinct from ordinary conversation...”

(Lakoff 1981)

(1982)

A New Approach



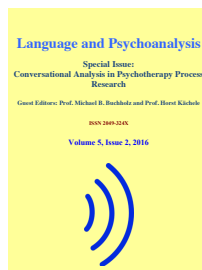
Peräkylä, A., Antaki, C., Vehvilaninen, S., & Leudar, I. (Eds.). (2008).

Conversation analysis and psychotherapy.

Cambridge/New York.

Streeck, U. (2004). *Auf den ersten Blick – Psychotherapeutische Beziehungen unter dem Mikroskop (On a first glance - Psychotherapeutic relationships under the microscope)*. Stuttgart: Klett-Cotta.

A Powerful Tool



Buchholz, M. B., & Kächele, H. (2013). Conversation analysis – A powerful tool for psychoanalytic practice and research. *Language and Psychoanalysis*, 22, 228-243.

Amalia's Micro-Process in Session 152

The detailed CA analysis of Amalia's specimen session 152 details the analyst's actions and spells out what **really** goes on.

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

Buchholz, M. B., Spiekermann, J., & Kächele, H. (2015). Rhythm and blues. Amalia's 152nd session. From psychoanalysis to conversation and metaphor analysis - and retour. *International Journal of Psychoanalysis*, 96, 877-910.

Impact on Our Clinical Work

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

To talk with the patient about the patient

La Vie Vécu HK's Files Nonverbales HK's CV Guestbook Impressum

horstkaechele.de

07.05.2008 Yep! Its all new!
Welcome back on HK's relaunched Website!

Willkommen auf der Seite von HK
Welcome to the website of HK

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Bücher, Vorträge, Bilder, viel Spass beim Stöbern.
books, lectures, images: a lot of stuff

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If you want to know the story behind,
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go to HK's Files and insert: Username: lehrbuch; Password: psychol