

1

Former chair of Department Psychosomatic Medicine and  
Psychotherapy, University of Ulm  
Now Guest Professor at International Psychoanalytic  
University Berlin

Torino 2010

The first research report was Fenichel's summary of ten years of the Berlin's Institut psychoanalytic Out-Patient Facility

It reported on the relationship of diagnosis, duration and outcome

The first critical review on outcome by Bergin (1971) in the **Handbook of Psychotherapy and Behavior Change**

2nd. ed. 1978  
3rd. ed. 1986  
4th. ed. 1994  
5th. ed. 2004

## „Statement on the Evidence of Psychoanalytic Therapy“

[www.horstkaechele.de](http://www.horstkaechele.de)

English section on treatment research

## „Psychoanalytic Therapy“

„This name refers to psychoanalysis with its theories of personality, of disorder, of treatment.

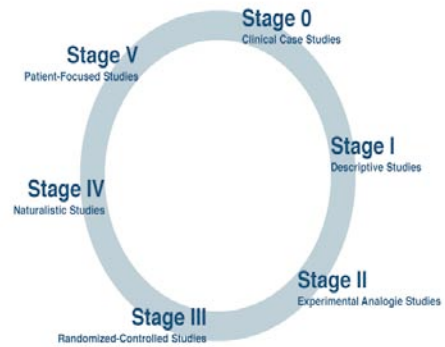
It seemed suitable to cover all forms of application of the principles of psychoanalytic treatment theory“ .

Following

Thomä & Kächele´s textbook on Psychoanalytic Therapy in many languages



## Stages of treatment research



© ck - www.jco-hamburg.com

## •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“ (Stuhr 2004).

## The Ulm Clinical-Case-Archive

contains more than 900 final reports by candidates of the German Psychoanalytic Association

Archiv Nr.	Diagnose	Diagnose II	ThGeschl	PatGeschl	FÄhber
1997 FJ 01	Hysterische Neurose		F.	F.	37
1997 FJ 02	Hystero	anale Abwehr	M.	F.	34
1997 FJ 03	Zwangneurose	phobische Symptome	M.	F.	34
1997 FJ 04	Depression, neurotische	hysterische Abwehr	F.	F.	36
1997 FJ 05	traumatische Neurose		F.	F.	26
1997 FJ 06	narzisstische Traumatisierung, Ruhe	bulimisch - anorektische Abwehr	F.	F.	27
1997 FJ 07	Hysterische Neurose	Vaginismus	M.	F.	33

### Stage I Descriptive Studies on

- # working alliance f.e. Luborsky´s helping alliance 1976
- # transference f.e. Luborsky´s CCRT 1977, Dahl´s FRAME 1988, Gill´s PERT 1982
- # technique, f.e. Q-Sort of Jones 1990
- # mastery, fe. Weiss & Sampson´s plan analysis 1986
- # countertransference Bouchard et al. scales 1995
- # structural change Wallerstein 1991

### Stage I Descriptive Studies

*Methods to measure Core Relations Patterns*

- 1 Luborsky (1977) Core Conflictual Relationship Theme Method (CCRT)
- 2 Horowitz (1979) Configurational Analysis
- 3 Dahl (1988) Frames Method
- 4 Gill & Hoffmann (1982) Patient´s Experience of the Relationship with Therapist (PERT)
- 5 Strupp & Binder (1984): Dynamic Focus
- 6 Weiss & Sampson (1986) Plan Diagnosis

### Stage I Descriptive Studies

How can we measure „structural change“

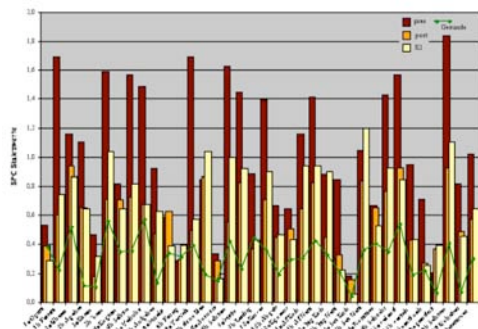
- Scales of Psychological Capacities (Wallerstein 1991)
- Heidelberger Structural Change Scale (Rudolf et al. 2000)
- Adult Attachment Interview (Levy et al.2006)

### Scales of Psychological Capacities (Wallerstein 1991)

DeWitt KN, Hartley DE, Rosenberg SE, Zilberg NJ, Wallerstein RS (1991) Scales of psychological capacities: Development of an assessment approach. Psychoanal Contemp Thought 14: 343-361

Wallerstein RS (1991) Assessment of structural change in psychoanalytic therapy and research. In: Shapiro T (Ed) The Concept of Structure in Psychoanalysis. International Universities Press, Madison:

## SPC in Munich Outcome Study



## Heidelberger Structural Change Scale

(Rudolf et al. 2000)

What is fundamentally changed by psychoanalytic therapy is rather the individual's ability to deal with such situations in a regulatory fashion ie, following therapy, the patient is able to find healthier solutions instead of the neurotic solutions which were previously employed.

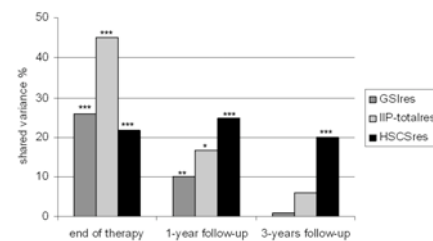
These observations suggest that changes due to psychoanalytic treatment should be conceptualized as changes in dealing with conflictual tendencies and vulnerabilities rather than their elimination.

*Structural changes* were measured using a two-step approach. In the first step, **core problem areas** were defined for each patient based on the **Operationalized Psychodynamic Diagnostics (OPD)**;

the second step involved an assessment of change for each patient over the course of therapy with respect to the identified problem areas.

**Outcome measures were thus individualized.**

## Prediction of outcome variance by three measures



Grande T, Dilg R, Jakobson T, Keller W, Krawietz B, Langer M, Oberbracht C, Stehle S, Stennes M, Rudolf G (2009) Structural change as a predictor of long-term follow-up outcome. *Psychother Res* 19: 344-357.

### Attachment and Structural Change

# Attachment theory provides a testable model for the construct of re-staging in the therapeutic process

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

(Bowlby 1988)

### Change and Attachment

- Attachment representation and attachment style
- Corrective emotional experience
- Is the therapist an attachment figure?
- Therapeutic alliance is not identical with attachment
- 
- Fonagy 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

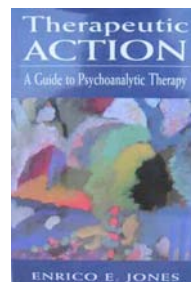
### New York Study on Borderline

Levy KN, Meehan KB, Kelly KM, Reynoso JS, Weber M, Clarkin JF, Kernberg OF (2006)

Change in attachment patterns and reflective function in a randomized control trial of Transference-Focused Psychotherapy for borderline personality disorder.

J Con Clin Psychol 74: 1027-1040

### Technique: The PQSet



Jones EE, Windholz M (1990)

The psychoanalytic case study: Toward a method for systematic inquiry.

J Am Psychoanal Ass 38: 985-1016

## The Manual (*in German*)



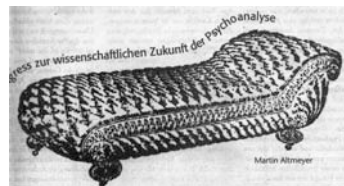
Data entry program

## Stage II Experimental Analogue Studies

This methodology is not a strong domain in psychoanalysis

There are many good reasons for this

Exemption: Studies on Free Association



Hölzer 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

## •Stage III Randomized-Controlled Studies

RCT provide findings for the efficacy of treatments under experimental conditions :

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

# manualisation of procedure

# Training of therapists

# limitation of treatment length

# standardized instruments

**Goal:** high internal validity - **Price:** low external validity

## Duration of Experimental Treatment Studies

### 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

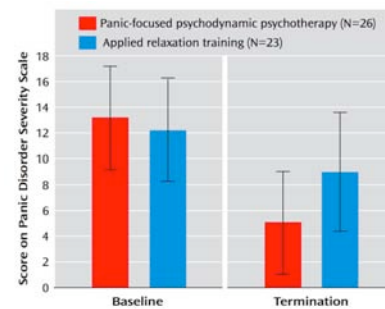
- 82 Studies, average 27,6 sessions
- 80 Studies, average 30,7 weeks

Based on meta-analysis of Grawe et al. 1994: Kächele, Eckert, Schulte Hillecke, in Vorb

### Efficacy of (short) Psychoanalytic Therapies in RCTs (Leichsenring & Rabung 2004)

- # 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 somatid diseases (ICD-10 F54)
- # personality- and behavioral disorders (ICD-10 F6)
- # dependency and abuse (ICD-10 F1,F55)

### Panic-Focused Psychodynamic Psychotherapy (Milrod 2007)



REVIEW

## Effectiveness of Long-term Psychodynamic Psychotherapy

A Meta-analysis

Falk Leichsenring, DSc  
Sven Rabung, PhD

**Context** The place of long-term psychodynamic psychotherapy (LTPP) within psychiatry is controversial. Convincing outcome research for LTPP has been lacking.

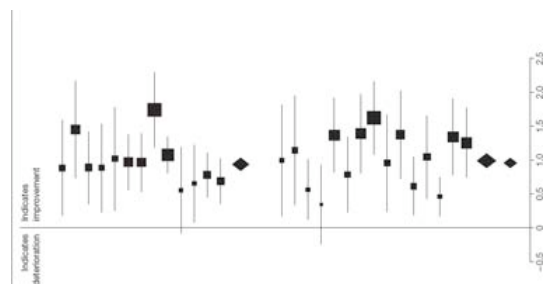
Leichsenring F, Rabung S (2008) Effectiveness of Long-term Psychodynamic Psychotherapy. A Meta-analysis. JAMA, October 1, 2008&Vol 300, No 13

### Summary of the Meta-Analysis

According to comparative analyses of controlled trials, LTPP showed significantly higher outcomes in overall effectiveness, target problems, and personality functioning than shorter forms of psychotherapy.

With regard to overall effectiveness, a between-group effect size of 1.8 (95% confidence interval [CI], 0.7-3.4) indicated that after treatment with LTPP **patients with complex mental disorders on average were better off than 96% of the patients in the comparison groups ( $P=.002$ ).**

## Effect Sizes for Long Term Psychodynamic Treatments



## Correlation of Duration and Dose of Treatment with Primary Outcome Measures

variable	group	duration of therapy		dose of therapy	
		correlation-coeff. r	significance p	correlation-coeff. r	significance p
BDI	PA	-.02		-.04	
	PT	.15		.13	
	VT	.01		.11	
IIP	PA	-.53	.003**	-.53	.003**
	PT	-.27		-.25	
	VT	.07		.16	
SPK	PA	-.28		-.35	.049*
	PT	.08		.14	
	VT	.27		.30	

The Munich Randomized Comparative Study (Huber & Klug 2008)

## Stage IV Naturalistic Studies

### Ongoing Top-Studies

The Stockholm Study: *PI Rolf Sandell*

The Frankfurt Study: *PI Marianne Leuzinger-Bohleber*

The Göttingen Study: *PI Falk Leichsenring*

The Heidelberg Study: *PI Gerd Rudolf*

The Stuttgart TRANS-OP study *PI Hans Kordy*

## Stage IV Naturalistic Studies

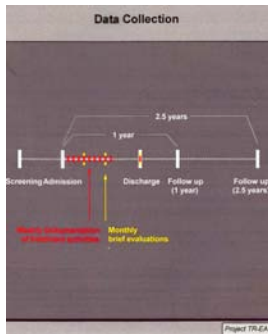
### In-Patient Psychotherapy-Studies

The nation-wide group-therapy-Study: *PI Bernhard Strauß*

The nationwide TR-EAT Study: *PI Horst Kächele*



## Requirements for a Naturalistic Study



representative sample  
standardized instruments  
separation of clinicians and researchers  
a lot of money and a lot of time

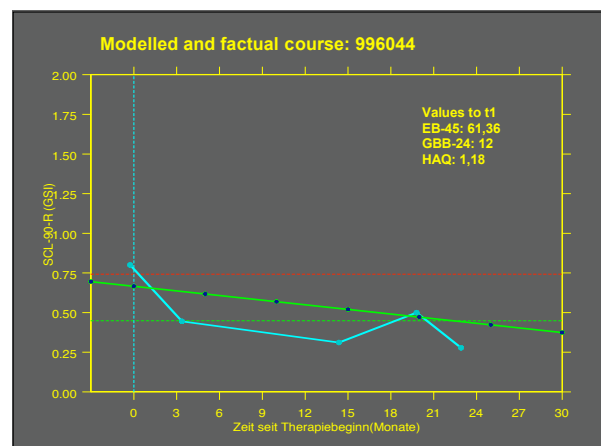
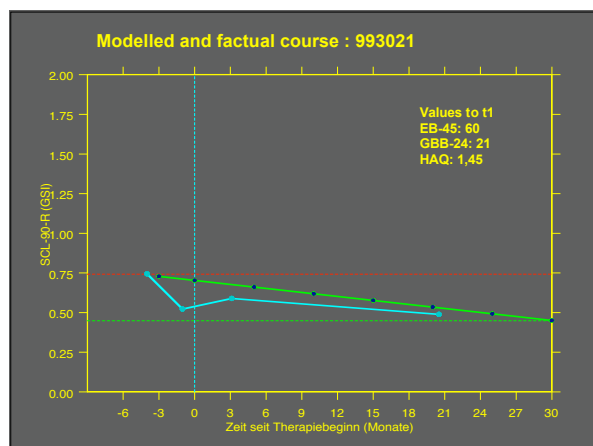
Kächele H, Kordy H, Richard M & TR-EAT (2001) Therapy amount and outcome of inpatient psychodynamic treatment of eating disorders in Germany: Data from a multicenter study.  
Psychotherapy Research 11: 239-257

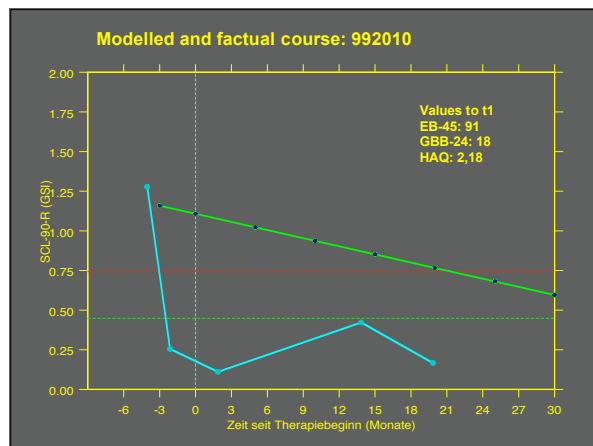
## Stage V

### Patient-focused studies

Using hierarchical-linear modeling the course of individual treatment may be predicted and the factual course compared with the prediction

Puschner B, Kraft S, Kaehele H, Kordy H (2007) Course of improvement during two years in psychoanalytic and psychodynamic outpatient psychotherapy. *Psychology and Psychotherapy* 80: 51-68



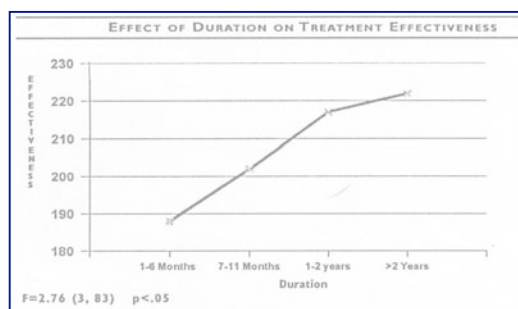


## IPTAR Study of the Effectiveness of Psychoanalytic Psychotherapy New York

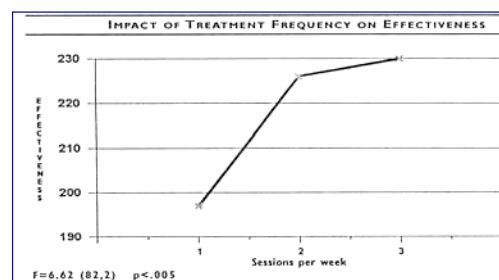
### Goals

1. What is the impact of duration on outcome
2. What is the impact of frequency on outcome
3. What is the impact of duration and frequency on the evolving treatment relationship
4. Is there an interaction of clinical syndrome, duration, frequency and outcome

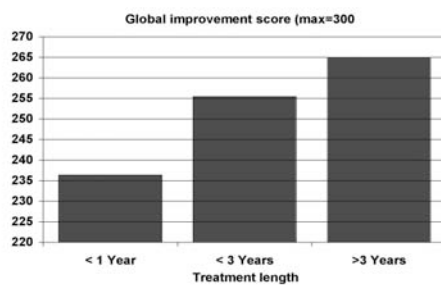
### IPTAR Duration and Outcome



### IPTAR Frequency of Sessions and Outcome



### Berlin Jung Study **Duration and Satisfaction**



### **The German Psychoanalytic Associations Follow - Up Study**

The first large scale follow up study recruiting 400 analytic patients and their analysts six years after treatment

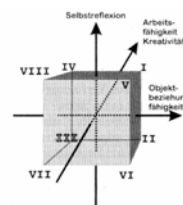
Leuzinger-Bohleber, M., and Target, M., eds. *Outcomes of Psychoanalytic Treatment Perspectives for Therapists and Researchers*. Whurr Publishers, Philadelphia, 2002.

### **Differences between Psychoanalyses and Long Term Psychotherapies**

# Both forms of treatment lead to long time stable results in the majority of patients, if the indication was properly done;

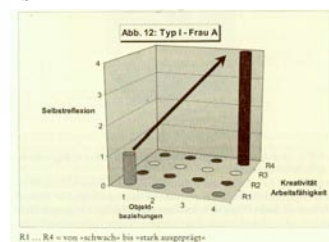
# self reflection and the internalization of the analyst were more comprehensive in analytic patients, the evaluation of achieved outcomes more differentiated, and the development of creative resources more innovative

### **Clinical Prototype-Formation**



Capacity for relationship  
Capacity to work - Creativity  
Self reflection

Leuzinger-Bohleber & Rüger (2002, S.130)



## The Eight Clinical Prototypes

**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 creativ, 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“

## Clusteranalytic Identification of Sub-Groups

**Sub-group 1:** the therapeutically successful with focus on satisfaction with health, but with a common suffering from sexuality

**Sub-group 2:** the therapeutically successful with focus on diffuse satisfaction

**Sub-group 3:** the still suffering, that are only satisfied on the average

**Sub-group 4:** the therapeutically successful with focus on financial satisfaction

**Sub-group 5:** the totally satisfied

**Sub-group 6:** the still suffering unsatisfied

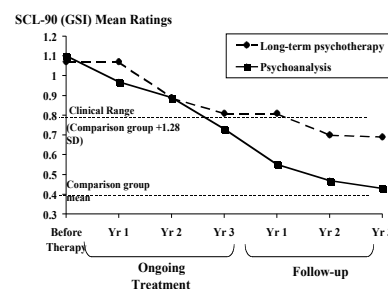
**Sub-group 7:** the extrem group of less successful of all

Stuhr et al.(2002: S.154)

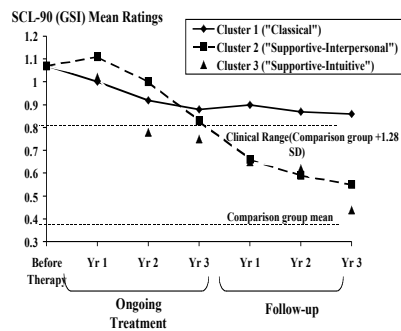
## Stockholm Outcome of Psychotherapy and Psychoanalysis (STOPP) Study

Treatment Groups	Comparison Groups
<p>N = 700 persons at various stages of treatment (before, ongoing, or after):-</p> <p>n<sub>1</sub> = 60, subsidised for psychoanalysis 1990-1992 or 1991-1993</p> <p>n<sub>2</sub> = 140, subsidised for long-term psychotherapy 1990-1992 or 1991-1993</p> <p>n<sub>3</sub> = 500 on waiting-list for subsidy in 1994</p>	<p>N = 650 persons:-</p> <p>n<sub>4</sub> = 400 in community random sample</p> <p>n<sub>5</sub> = 250 university students</p>

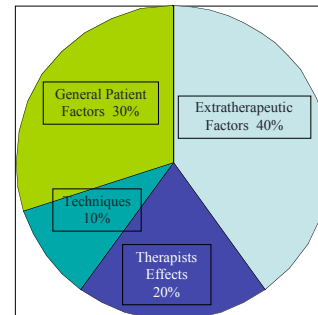
## STOPP SCL-90 Global Severity



## STOPP Studie Therapists Factors



## Percentage of Outcome Variance in Psychotherapy as Function of Different Sources



## Entry Codes: Name: lehrbuch, password: psychol

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

**horstkaechele.de**

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

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

**HK's Files** **Anmelden / Register**

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

**HK's CV**

Hinter den Kulissen ...  
if you want to know the story behind,  
take this way

**Guestbook**

Stellen Sie Ihre Neugier, wer mit Ihnen auf  
dieser Homepage spazieren geht.  
You are invited to peep into ...

## Memorandum on Psychoanalytic Therapy

Deutsch **English** Español Italiano Russki Francals Polski Lithuanian Hrvatski Portugueser Česky Bulgarski  
Rumania Farsi Magyar Armenisch Slovenska Svenska 中文 Schwedisch Latvija RTP London **Index Search**

Infos and Memos

01. new papers in press  
02. Textbook Psychoanalytic Practice  
03. **Psychoanalysis**  
04. Psychotherapy  
05. Guest Authors  
06. Attachment  
07. Psycho-Oncology  
08. Neurobiology  
09. Books  
10. Perinatal  
11. Transference

01. Clinical Work  
02. Open Door Review of Outcome Studies  
03. Psychoanalytic Process Research Strategies  
04. Theory  
05. Training  
06. Treatment Research  
07. Carticature  
08. Guest Authors  
09. **Politics**

**PDFs**

**Psychoanalytic Therapy - A memorandum**  
DPT Memorandum on the state of evidence for psychoanalytic therapy  
[download: Memorandum Psychoanalytic therapy.pdf  
Download: Memorandum\_Psychoanalytic\_therapy.pdf]

Remember:

[www.horstkaechele.de](http://www.horstkaechele.de)

For all students of psychotherapy and psychoanalysis

or write to me:

horst.kaechele@uni-ulm.de