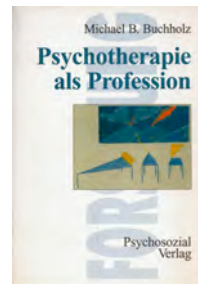


Psychotherapy as Science

Prof. Dr. Dr. Horst Kächele
International Psychoanalytic University
Berlin



This sophisticated and comprehensive book teaches us!

Neither medicine is not only human biological science,
nor psychotherapy is just a science.

Contrariwise,
psychotherapy was and is a profession on its own.

„Good craftsmen know that they won't use a specific material for sure; it can break off, not being heat-resistant or being inapplicable otherwise.“ (Buchholz)

Tacit knowledge (Polanyi 1964)

Is valid for doctors, violin makers, teachers and psychotherapists?



A profession over oneself and their „obnoxious“ job - a must for all would-be psychotherapists.

My contribution for example:

„My dear colleagues“

A short sample...

„We assume from the not implausible premise that a great number of us can be qualified as helpful therapists believing in doing a lot of helpfully support.“

From where do we know that? We would just believe it now.
Research reports won't help us with that even. Myths against science.
The bible against theory of evolution.

Psychotherapists of the whole world get associated with others, established the association of believing psychotherapists: we are with great estimation that we should know best



There is a rich offer in modern psychotherapy and the expression of „psychotherapy-boom“ is not seemed as excessive.



Modes of action psychotherapeutically manipulation.
From **Shamanism** to modern therapies.

A classic - written by a doyen of therapy research -
Jerome D. Frank (1973)

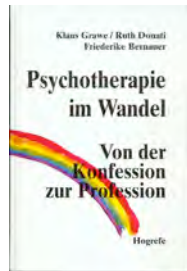
The English title says what it is about:

Persuasion and Healing.



Prof. Ina Rösing
Cultural anthropologists from Ulm has documented many forms of the shamanistic medicine in the Andes and India.

So why should not **our psycho-scenes** been documented by cultural anthropological???



Published 1994

So, psychotherapy is just a made shamanistic denomination from Europe's west which can be optional applicable at any time?

For example with the mesmerism, than the hypnotic or with Freud first, Jung and Adler etc..

And therefore - that was the battle call of Klaus Grawe -

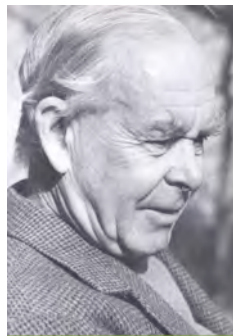
is it at high time to become to a real profession.

Whereas Grawe equates **profession** with **science**!

„When a practitioner will be effective, he have to be disposed for acting like certain principals and theories are valid. And, when it comes to the decision which of this principals and theories he will make for his own, he will be led by the experiences of his teachers probably.

As we would have all the tendency getting impressed by a successful application of a theory, the practitioner have the risk that they put higher trust into a theory than it might be justified by facts.“

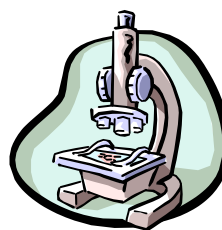
Who has written that?



John Bowlby
& Attachment Theory

„A scientist has to be able on his daily work at high degree to practise criticism and self-criticism. In his world neither achievements nor theories of a leading scientist are excluded from questioning and criticism - as much he is admired as a person. There is no space for authority. This is not only apply for practical exercise of a job.“

John Bowlby 1982, S. 200).



What also is the role of science in professional psychotherapy?

If science comprehends **teaching** and **research**

then we may ask:

What has to be taught?

What have the students of psychotherapy science to get to know in order to have a firm base in their professional life?

I propose to distinguish the teaching subjects into a field of

General Psychotherapy

and a field of

Special Psychotherapy



It is interesting to remind that the first volume of the German Handbook of Neurosis and Psychotherapy by V.E. Frankl, V.E. Freiherr von Gebsattel u. I.H. Schultz - is devoted to „General Theory of Neurosis and General Psychotherapy“ (1959).



Freud's dictum from the „Introductory lectures“:

Nothing but words....

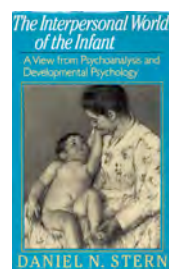
Labov & Fanshel (1977)
„Psychotherapy as conversation“
and

Flader & Wodak-Leodolter
(1979) Therapeutische
Kommunikation



Psychotherapy is Narration und Interaction

„The relationship is the matrix of therapeutic processes, it is means of treatment and likewise medium of therapeutic interaction “ (2004, S. 21)



Baby Watching

Clinical Reconstruction versus
micro analytic observation:

Made accessible by Martin Dornes' books





Transcultural perspective

most likely have a vitalizing effect.

Is the oedipal theme only valid in the West or is it also relevant for Indian mothers.

see for example:

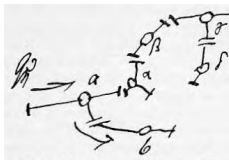
Kakar S (1988) Kindheit und Gesellschaft in Indien. Nexus, Frankfurt
Kurtz SN (1992) All mothers are one. Hindu India and the cultural reshaping of psychoanalysis. Columbia University Press, New York



From the cradle to the stretcher

Attachment research cannot be avoided studying their basics of psychotherapy..

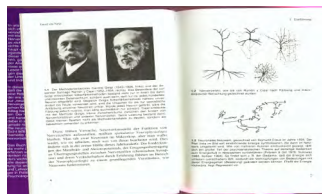
For all forms of psychotherapy a true Must



Neuronal Nets

Freud S (1895) Project of a psychology..

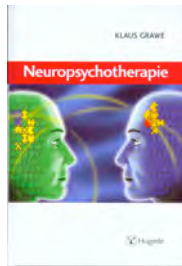
M.Spitzer (1998)
Mind in the Net.
Cambridge



Prof. Kandell's - Nobel price for medicine should be studied as he urgently argues for a reconnecting of psychoanalysis to biology.



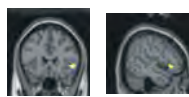
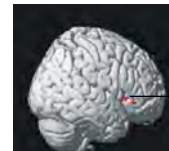
Kandell ER (1998) A new intellectual framework for psychiatry. Am J Psychiat 155: 457-469
Kandell E (1999) Biology and the future of psychoanalysis: A new intellectual framework for psychiatry revisited. Am J Psychiatry 156: 505-524



Grawe's third book turned out to be his legacy:

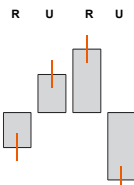
- even if the neuropsychotherapist will take some time to really appear on the professional stage - Klaus Grawe has reviewed an incredible amount of literature
- However, he did not know the Ulm study:

The Ulm Study on the Relationship of Attachment, Borderline and fMRT



Buchheim et al. 2005
In Psychopathology, in press

Controls Patients



Borderline-patients demonstrate a breakdown of defence to unresolved traumas in the fMRT



„Intuitive communication and the secret of **mirror neuroses** - this is the staff which will enrich our understanding of transference and counter transference.“

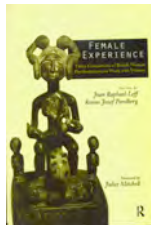
Prof. Bauer from Freiburg



Women

„In the pioneer time of psychoanalysis, women contributed most to understanding of the doctor-patient relationship. (S.16)

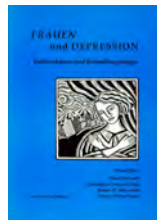
Psychoanalysis can be looked as much as a reaction to the hysterical women who symbolized the general malaise and also to the reaction to the difficult life-condition of the women at the end of 19th century.“



Gender, health and illness

More than ever before we have a gender specific bias: psychotherapy turns female. This is true for both patients and therapists.

Von Strauß B, Hartung J, Kächele H (2002) in Hurrelmann K, Kolip P (Hrsg) Geschlecht, Gesundheit und Krankheit. Huber, Bern - Göttingen - Seattle - Toronto, S 533-547

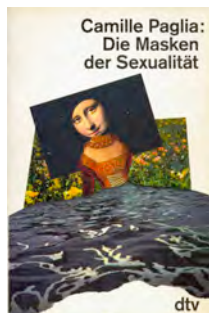


Mother nature - a sociobiological Synthesis

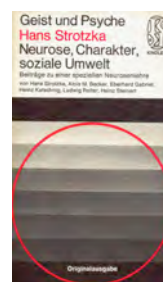
This is a great book on the female side of evolution.

Why and how the different forms of motherhood had developed. That is the question.

Blaffer Hardy S (2000) Mutter Natur. Die weibliche Seite der Evolution. Berlin Verlag, Berlin



A cultural literary richness
Could this be a way to approach the necessary topic of **sexuality** as a student of psychotherapy science.



Following sexuality we have to deal with

social environment

Is this pure chance -

No -

Nearly 100% of all patients in psychoanalysis have a degree of gymnasium

Why ??

Strotzka H (Hrsg) Neurose, Charakter und soziale Umwelt Beiträge zu einer speziellen Neurosenlehre. Kindler Taschenbücher, München, 1973 S 179-194



Treatment research

What has one to study?

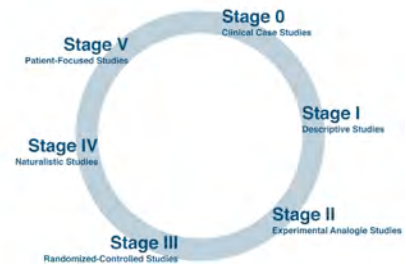
Sine ira et studio

What is necessary of any kind of treatment school

My proposal:

**Evaluating
Stages of treatment
research**

Stages of treatment research



•Stage 0

•Clinical case studies

•„With this case studies one has the opportunity to observe a therapist at work. And to understand why he has been working the way he did.

We have to overcome the thinking in technique and the therapy by implementing patient oriented perspective.“

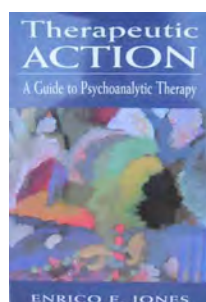
•/Blurb 1979/



Should one read psycho novels?

Yalom ID, Elkin G (1974)
Every day gets a little closer -
A twice-told therapy.
Goldmann, München

Yalom ID (1989) Die Liebe und ihr
Henker und andere Geschichten aus der
Psychotherapie. btb, München



Stage I

Descriptive studies on processes

- # working alliance
- # plan - schema analysis
- # technique, for example Q-Sort by Jones
- # mastery
- # counter-transference

Stage II Experimental Analogue Studies

This methodology is not appreciated by psychotherapists:

For example: studies on free association



Heckmann H, Hölzer M, Kächele H, Robben H, (1987) Resistance and Transference as Two Main Constituents in an „Experimental Analogue“ of Free Association.

In: Huber W (ed) Progress in Psychotherapy Research. Presses Universitaires de Louvain, Louvain-la-Neuve, pp 582-593

•Stage III Clinical-randomized studies

RCT generate fact on efficacy:

- # selection of patients
- # manualisation of procedure
- # training of therapists
- # fixation of treatment length
- # standardized instruments

Goal: High internal validity; drawback low external validity

Wissenschaftlicher Beirat Psychotherapie

nach § 11 PsychThG

Bundespsychotherapeutenkammer
Klosterstraße 64
10179 Berlin
Telefon ++49 (30) 2787-950
Fax ++49 (30) 2787-9544
eMail info@bptk.de

-> Geschäftsführung des WBP der zweiten Amtsperiode

Bundesärztekammer
Herbert-Lewin-Platz 1 (Wiegelys)
10623 Berlin
Postfach 120 864
10568 Berlin
Telefon ++49 (30) 400456 - 481
Fax ++49 (30) 400456 - 366

The German board on Scientific Standards in Psychotherapy requires three RCT for each class of disorders:

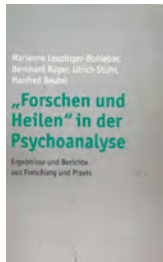
For example affective disorders

10 classes of disorders are evaluated independently

Is this too tough? Or not tough enough?

A lot of quarrels among the schools.

Stage IV naturalistic studies



Seligmann's 1985 **Consumer Reports Study** introduces consumer satisfaction.

The German study on real psychoanalytic practise demonstrates in a follow-up study that the duration is more relevant than frequency.

Stage V patient-focussed studies

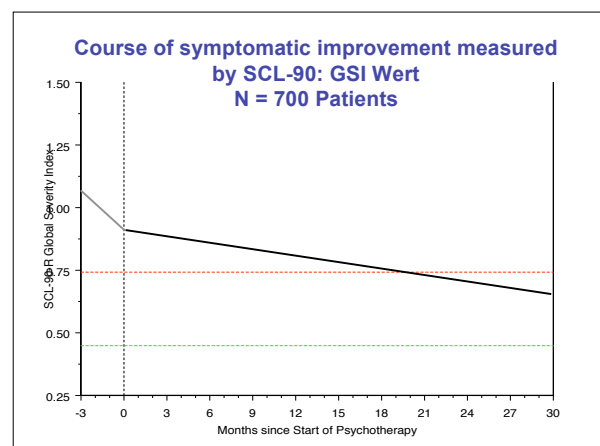
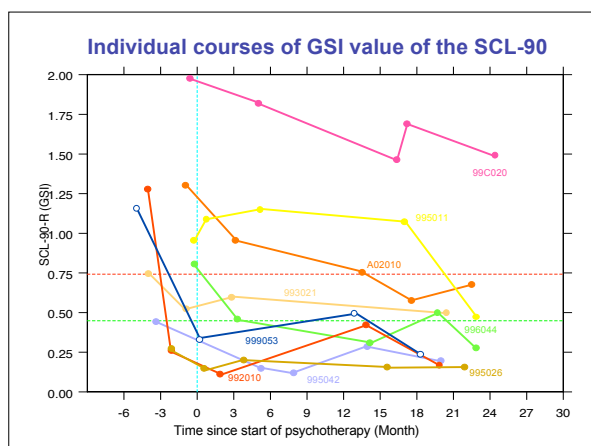
Modern technologies - data accumulation, data analysis and a lot of log-linear statistics generate detailed picture of individual causes of improvement; they also generate an integrated level of evaluation.

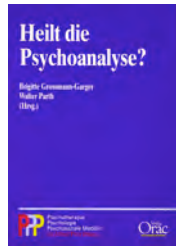
Example:

TRANS-OP-Study

Hans Kordy, Bernd Puschner, Susanne Kraft, Horst Kächele

Center for Psychotherapy Research Stuttgart





Last not least:

**Wiener Arbeitskreis für
Psychoanalyse Mai 1992**

„The virtue of psychoanalysis is
modesty, is its modest claim with
respect to all therapeutic expectation of
happiness.“ (Shaked 1992)

**This should be relevant for all
schools!!**