

## Final Program



### **1st International Summer School for Psychotherapy and Counseling Research**

Methodological Diversity in Psychotherapy and Counseling Research:  
Qualitative-Quantitative Approaches

**September 24-26, 2010**

Universidade Autónoma

Lisbon, Portugal

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Society for Psychotherapy Research - Europe (SPR-EU)

Associação Portuguesa de Terapia Familiar e Comunitária (APTEFC)

Associação Portuguesa de Psicoterapia centrada na Pessoa e Counseling (APPCPC)

Sociedade Portuguesa de Psicodrama (SPP)

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## Overview Friday

	Plenary Room	Room A	Room B
13:45-14:15	Opening Ceremony		
14:15-14:50	Plenary Session 1		
15:00-16:20		Communications Researching practice with specific groups	Communications Thinking about Research
16:20-16:50	Coffee Break		
16:50-18:10		Panel 1 Developing and delivering practice-based evidence across the psychological therapies: technological, administrative and utilitarian considerations	
18:20-19:00	Plenary Session 2		

## Overview Saturday

	Plenary Room	Room A	Room B
9:10-9:50	Plenary Session 3		
10:00-11:30		Communications Methodological Innovations	Communications Process and outcome research
11:30-11:50	Coffee Break		
11:50-13:10		Communications Practice-research dialogues	Communications Psychotherapist Development
13:10-15:00	Lunch		
15:00-15:40	Plenary Session 4		
15:50-16:10	Methodological discussion workshop		
16:10-16:30	Coffee Break		
16:30-17:50	Book presentations / Posters		
18:00-18:40	Plenary Session 5		
18:50-19:00	Summing up & Closing		

## Overview Sunday

	Room A	Room B	Room C	Room D	Room E
9:00-17:00	Workshop Doing qualitative Research in Psychotherapy	Workshop Mixing methods to relate process and outcome	Workshop Evaluation and assessment in routine psychological therapy: Theoretical and methodological issues	Workshop Psychotherapy Research in Clinical Practice	Workshop Case study research by practitioners and students: making the connection between systematic inquiry and personal/professional development

Friday

13:45-14:15

Opening Ceremony

Plenary Room

5

14:15-14:50

John McLeod

University of Abertay Dundee, United Kingdom

Plenary Room

“The contribution of qualitative research to an understanding of the outcomes of psychotherapy”

Plenary Session 1

15:00-16:20h

Psychotherapy through the body for women with Anorexia Nervosa

Maria João Padrão (Portugal), Joaquim Luís Coimbra (Portugal)

Room A / Table 1

Communications

Researching practice with specific groups

Active multimodal psychotherapy in children and adolescents with suicidality: description, evaluation and their clinical profile

Gorän Hoghberg (Sweden)

Discussant

João Hipólito,  
Universidade Autónoma de Lisboa, Portugal

EMPoWER: Psychodrama with women victims of violence – an international project

Ines Testoni (Italy), Maria Silvia Guglielmin, (Italy)

15:00-16:20h

The rhetoric of qualitative research in counseling and psychotherapy: issues and challenges

John McLeod (United Kingdom)

Room B / Table 2

Communications

Thinking about Research

Experiential Assessment as an alternative methodology in Psychotherapy Research

Ciro Caro (Spain)

Discussant

Michael Wieser  
University of Klagenfurt,  
Austria

Clinical Diagnosis from a Psychodramatic Perspective: from role theory to an operative diagnosis

Daniele Reggianini (Italy)

Empathy and enactment<sup>1</sup>

António Gomes Pedro (Portugal)

16:20-16:50

Coffee Break

<sup>1</sup> Presentation in Portuguese

Friday

**16:50-18:10**  
**Room A / Panel 1**

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**Panel**

**Discussant**

John Robert Mellor-Clark,  
United Kingdom

**Developing and delivering practice-based evidence across the psychological therapies: technological, administrative and utilitarian considerations**

1. Evolving methods and technologies to close the research practice gap in routine outcome measurement for generating practice-based evidence.

[John Mellor-Clark, \(United Kingdom\)](#)

2. Creating, resourcing and supporting practice-research networks for collating practice-based evidence., Practice Research Network Research

[William Andrews, \(United Kingdom\)](#)

3. Using Practice-based evidence to create benchmarks for service quality improvement.

[Kitty McCrea \(United Kingdom\)](#)

**18:20-19:00**  
**Plenary Room**

**Plenary Session 2**

**Chris Evans,**

[Nottingham University , United Kingdom](#)

"Quantitative change data and the trade off between sample size and precision: how to analyze small numbers cautiously and large numbers wisely"

## Saturday

**9:10-9:50**

### Plenary Room

Plenary Session 3

**Peter Stratton**

University of Leeds , United Kingdom

“Indicating therapeutic change through patient reports of life at home: the SCORE project”

**10:00-11:30**

### Room A/ Table 4

**Communications**

Methodological Innovations

The Use of Interpretative Phenomenological Analysis (IPA) in Psychodrama Research

**Gabriela Dima (Romania)**, Mihaela Bucuta (Romania)

Development of a transmodal significant events content analysis system

**Maria João Café (Portugal)**, Célia Sales (Portugal), Paula Alves (Portugal), Robert Elliott,

**Discussant**

António Roma Torres,  
Hospital de São João,  
Portugal

The MF Calculator: A new software for measuring similarity of subjective idiographic data

**Célia Sales (Portugal)**, Peter Wakker (The Netherlands)

Translation of the of YP-CORE into Portuguese and initial validation data

**Célia Sales (Portugal)**, Chris Evans, Ana Eduardo Ribeiro (Portugal), Jéssica Csern (Portugal), Carla Moleiro (Portugal), Liliana Pilha (Portugal), João Santos (Portugal), Joan Palma (Portugal)

**10:00-11:30**

### Room B / Table 5

**Communications**

Process and outcome research

Therapeutic effect of theatre upon a personality

**Julia Vladimirovna Domina (Russia)**

Quali-quantitative research on textual corpora to define the effectiveness of psychodramatic intervention

**Anna Esposito (Italy)** Giovanni Boria (Italy), Ines Testoni (Italy)

**Discussant**

Odete Nunes,  
Universidade Autónoma de  
Lisboa, Portugal

Time limited psychotherapy in the client centered perspective – a qualitative analysis

**Maria Odete Nunes (Portugal)**, Rute Brites (Portugal), João Hipólito (Portugal)

Studies on Treatment Effects of Psychodrama Psychotherapy

**Michael Wieser (Austria)**

**11:30-11:50**

Coffee Break

## Saturday

**11:50-13:10**

### Room A/ Table 6

#### Communications

##### Practice-research dialogues

#### Discussant

Gabriela Moita,  
Instituto Superior de Serviço  
Social do Porto, Portugal

Supporting Potential Development – an international project

[Ines Testoni](#), Maria Silvia Guglielmin, Paolo Lanciani

Quit Smoking Projects In The Workplace

[Maria Conceição Nobre \(Portugal\)](#)

The intra psychic dialogue between ego-actor and ego-observer: Healthy inner duality and its methodological amplification in psychodrama

[Daniele Reggianini \(Italy\)](#)

The fourth wave of cognitive behavioral psychotherapy. The neurocognitive scientific background and the practical methods of processing mental images.

[Göran Högberg \(Sweden\)](#)

**11:50-13:10**

### Room B/ Table 7

#### Communications

##### Psychotherapist Development

#### Discussant

António Branco Vasco,  
Universidade Autónoma de  
Lisboa, Portugal

Psicoterapia e Tendência Formativa na Abordagem Centrada na Pessoa

[André Feitosa De Sousa \(Brasil\)](#), Yuri De Nóbrega Sales (Brasil)

Exploring 'clinical judgement': How do child and adolescent mental health professionals decide whether a young person needs individual psychotherapy?

[Nicholas Midgley \(United Kingdom\)](#), Su-en Kam (United Kingdom)

Psychoterapist's Professional Development

[Sofia Ferreira \(Portugal\)](#)

Evaluation of supervision in psychodrama training - an empirical study on outcomes and helpful factors in supervision

[Hannes Krall \(Austria\)](#), Jutta Fuerst (Austria)

**13:10-15:00**

[Lunch](#)

**15:00-15:40**

### Plenary Room

#### Plenary Session 4

[Jörg Frommer](#)

[Otto-von-Guericke-University Magdeburg, Germany](#)

"From data to theories: About some similarities in psychoanalysis and qualitative research"



## Saturday

**15:50-16:10**

### Plenary Room

#### Methodological discussion workshop

##### Discussants

**John McLeod,**

University of Abertay Dundee,  
United Kingdom

**Célia M.D.Sales,**

Universidade Autónoma de  
Lisboa, Portugal

**Chris Evans**

Nottingham University ,  
United Kingdom

**Jörg Frommer,**

Otto-von-Guericke-University  
Magdeburg, Germany

The effectiveness of psychodrama in treating anxiety disorders: A research design  
[Gabriela Dima \(Romania\)](#), Galabina Tarashoeva (Bulgary), Inês Testoni (Italy) ,  
Maria Silvia Guglielmin (Italy), Marie Cassel (Sweden), Michael Wieser (Austria),  
Mihaela Bucuta (Romania)

Anxiety and depression in university students/young adults: study about  
psychotherapeutic interventions efficacy

[Ana Carvalhal Melo \(Portugal\)](#)

Psychodrama and Cognitive-Behavioral Therapy in Obesity: assessment of a group  
intervention program to work with emotions

[Filipa Mucha Vieira \(Portugal\)](#), Sandra Torres (Portugal)

Prescribing Psychodrama

[Madalena Nunes \(Portugal\)](#)

**16:10-16:30**

#### Coffee Break

**16:30-17:50**

### Plenary Room

#### Posters

Mental health in the university context – psychological well-being amid Portuguese  
college students. Project presentation

[Paula Alves \(Portugal\)](#), Célia Sales (Portugal), Iolanda Galinha (Portugal), Carla  
Lucas (Portugal), Filipa Oliveira (Portugal), Teresa Neves (Portugal), Odete  
Nunes(Portugal), Luísa Soares (Portugal)

Psychotherapy Research Portugal (PRP)

[PRP Team](#)

Individualized Patient-Progress System (IPPS): An on-going project

[Célia Sales \(Portugal\)](#), [Paula Alves \(Portugal\)](#), Robert Elliott, Chris Evans, Carla  
Moleiro (Portugal), Peter Wakker

#### Book presentation

#### John McLeod book presentation

## Saturday

**18:00-18:40**

**Plenary Room**

**Plenary Session 5**

**Célia Sales**

[Universidade Autónoma de Lisboa, Portugal](#)

" Individualized Patient Progress Research"

**Summing up & Closing**

**18:50-19:00**

**Plenary Room**

## Sunday

9:00-17:30

Room A

**Doing qualitative Research in Psychotherapy**

This seminar offers the opportunity for participants to discuss their own qualitative research projects in the field of psychotherapy and counselling.

Simultaneous  
workshops

**Professor Jörg Frommer**

MD, MA, Psychiatrist, Psychoanalyst, Professor for Psychosomatic Medicine, Head of the Department of Psychosomatic Medicine and Psychotherapy, Medical Faculty and Clinic Centre, Otto-von-Guericke-University Magdeburg

9:00-17:30

Room B

**Mixing methods to relate process and outcome.**

Two research methodologies, each with both qualitative and quantitative aspects, will be used to explore ways that research may more successfully engage therapists in practice. I start from a fundamental problem that although there is strong evidence that psychotherapy is effective, we have little understanding of the processes by which it achieves its results. One limitation of current research is the concentration on psychological processes within the individual or at best, between the client and the therapist. The Leeds Attributional Coding System was developed to examine the causal expectations by which family members guide themselves and each other. The methodology will be illustrated by examples of application to family therapy sessions with an emphasis on how this originally constructivist technique provides insights into the operation of family relationships. These insights are then converted into detailed strategies for therapists working with individuals, couples and families.

The second methodology was modelled on the CORE project but is concerned with relationships rather than intra-individual change. The account of the research process to develop the SCORE provided in the earlier plenary, will be built on to consider the implications of measuring therapeutic effect through client reports of their family processes. Workshop participants will gain experience of using the two instruments so that we can jointly explore how they can be used to intrigue therapists and create practitioner research networks.

Simultaneous  
workshops

**Professor Peter Stratton**

Professor of Family Therapy at Leeds Family Therapy & Research Centre, University of Leeds.

Peter Stratton is a Systemic Psychotherapist and psychologist with broad research interests and substantial involvement in statutory processes that affect the provision of psychotherapy. His own research includes development of an outcome measure for families in therapy (the SCORE project); the effects of basing training on concepts of active learning and the dialogical construction of self; the relationships of humour and creativity during psychotherapy; attributional analyses of family causal beliefs and blaming; public attitudes to terrorism by combining attributional coding with metaphor analysis; and fostering practitioner research networks. His current positions include: Editor of *Human Systems*; Academic and Research Development Officer for the Association for Family Therapy; Chair of the UKCP research faculty; Chair of European Family Therapy Association Research Committee.

## Sunday

9:00-17:30

Room C

Simultaneous  
workshops

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**Evaluation and assessment in routine psychological therapy: Theoretical and methodological issues**

In this workshop we will work from the theoretical and methodological foundations of the Clinical Outcome in Routine Evaluation (CORE) system and the complementary CORE-OM and shortened measures and also the PSYCHLOPS measure. It will be an opportunity to learn how to interpret and use routine measures in the light of the clinical encounter, i.e. individual, group, couple or family work, and the clinical modality, looking both to the research and the clinical service utility of using such measures routinely.

**Professor Chris Evans**

Professor of Psychotherapy in Nottingham and author of over 150 publications. He is trained in individual analytic/dynamic therapy (Royal College of Psychiatrists), Group Analysis (IGA) and family/systemic therapy (Prudence Skynner Clinic/Tavistock). His research interests have been more quantitative than qualitative but have included some qualitative work and hybrid methods including use of personal questionnaires (PSYCHLOPS) and repertory grids. He is a co-author of the CORE-OM and CORE system, lead for translations and trustee of the CORE System Trust.

9:00-17:30

Room D

Simultaneous  
workshops**Psychotherapy Research in Clinical Practice**

This seminar is targeted to academics and practitioners interested in integrating research in the daily routine of mental health delivery. It starts with an introductory overview of the basic concepts and major methodological approaches in psychotherapy research. A second section is dedicated to the presentation and discussion of research designs and instruments that have been successfully used in clinical naturalistic contexts, as part of the routine delivery procedure. A final section is dedicated to the discussion of participants' own projects.

**Professor Célia M.D.Sales**

Psychologist, Family Therapist, PhD in mental health in Psychiatric context. Professor for Family Therapy, Statistics and Research Methods in Psychology. Director of the Post-Graduation Course on Family and Community Therapy, Universidade Autónoma de Lisboa (UAL)

9:00-17:30

Room E

Simultaneous  
workshops**Case study research by practitioners and students: making the connection between systematic inquiry and personal/professional development**

Case study research has the potential to make a major contribution to the knowledge base for counselling and psychotherapy. The aim of this workshop is to examine some of the ways that both experienced practitioners, and students/trainees, can work together in groups to carry out systematic and rigorous case-based research. The workshop will offer an overview of concepts and methods in case study research, along with opportunities for experiential exploration of issues and dilemmas associated with this form of inquiry.

**Professor John McLeod**, Professor of Counselling at the University of Abertay Dundee. He is author of books and articles on many aspects of counselling and psychotherapy (including *Case Study Research in Counselling and Psychotherapy*, Sage, 2010), and is committed to the value of research as a means of informing practice.

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