

SPR SOCIETY FOR PSYCHOTHERAPY RESEARCH
an international, multidisciplinary, scientific organization

Book of Abstracts

42nd International Meeting
June 29 – July 2, 2011
Bern, Switzerland

Official Carrier



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Preface

Dear colleagues,

On behalf of the Local Committee and the Program Council, it is a great pleasure to welcome you to beautiful Bern, to celebrate the 42nd International Meeting of the Society for Psychotherapy Research.

With over 680 presentations and the participation of 38 countries worldwide, represented by 148 authors from North America, 48 from South America, 415 from Europe, including 10 from Eastern Europe, 43 from Asia, 20 from Oceania, and two from Africa, there is no doubt that the Bern SPR International Conference will truly be an Encounter between Cultures!

The presentations are distributed across 120 panels, 27 brief paper sessions, 18 structured discussions, 8 workshops and 2 poster sessions with 69 posters each. Such a large number of presentations creates not only a unique opportunity to share scientific knowledge from different origins, to share experience and learn from each other, but also represents an organizational challenge. To facilitate this enthusiastic participation, twelve 90-minute parallel sessions, for panels and open discussions, or 60-minute sessions, mostly for brief papers, are scheduled for presentation over the three days of the conference.

For your convenience, the plenary activities (Opening Ceremony, Presidential Address and Closing Talk) will be broadcast through a close-circuit Television system to a second room.

The conference program will begin on Wednesday Morning (June 29th, 2011) with one workshop lasting the whole day and seven workshops beginning in the afternoon. In the evening, the opening ceremony will be followed by Lynne Angus' presidential address, ending with the welcoming reception. Like last year, we selected those contributions related to the theme of the conference, "Encounters between Cultures in Psychotherapy Research" and organized them along two parallel "Conference Theme Tracks" (rooms 120 and 205) which will last over the three days of the meeting.

On Thursday and Friday evening (7:30 PM), after the panel, brief paper and structured discussion sessions, the poster session will begin with an "ultra short" presentation of early career members that are participating in the second Lester Luborsky Student Poster Award competition.

The program concludes on Saturday evening with a closing plenary; Mary Target will give the talk: "Mentalization, a common factor across psychotherapies?" Later, we will have the opportunity to share the banquet together. This will take place in a magnificent building, the Kultur Casino, right in the heart of the Old Town of Bern. Its terrace offers a splendid view of the city. A live band will entertain you from 10 PM, in a separate room, (so that those of you, who prefer to talk, will not be disturbed by the music).

The program chair wants to express his gratitude to the Program Council, to the Local Team represented by the Local Host Franz Caspar and Robert Richardson; thank you for the perfect communication and coordination. I want to express my gratitude also to the whole Executive Committee, especially to Louis Castonguay, Tracy Eells and Lynne Angus, for her patience, to Sven Schneider for his "cybernetic" support, to my Chilean colleagues Laura Moncada and Claudio Martinez. I especially appreciate the great help and support of PhDC, Paula Dagnino, who was my right hand in this endeavor.

We expect that this will be one of the most attended SPR meetings ever. This attendance and the vast diversity of countries and cultures represented, are a step forward in the internationalization and development of our organization. We greatly appreciate your interest and enthusiasm.

The Conference Program Council and the local team worked hard to make this a wonderful experience for you.

Guillermo de la Parra
Program Chair

Franz Caspar
Local Host

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Poster
Neuroscience

Psychotherapeutic micro strategies: Efficacy and electrocortical correlates of one session cognitive reframing and progressive muscle relaxation intervention in a clinical sample

Marie Christina Zahn - University of Trier, Germany, Luisa Zaubmüller, Wolfgang Lutz

AIM: People with mental disorders and especially depressed individuals have, in contrast to healthy human beings, limited skills to regulate their moods and emotions appropriately. The aim of this study is to evaluate the efficacy of a therapeutic micro intervention to improve emotion regulation in a clinical sample in comparison to a control intervention (muscle relaxation) and to extract the correlating electrocortical changes. The results of Zaubmüller & Lutz (2010) who investigated a subclinical depressed sample and used a related design should be replicated. Methods: The sample consists of 42 clinical subjects from the waiting list of an outpatient center. Participants were instructed to either look at a set of negatively valent pictures (IAPS) or to reappraise the situations in terms of generating a less negative interpretation of the picture. During this process, event-related brain potentials were recorded and the participants were subsequently asked to rate the intensity of their emotional response. After this EEG task half of the participants were randomly assigned to a brief intervention in which cognitive reframing of emotion activating situations is introduced and trained, whereas the other half of the participants were randomly assigned to a brief intervention in which progressive muscle relaxation is introduced and trained. Following this sessions the participants performed the EEG task again with another set of negatively valent pictures. Results: Preliminary results show the efficacy of the psychotherapeutic micro intervention on behavioral and electrocortical level. Discussion: The results will be discussed regarding their meaning for micro changes in psychotherapy.

Poster
Training

Can we get motivational? A meta-analysis of the effects of MI training on clinician's behaviour

Grégoire Zimmermann - University of Lausanne, Switzerland, Diana Ortega, Jean-Nicolas Despland, & Yves de Roten

Background: Motivational Interviewing (MI) is a therapeutic style defined as "a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving client ambivalence" (Miller & Rollnick, 2002, p. 25). MI-based interventions have been widely used with a number of different clinical populations and their efficacy has been well established. However, the clinicians' training has not traditionally been the focus of empirical investigations. The objective of the present study is to address this issue. Method: Twelve studies involving 617 clinicians, published between 1990 and 2008 were identified and then subjected to meta-analysis using "Comprehensive Meta-analysis" Software. Results: Pre-post training analysis (within group comparison) indicated important benefits of the training (mean weighted Hedge's $g = .74$, 95% CI = .61-.87). However, when compared to control condition (no training), mean weighted between group effect size was smaller (mean weighted Hedge's $g = .27$, 95% CI = .18-.73). Discussion: In general, MI training tends to improve clinician's skills. The training effect is nevertheless less important when we compared to a control condition. Research on training outcomes appears to be in its infancy, and future studies will need to better consider designs (e.g. control condition) as well as evaluation and maintenance strategies.