

Process Notes

The Official Newsletter of the Section on Psychotherapy Process and Outcome Research
of the Society of Counseling Psychology
Issue 1, May 2004

Greetings From the Editor

Hello! I am pleased to present the first issue of Process Notes, the official newsletter of the Section on Psychotherapy Process and Outcome Research of the Society of Counseling Psychology. Thank you all very much for bestowing the title of Editor on this humble scholar.

Following the advice of Rod Goodyear and various other interested parties (most specifically Jim Lichtenberg and Ted Packard) we have created the format of the newsletter that you are now reviewing. We welcome suggestions and comments on this first effort and I'd like to particularly emphasize that the success of this newsletter depends upon you! There is no way that I can possibly keep up with everyone in the section and all of the events, awards, etc. that are of interest to our membership. Thanks to those of you who have sent stuff to me- and to those of you who haven't-get with the program!

The centerpiece of each issue of Process Notes will be an interview like the one you see here with Mike Lambert. I'd be pleased (and perhaps relieved) to receive your suggestions for future interviewees. These folks should be section members, but that requirement is not absolute.

On a final note, I'd be remiss if I did not acknowledge the contributions of Will Meek, graduate student in CP at UMKC and Production Manager of Process Notes. Will has spent many hours helping to gather information and in formatting the final product. We hope you like it.

Our next issue is planned for October, but don't let that keep you from sending news items as you think of them. My email address is murdockn@umkc.edu. I'll look forward to hearing from you and seeing you at section events in Hawaii. For those of you going to Rome-well, I guess I'd better censor my comment on that.....

-Nancy

Contents:

- p2. **Words of Wisdom-An Interview with Michael Lambert**
- p3. **New STG on Evidence-Based Practice Co-Led by Section Member Bruce Wampold**
- p5. **SPPOR Events at the American Psychological Association Convention**
- p5. **Award for Lifelong Achievement in Process/Outcome Research**
- p5. **An Editor Among Us: Charlie Gelso Appointed Editor of Psychotherapy**
- p6. **How Do You Say "Further Research is Needed" in Italian?**
- p6. **Member News**
- p7. **Member Publications and Presentations**

This Issue's Special Feature: Words of Wisdom-An Interview with Michael Lambert

Michael Lambert is probably among the most easily recognized psychotherapy process and outcome scholars currently active today. He received his Ph.D. from the University of Utah in 1971, and is currently a professor at Brigham Young University, where he continues his prolific work. He was recognized by APA's Division 29 in 2002 with the Distinguished Psychologist Award. It was my privilege to interview Dr. Lambert for this first issue of Process Notes.



Nancy Murdock (NM): *What are you up to these days?*

Michael Lambert (ML): I am teaching in our clinical psychology doctoral program, busy doing research on the effects of psychotherapy, still seeing about 8 clients per week in private practice. I am also

working as the president elect for the society for psychotherapy research, planning meetings in Rome, Zion National Park., Montreal, and Edinboro. I have plenty of consultation work going on research conducted across the USA, Holland, Germany, Italy, and Australia. With a family that is grown I have time to devote myself to work.

NM: *What do you see as the next steps in your counseling process/outcome research?*

ML: We have completed and published 4 large scale studies and have two more underway that investigate the effects of providing feedback to therapists about which of their ongoing cases are not responding positively to treatment. We have found that therapists cannot predict treatment failures accurately, but that statistical methods can. When the predictions are given to therapists as a signal-alarm therapists tend to keep their clients in treatment longer and those clients have better outcomes (in relation to treatment-as-usual controls). Each study takes about a year to complete and requires about 1,000 clients. Because of the generous cooperation of the counseling center clients and professional staff we have been able to keep a systematic set of studies going, with each new study building on the findings of the prior work. Our ongoing studies investigate the use of Clinical Support Tools for assisting therapists in their work with failing cases. The tools consist of a decision tree that organizes thinking about what could be going wrong, and brief scales that measure atheoretical constructs that we believe may hinder progress. Essentially, if a case is failing we ask the client to complete scales measuring

the therapeutic alliance, motivation, and social support. This coming year we will be adding a perfectionism scale and changing the nature of the feedback we give clinicians about what is important to address or ignore. Our first study of adding clinical support to feedback on treatment failure had a very large positive effect on outcome, but also a potential methodological flaw. We are also investigating the effects of giving clients feedback on their progress (in relation to normative responding), to see if it is beneficial.

NM: *What are the big issues in counseling process/outcome research?*

ML: The biggest issues have to do with the notion of empirically supported therapies and the extent to which they should be used instead of other treatments and possibly the amount of therapy that is required in order for (the majority of) clients to get a meaningful benefit. These issues are central in deciding what to do with clients (process) and how much will be enough. Unfortunately research evidence (and the lack thereof) has been used as a political tool by those who wish to limit resources and restrain practice to their theoretically favored interventions.

Although it is not a big national or international issue, I think the question of effectiveness of psychotherapy with minority and ethnic/racial groups is a neglected empirical issue of importance in counseling psychology. I must say I find the willingness to emphasize rhetoric and the unwillingness to empirically examine outcomes to be a serious problem in the field.

NM: *Of the work you've done, what are you most proud of?*

ML: I am most proud of my current research. I started my foray into psychotherapy research as an intern at the University of Utah's Counseling Center in 1970. For two decades I was mostly a scholar who reviewed and commented on the work of others. This scholarship gave me a firm foundation to finally launch a program of

research that has an immediate impact on clients. I have been interested in patient deterioration since joining Allen Bergin in 1977 through a scholarly review of the extent and causes of negative therapy-induced changes in clients. While writing extensively on this topic, it is only recently that I have had the means of doing something directly about it. I feel successful--so far.

NM: *What do you want to be known for?*

ML: The above would be fine. I am strongly committed to using empirical methods to enhance the human enterprise of psychotherapy. It has always been my goal to be an effective psychotherapist and I believe I have helped many people.

NM: *What disappointments have you had as a researcher? What barriers have you had to overcome?*

ML: I have been limited by not having an additional 10-20 IQ points on my side. I am not a strong writer or statistician. I am better than I used to be. The biggest barrier I feel is time. I realize that my aspirations will never be achieved mainly because there is so much that I will never be able to do.

NM: *What people factors have shaped what you've focused your work on?*

ML: I found my graduate training in counseling psychology to be exceptional because people like Ted Packard, Addie Fuhman, Ernst Beier, and Robert Finley fostered an atmosphere of collaboration and equality. We discussed ideas, interventions, theories, personal development in an egalitarian atmosphere. Authority was not a substantial reason for doing or believing. Students were highly valued as persons of worth.

NM: *If you were starting now as a researcher, but with the knowledge you already have, what would you do differently?*

ML: I would do exactly what I am now doing.

NM: *If you were not a psychotherapy process/outcome researcher, what career/occupation do you think you'd be in instead?*

ML: If I were not a psychotherapy researcher I would pursue research in Medicine. I could be happy doing almost any kind of medical research if it did not involve the isolation of lab work. In particular I can see how medical practice rarely includes careful monitoring of patient treatment response. Because of the power of computers, data analytic techniques, and information technology, I believe that much could be done to better ensure patient care.

I feel drawn towards scholarship and research. I think it would be very interesting to be a legal scholar. I admire legal reasoning and think legal/ethical dilemmas are fascinating. I am very impressed by the kinds of minds that are good at these tasks and the clear expression of findings.

I find pleasure in knowing things and finding out about things. I believe I would be happy in any area that involved inquiry and allowed the freedom to pursue my own interests. The University life is a good one for me. Of course, if it were possible I imagine that it would be great to be a top five tennis player, or be able to make a living as a musician.

New STG on Evidence-Based Practice Co-Led by Section Member Bruce Wampold; Other Section Members Involved Too

At the Society of Counseling Psychology (SCP) Midyear meeting in San Diego, a new STG was formed to further SCP involvement in the development and promotion of systems which integrate science and practice, so that each is informed by the other. SCP has endorsed a set of principles of empirically supported interventions; three other APA divisions have undertaken projects in their

own area from their own perspectives (see references below). The goal of the STG is to enable SCP to play a significant role, in collaboration with other divisions, boards, and APA president-elect Ron Levant, in advancing principles to provide effective mental and behavioral health interventions.

In the last decade a concerted effort has been made to evaluate the effectiveness of mental and behavioral health interventions. These efforts have included developing criteria and identifying empirically supported treatments, identifying empirically supported therapy relationships, disseminating criteria for evaluating treatment guidelines, and identifying principles evaluating evidence related to psychological interventions. These initiatives, to varying degrees, have influenced accreditation criteria, funding priorities, and the management and payment of services. Unfortunately, also they have created disagreement about the relative merits of identifying treatments and about how evidence should be used and interpreted relative to practice.

It is a propitious time for various constituencies to come together to devise principles that can guide researchers, practitioners, and managers of care to function in a manner that will increase the effectiveness of mental and behavioral health interventions. In this regard, the APA is poised to provide the leadership to accomplish this mission. Indeed, one of President-elect Ron Levant's major initiatives is to address the complex issues related to evidence-based practice.

SCP advocates that the APA initiatives in the area of evidence bases for intervention be guided by the following considerations:

- Collaboration among various groups including scientists and researchers, practitioners, educators and trainers, public interest groups, managed care, and funding agencies (e.g., NIMH).
- A broad construal of evidence, but with the recognition that the evidence must be used ultimately to deliver effective treatments, interventions, and programs to clients.
- A recognition of cultural values and needs of all persons.
- A recognition that various models can be used to conceptualize mental and behavioral health interventions.
- A concerted effort by all to support effective programs and practices derived from a variety of perspectives and delivered in diverse contexts.

-A recognition of various efforts related to evidence and practice that have emanated from divisions.

Examples of APA Division efforts in the area of empirically supported treatments and evidence-based practices include

Division 12: Empirically Supported Treatments: Chambless, D. L., Baker, M. J., Baucom, D. H., Beutler, L. E., Calhoun, K. S., Daiuto, A., DeRubeis, R., Detweiler, J., Haaga, D. A. F., Johnson, S. B., McCurry, S., Mueser, K. T., Pope, K. S., Sanderson, W. C., Shoham, V., Stickle, T., Williams, D. A., & Woody, S. R. (1998). Update on empirically validated therapies, II. *The Clinical Psychologist*, 51, 3-16.

Division 16: Evidence-based Intervention in School Psychology: Kratochwill et al. (2002). Special Issue: Special Issue: Evidence-based interventions in school psychology: The state of the art and future directions. *School Psychology Quarterly*, 17.

Division 17: Principles of Empirically Supported Interventions: Wampold, B. E., Lichtenberg, J. W., & Waehler, C. A. (2002). Principles of empirically-supported interventions in counseling psychology. *The Counseling Psychologist*, 30, 197-217.

Division 29: Empirically Supported Therapy Relationships: Norcross, J. C. (Ed.). (2001). Special Issue: Empirically Supported Therapy Relationships: Summary Report of the Division 29 Task Force. *Psychotherapy: Theory/Research/Practice/Training*, 38.

We look forward this exciting opportunity to further the integration of science/research and practice in ways that will lead to more effective service delivery while maintaining the values and incorporating the philosophy at the core of SCP. We are in the process of contacting other divisions so that we can work collaboratively within the larger APA organization. We also hope to have discussion and programming around this topic at the 2005 Multicultural Summit. We welcome your feedback and input on this initiative. STG Members: Bruce Wampold and Jaquie Resnick (Co-coordinators), Rosie Bingham, Louise Douce, Linda Forrest, Janet Helms, Puncy Heppner, Nancy Murdock, and Lisa Suzuki.

SPPOR Events at the American Psychological Association Convention

President Rod Goodyear reports the following section events are planned for the APA meeting in Honolulu. See you there!

Thursday, July 29 11 - 11:50

Larry Beutler (invited presenter):

Empirically Supported Principles of Therapeutic Change and ATI Effects

Bruce Wampold, discussant

Saturday, July 31 8 - 8:50am

Open meeting with the Counseling Psychology Principles and Empirically Supported Interventions Task Force (Society of Counseling Psychology's Hospitality Suite)

Saturday, July 31 9 - 9:50am

Section Business Meeting (Society of Counseling Psychology's Hospitality Suite)

Award for Lifelong Achievement in Process/Outcome Research

The Section's Executive Board has decided to create an award that would be roughly analogous to the Division's Leona Tyler Award for work related to the purpose of this Section. For this year -- because of time constraints -- the Executive Board will serve as the committee that oversees this award, with the plan to announce the award recipient at the Business Meeting in August. So please plan to be at that meeting!

An Editor Among Us: Charlie Gelso Appointed Editor of Psychotherapy: Theory, Research Practice and Training

Dr. Charles Gelso has been named the new editor of Division 29's journal, *Psychotherapy: Theory, Research Practice and Training*. Charlie, who reports that he began his career as a psychotherapy researcher "100 years ago or so," (Campbell, 2003, p.33) brings an impressive record of psychotherapy process and outcome research to his editorship. Charlie's initial goals as editor are to continue the journal's tradition of openness to diverse methodology and theoretical orientations and in doing so, maintain a balance of

theory, research, practice, and training in the journal's content. Citing the journal's historical strengths of usefulness to practitioners and researchers alike, he hopes to increase the energy and excitement around Psychotherapy so that scholars send him their manuscripts first!

As new editor, Charlie is hoping to use his tenure to also



help answer some of the current questions facing psychotherapy. As part of this effort, he would like to see manuscripts that tackle the "who, what, when, and where question,"

(Campbell, 2003, p.33) --what approaches used by which therapists work with which clients and in what circumstances? Some special issues and special subsections are in the planning stages, including the first one on the interplay of therapy techniques and the therapeutic relationship (manuscript submissions are invited NOW). However, Charlie does not want to create a special topical focus for the journal and emphasizes that quality scholarship is what he seeks above all else.

Increasing submissions is also an important goal for this new editor, so send him many manuscripts. Charlie, as most of you know, is on the faculty of the University of Maryland Counseling Psychology, his correspondence address is: Department of Counseling and Personnel Services, 2147J Biology-Psychology Building, University of Maryland, College Park, MD 20742-4411

Manuscripts can be submitted via APA's on-line submission or in hard copy. Charlie requests that those submitting electronically mail two hard copies to him at the above address.

Campbell, L. (2003). Interview with Dr. Charles Gelso: Incoming editor of the journal of *Psychotherapy*. *Psychotherapy*, 38(3), 33-35.

How Do You Say "Further Research is Needed" in Italian?

Society for Psychotherapy Research Meeting in Rome

The 35th Annual Meeting of the Society for Psychotherapy Research will meet this June 16-19th at the Aurelia Convention Centre in Rome, Italy. The conference will be a wonderful opportunity to immerse yourself in an international forum of psychotherapy research and scholars, as well as to experience the wonders of Italy.

The opening ceremony and welcoming reception will be held at 6:00pm on Wednesday, June 16th at the conference center, and is included in registration. There will also be a conference banquet held on the terrace "Il Vittoriano," which is one of the most impressive historical monuments in Italy, provides a spectacular view of the city. After dinner, participants can walk through one of the most historic areas of Rome, and experience the Coliseum, Capitol Hill, the Imperial Forums, and the Palatine Hill. Cost for the banquet is € 95,00 per person.

At the time of publication, the agenda and complete presentation list was not available. However, scientific sessions will be from Wednesday to Saturday, and a select number of the presentations will have Italian translators since English is the official language of the conference.

Participants can expect weather between 77-86 degrees. During free-time, non EU members can enjoy tax-free shopping by requesting a "fattura" or a tax-free cheque from vendors. The meeting venue is located in a quiet part of the city, but has easy access to Rome's downtown. It offers an array of conference and hotel rooms, and should be ideal for the conference. For more details and specific conference information, please visit www.psychotherapyresearch.org/rome2004.

Member Presentations at SPR

Hanson, W. E., Petska, K. P., & Hayes, S. E. *Process measures used in psychotherapy research: A review.*

Harmon, C., Lambert, M., Smart, D., Nielsen, S. & Hawkins, E. (2004). *Patient-focused research: Using client feedback to decrease treatment deterioration.* Poster 4, Raffaello Room, Thursday, June 17, 2004, 6:00 to 8:00.

Hess, S. A., Knox, S., & Hill, C. E. Learning how to manage client anger: A comparison of three types of supervision for novice therapists.

Hill, C. E., & Lent, R. W. The empirical status of helping skills training: What do we know?

Hill, C. E., Knox, S., Thompson, B. J., Williams, E. N., Hess, S. A., Ladany, N. Consensual qualitative research: An update.

Okiishi, J., Dayton, D., Lambert, M., Oshida, M., Nielsen, S., Smart, D., & Vermeersch, D. (2004). *Feedback vs. no-feedback with possible treatment failures: A follow-up.* Poster 51, Raffaello Room, Wednesday, June 16, 2004, 7:15 to 9:00.

Pawlowski, C. A., & Hanson, W. E. (2004). *Effects of MMPI-2 test feedback favorability on client subjective well-being, session process, and therapist credibility.*

Peterman, T. (2004, June). Adult attachment, emotional communication, and accurate empathy. In B. Mallinckrodt (Chair), *Clinical implications of adult attachment research.*

Member News

Dr. Jeffery A. Hayes at Penn State University has been appointed associate editor of Psychotherapy Research.

Dr. Clara Hill at the University of Maryland - College Park reports that Psychotherapy Research is currently accepting manuscripts for publication. If you are interested, send one copy of your paper to psyres@psyc.umd.edu, and another copy to: Dr. Clara E. Hill, Department of Psychology, University of Maryland, College Park, MD 20742. You can find more information at www.ptr.oupjournals.org.

Dr. Rod Goodyear of The University of Southern California is collaborating with Dr. Harry O'Neil on developing a distance learning approach to treating test

anxiety, funded by the Office of Naval Research. During this past year, they have been developing and pilot testing both materials and a protocol, with the plan to further refine the treatment so that it can be a counselor-assisted, web-delivered intervention.

Dr. Brent Mallinckrodt of the University of Missouri-Columbia has recently been selected as a Fellow of Division 29, and has just finished 8 years as an associate editor of *Psychotherapy Research*.

Dr. Nancy Murdock is pleased to announce that the University of Missouri-Kansas City Counseling Psychology Program has hired a new faculty member, Chia-Chih (DC) Wang. DC (for "double C") is a University of Missouri-Columbia grad-to-be; he is currently completing his predoctoral internship at the University of California-Davis Counseling Center.

Dr. Thomas Sexton has a recent article and book chapter, and is beginning work on a National Institute of Drug Abuse grant to study change mechanisms in Functional Family Therapy with drug abusing youth.

Dr. Dave Smart of Brigham Young University reports that the BYU counseling center is about to inaugurate a new software system that will immediately score and graph Outcome Questionnaire (OQ) results. Clients will complete the OQ on PDAs before each counseling session. As soon as the PDA is cradled, a session-by-session graph of OQ scores will be updated and available on the therapist's computer screen. By providing immediate updates on session-by-session OQ feedback to therapists and clients, we hope to improve outcome, particularly for the 10% of our clients who don't seem to respond to therapy.

Member Publications and Presentations

Cho, Y.-J., & Mallinckrodt, B. (2004, July). *Influence of separation from parents on Korean students' adult attachments*. Poster presented at the annual convention of the American Psychological Association, Honolulu, Hawaii.

Hill, C. E., Kellems, I. S., Kolchakian, M. R., Wonnell, T. L., Davis, T. L., & Nakayama, E. Y. (2003). The therapist experience of being the target of hostile versus suspected-unasserted client anger: Factors associated with resolution. *Psychotherapy Research*, 13, 475-491.

Hill, C. E. (2003). *Dream work in therapy: Facilitating exploration, insight, and action*. Washington DC: American Psychological Association.

Hill, C. E. (2004). *Helping skills: Facilitating exploration, insight, and action* (2nd ed.). Washington DC: American Psychological Association.

Krumboltz, J.D., and Levin, A.S. (2004). *Luck is no accident: Making the most of happenstance in your life and career*. Atascadero, CA: Impact Publishers. www.impactpublishers.com

Mallinckrodt, B., & Chen, E. C. (in press). Attachment and interpersonal impact perceptions of group members: A Social Relations Model analysis of transference. *Psychotherapy Research*.

Mallinckrodt, B., & Wang, C. C. (in press). A quantitative method for establishing equivalence of translated research instruments: Chinese version of the Experiences in Close Relationships Scale. *Journal of Counseling Psychology*.

Wettersten, K. B., Lichtenberg, J. W., & Mallinckrodt, B. (in press). Relation of working alliance to outcome in brief solution-focused and interpersonal therapy. *Psychotherapy Research*.

Murdock, N.L. (2004). *Theories of counseling and psychotherapy: A case approach*. Upper Saddle River, NJ: Prentice Hall.

Murdock, N.L. & Gore, P.A., Jr. (In Press) Differentiation, stress, and coping: A test of Bowen theory. *Contemporary Family Therapy*.

Sexton, T. L., Ridley, C. R., & Kliner, A., (2004). Beyond Common Factors: Multilevel-Process Models of Therapeutic Change. *Journal of Marriage and Family Therapy*.

Sexton, T. L., Alexander, J. F., & Mease, A. C., (2003). Level of evidence for the models and mechanisms of therapeutic change in couple and family therapy. In M. Lambert (Ed). *Handbook of Psychotherapy and Behavior Change*. Wiley: New York.

Tracey, T. J.G., Lichtenberg, J. W., Goodyear, R. K., Claiborn, C., Wampold, B. E. (2003). Concept mapping of therapeutic common factors. *Psychotherapy Research*, 13, 401-413

Tuason, M. T. (In Press). What deprivations and privileges we all have. (in press). In S. K. Anderson & V. Middleton (Eds.) *Explorations in issues of privilege, diversity, and oppression*.

Tuason, M. T. & Guess, C. D. Jeepneys (2004). *Values in the streets*. Submitted for presentation at

the 112th Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Tuason, M. T. (2004). *Who is the Filipino American? Relationship and ethnic identity processes*. Submitted for presentation at the 112th Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Winterowd, C., Beck, A., & Gruener, D. (2003). *Cognitive therapy with chronic pain patients*. New York, NY: Springer Publishing Co

Section Officers & Executive Board

<u>Chair</u> Rod Goodyear	<u>Treasurer</u> Bryan Kim
<u>Secretary</u> James Lichtenberg	<u>Members-at-Large</u> Bob Morgan & Charles Gelso