



The Hebrew University of Jerusalem

Syllabus

Psychotherapy Research: Processes & Outcomes - 51890

Last update 22-08-2018

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Psychology

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Jonathan Huppert

Coordinator Email: jonathan.huppert@mail.huji.ac.il

Coordinator Office Hours: Thursdays 2:30-4

Teaching Staff:

Prof Jonathan Huppert

Course/Module description:

This is a required course for clinical students in which they will learn about the theoretical and practical issues related to research in psychotherapy. The emphasis is on empirical evaluation of processes and outcomes.

Course/Module aims:

In this course there are three interrelated objectives: 1) to provide an understanding of the basic concepts and controversies related to psychotherapy research (eg, knowledge of the history of this study and the methodological issues related to such work). 2) to assist in developing the ability of critical reading articles about psychotherapy, with the goal of understanding the strengths and weaknesses of a given article. 3) provide tools to help test the clinical utility of an article for a specific client

Learning outcomes - On successful completion of this module, students should be able to:

- 1) The student will be able to describe the advantages and limitations of research in psychotherapy
- 2) the student will be able to evaluate an empirical article on psychotherapy in terms of its strengths and weaknesses
- 3) The student will be able to understand the issues related to designing a study on processes or outcomes of psychotherapy

Attendance requirements(%):

100

Teaching arrangement and method of instruction: presentations, discussion of readings, lectures

Course/Module Content:

1. הגדרות והיסטוריה: פסיכותרפיה, פסיכותרפיסטים וטיפול
א. שבוע 1. ההיסטוריה של המחקר בפסיכותרפיה
ב. שבוע 2. השיטה המדעית ופסיכותרפיה
ג. שבוע 3. נושאים מתודולוגיים במחקר של פסיכותרפיה

2. שבוע 4 האם פסיכותרפיה עובדת? האם חלק מהפסיכותרפיות עובדות טוב יותר מאחרות?

3. סוגיות מתודולוגיות / מערך המחקר בחקר פסיכותרפיה

א. מערכי נבדק בודד

ב. שבוע 6. קבוצות בקרה במחקר של פסיכותרפיה: מהן הדרכים הטובות ביותר לבחון את האפקטים הספציפיים?

4. מהם המנגנונים של פסיכותרפיה: גורמים ספציפיים מול גורמים משותפים

א. גורמים לא ספציפיים ומשותפים: "bird dodo the"?

ב. שבוע 8. ניסוי רנדומלי מבוקר (Trial Controlled Randomized): מערכי ניסוי לפי סטנדרט הזהב

ג. שבוע 9. המטפל, והשפעות ה"נאמנות" (Allegiance): משתנים מתערבים מתודולוגיים שיש

לחקור?

ד. שבוע 10. הברית הטיפולית (alliance therapeutic)

שב (Effectiveness) 11. הופעת תנועת ה-EST ומבקריה

ה.

Required Reading:

Paul (2007) Psychotherapy outcome can be studied scientifically. In S. O. Lilienfeld & W. O'Donohue (Eds.). (2007). *The Great Ideas Of Clinical Science; The 17 Principles That Every Mental Health professional Should Understand* (pp. 119-147). New York: Routledge, Taylor & Francis Group.

McFall, R. M. (2000). Elaborate reflections on a simple manifesto. *Applied and Preventive Psychology*, 9, 5-21.

Kazdin, A.E. (2007). Mediators and mechanisms of change in psychotherapy research. *Annual Review of Clinical Psychology*, 3, 1-27.

CONSORT: requirements for reporting RCTs (skim- keep as reference)

Eysenck, H. J. (1952). The effects of psychotherapy: An evaluation. *Journal of Consulting Psychology*, 16, 319-324.

Davison, G. C., & Lazarus, A. A. (2007). Clinical case studies are important in the science and practice of psychotherapy. In O'Donohue & Lilienfeld, Eds. *The great ideas of clinical science: 17 principles that every mental health professional should understand*. New York, NY, US: Routledge/Taylor & Francis Group. pp 149-162

Herbert, J. D., & Gaudiano, B. A. (2005). Moving from empirically supported treatment lists to practice guidelines in psychotherapy: The role of the placebo concept. *Journal of Clinical Psychology*, 67, 893-908.

Kirsch, I., Wampold, B., & Kelley, J. M. (2016). Controlling for the placebo effect in psychotherapy: Noble quest or tilting at windmills?. *Psychology of Consciousness: Theory, Research, and Practice*, 3(2), 121-131.

Strupp, H. H., & Hadley, S. W. (1979). Specific versus nonspecific factors in psychotherapy: A controlled study of outcome. *Archives of General Psychiatry*, 36, 1125-1136.

Strupp, H.H. (1998). The Vanderbilt I Study Revisited. *Psychotherapy Research*, 8:1, 17-29

Elkin I, Shea MT, Watkins JT, Imber SD, Sotsky SM, Collins JF, Glass DR, Pilkonis PA, Leber WR, Docherty JP, Fiester SJ, Parloff MB (National Institute of Mental Health

Treatment of Depression Collaborative Research Program): General effectiveness of treatments. *Arch Gen Psychiatry* 1989; 46:971-982.

a. Munder, T., Brüttsch, O., Leonhart, R., Gerger, H., & Barth, J. (2013). Researcher allegiance in psychotherapy outcome research: an overview of reviews. *Clinical Psychology Review*, 33(4), 501-511.

b. Kim, D.-M., Wampold, B. E., & Bolt, D. M. (2006). Therapist effects in psychotherapy: A random effects modeling of the NIMH TDCRP data. *Psychotherapy Research*, 16, 161-172.

c. Elkin, I., Falconnier, L., Martinovich, Z., & Mahoney, C. (2006). Therapist effects in the NIMH Treatment of Depression Collaborative Research Program. *Psychotherapy Research*, 16, 144-160.

Martin, D. J., Garske, J. P., & Davis, M. K. (2000). Relation of the therapeutic alliance with outcome and other variables: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 68, 450-438.

Chambless, D. L., & Ollendick, T. H. (2001). Empirically supported psychological interventions: Controversies and evidence. *Annual Review of Psychology*, 52, 685-716.

Elliott RE. 1998. Editor's introduction: a guide to the empirically supported treatments controversy, *Psychother. Res*, 8:115-25

a. Westen, D, Novotney, CM, & Thompson-Brenner, H (2004). The empirical status of empirically supported psychotherapies: Assumptions, findings, and reporting in controlled clinical trials. *Psychological Bulletin*, 130, 631-663.

APA Presidential Task Force on EBP. (2006). EBP in psychology. *American Psychologist*, 61, 271-285.

Evidence-Based Psychological Treatments: An Update and a Way Forward

David H. Barlow, Jacqueline R. Bullis, Jonathan S. Comer, and Amantia A. Ametaj (2013)

Annual Review of Clinical Psychology Vol. 9: 1-27

Additional Reading Material:

Optional: McFall, R.M. (1991). Manifesto for a science of clinical psychology. *The Clinical Psychologist*, 44, 6, 75-88. <http://www.bsos.umd.edu/sscp/manifest.aspx>

Optional : Keisler's response: Kiesler, D. J. (1966). Some myths of psychotherapy research and the search for a paradigm. *Psychological Bulletin*, 65, 110-136.

Optional: Bergin's response: Bergin, A. (1971) The evaluation of therapeutic outcomes. In Bergin and Garfield (Eds) *Hand book of Psychotherapy and Behavior Change*.

Optional: meta-analysis: Shapiro, D. A., & Shapiro, D. (1982). Meta-analysis of comparative therapy outcome studies: A replication and refinement. *Psychological Bulletin*, 92, 581-604.

Optional: Fishman About pragmatic case studies
<http://pcsp.libraries.rutgers.edu/instructions.php>

Optional: Hoffman, I.Z. (2009). Doublethinking our way to “scientific legitimacy”: The desiccation of human experience. *Journal of the American Psychoanalytic Association* 57:1043–1069.

Optional: Eagle, MN and Woliwitzky, D.L (2011). Systematic empirical research versus clinical case studies : a valid antagonism? *Journal of the American Psychoanalytic Association* 59:791-817.

Optional: Wampold,)1997(. A Meta-Analysis of Outcome Studies Comparing Bona Fide Psychotherapies: Empirically, "All Must Have Prizes" *Psychological Bulletin* and commentaries

Optional: DeRubeis RJ, Brotman MA, & Gibbons CJ (2005). A conceptual and methodological analysis of the nonspecifics argument. *Clinical Psychology: Science & Practice*, 12: 174-183. (and commentaries)

Optional: Hunsley and Digiulio (2002). Dodo bird, Phoenix, legend, or urban myth? *Scientific Review of Mental Health Practice*, 1, <http://www.srmhp.org/0101/psychotherapy-equivalence.html>

Optional: commentaries by Crits-Christoph, Soldz, Wampold, Elkin.

Optional: Crits-Christoph, P., Connolly Gibbons, M.B, Crits-Christoph, K., Narducci, J., Schamberger, M., & Gallop, R. : Can therapists be trained to improve their alliances? A pilot study of Alliance-Fostering Therapy. *Psychotherapy Research*, 13, 268-281, 2006.

Optional: Westen, D., Novotny, C. M., & Thompson-Brenner, H. (2005). EBP ≠ EST: Reply to crits-christoph et al. (2005) and weisz et al. (2005). *Psychological bulletin*, 131(3), 427-433.

Wampold, B. E., Frost, N. D., & Yulish, N. E. (2016). Placebo effects in psychotherapy: A flawed concept and a contorted history. *Psychology of Consciousness: Theory, Research, and Practice*, 3(2), 108-120.

Gaab, J., Blease, C., Locher, C., & Gerger, H. (2016). Go open: A plea for transparency in psychotherapy. *Psychology of Consciousness: Theory, Research, and Practice*, 3(2), 175-198.

Course/Module evaluation:

End of year written/oral examination 0 %
Presentation 25 %
Participation in Tutorials 10 %
Project work 40 %
Assignments 25 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: