

SPR 56th International Annual Meeting – Book of Abstracts

The Jagiellonian University, Kraków, Poland

Wed, June 25 - Sat, June 28, 2024

Conference Theme

**Psychotherapy Research-Practice Integration: Who
are the voices we need to hear?**

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Dear Colleagues,

It is with great pleasure that we welcome you to the **56th International Annual Meeting of the Society for Psychotherapy Research**. We are delighted to host this conference at the historic Jagiellonian University in Krakow, Poland. It is an honour to announce that the **Polish Psychiatric Association** and the **Department of Psychotherapy at the Jagiellonian University Medical College** are supporting this event.

As an international and multidisciplinary organisation, SPR has a long-standing tradition of promoting inclusivity. This is why the theme of this conference, ***Psychotherapy Research–Practice Integration: Who Are the Voices We Need to Hear?*** is especially close to our hearts. This meeting provides an opportunity for us to come together to identify and discuss what is needed to build on this tradition and to enhance equality, diversity, and inclusion in both psychotherapy research and practice.

On behalf of the Conference Program Planning Committee, we would like to thank all of you for the outstanding submissions of Panels, Brief Papers, Structured Discussions, Posters, and Pre-Conference Workshops. It is a joy to see that so many of these contributions speak to the theme—whether directly or by incorporating it into broader discussions.

Venue: The in-person meeting will take place at the Auditorium Maximum, Jagiellonian University, Krupnicza 33, 31-123 Krakow, Poland and at the Didactic Centre of the Faculty of Law and Administration JU. As shown on the maps below, activities will take place in these two adjacent buildings: the “Main Building” and the “Law Building”.

Online sessions: Once again, we are running an **online stream** in parallel with our in-person meeting, allowing registrants to present their work and attend virtually. These will be held via Zoom and take place within the same time frame as the in-person meeting.

Time Zone: All times in the programme are shown in local time (Central European Summer Time: GMT+2).

Live stream/recording: We will livestream and record the Opening Ceremony, selected pre-conference workshops, all six plenary sessions, the General Meeting and all presentations and structured discussions taking place throughout the conference in the following rooms of the main building: Aula Duża A, Aula Duża B, Aula Średnia A, Aula Mała, and Sala Seminaryjna. This setup allows online participants to choose between five parallel sessions and enables all registrants to view the recordings afterward. Please note that these recordings are available exclusively to conference attendees and will not be shared with the public.

Accessibility

Both buildings offer good accessibility, including elevators. The only rooms that may be somewhat more difficult to access are LB Aula A and LB Aula B. If you require assistance, please inform a member of the Local Organising Committee.

Program Structure

The program begins on Wednesday, 25 June, with 11 Pre-Conference Workshops:

- 5 in the morning (09:00–12:00)
- 5 in the afternoon (13:00–16:00)
- 1 all-day workshop (9:00 – 16:00)

The Opening Ceremony starts at **17:00** and includes the Presidential Address, the Awards Ceremony, and a reception.

Each day, the scientific program begins at **08:30** with presentations and concludes with poster sessions at 19:35 on Thursday and Friday. The program ends on Saturday at 16:00, followed by our traditional banquet at 20:00 at Stara Zajeźdnia – The Old Depot Restaurant (Św. Wawrzyńca 12, 31-060 Kraków).

The six **plenary sessions**, which directly address this year's theme, will take place on Thursday afternoon at 14:00 and Friday morning at 8.30am.

Meetings:

- Chapter Meetings and Area Affiliate Meetings are scheduled for Thursday lunch time
- The General Meeting will be held on Friday at 14:15
- Special Interest Section Meetings and the "Meet the Editors" session will take place on Saturday at 12.30.

Posters will be available both in person and online—we encourage you to explore them on both platforms! Following the success from last year, this year too a past president will discuss the online poster sessions.

Students/First-time attendees

SPR welcomes students and first-time attendees! You can connect and get oriented by attending a small get-together organized by ComCom in collaboration with the Student Committee. Student Committee members wear identification or color-coded tags. Please say hi and get connected.

The Student Committee has also organised another legendary pub night out after Friday's poster session at Viva La Pinta. They have also organised two structured discussions aimed at students/postdocs: Navigating Academia: Building Your Career Path (Thursday, 11:00), and Mental Health in Academia (Friday, 15:45).

Coffee & Lunch

Coffee stations in both buildings will serve coffee, tea, and water throughout the day. Each day includes a scheduled lunch break (please note varying times).

- A hot and cold lunch buffet will be served in the Sala Wystawowa on Thursday and Friday
- A boxed lunch will be provided on Saturday
- Designated seating areas are available both indoors and outdoors. Kindly refrain from bringing food or drinks into the presentation rooms.

Children's Corner

For the first time at SPR, we are offering a supervised space where your children can play. It is located on the ground floor, to the left of the main entrance, and will be open from Wednesday through Saturday. More information is available on our website and at reception.

We aimed at making the meeting as environmentally friendly as possible. We kept prints to a minimum, suggested hotels and the banquet are within walking distance, we use eco-friendly tableware, and leftover food can be taken home, and surplus will be donated to a local charity.

SPREDUCE would like to highlight our project calculating the carbon footprint of this conference using the transportation question on the conference registration page. Our goal is to evaluate environmental impact changes, with the aim of improving future conferences. (We will send out a consent form to use the data after the conference).

Website

Information about the banquet, what to do in Krakow, and other useful information can be found on our website:

<https://www.psychotherapyresearch.org/page/spr2025>

Social Media

Stay updated on conference activities via the **SPR Instagram (@sprofficial1)** and **Bluesky (@sprofficial.bsky.social)** accounts, and the official conference WhatsApp group

Huge “Thank You!”

We would like to express our heartfelt gratitude to everyone who made this meeting possible through their initiative, dedication, brilliant ideas, and hard work!

Finally, thank you—dear conference delegates and presenters—for your attendance and contributions. We wish you a rich and enjoyable conference experience!

Felicitas Rost, Chair Scientific Program Committee

Michał Mielimąka, Chair Local Organizing Committee

CE Credits

SPR is pleased to offer Continuing Education (CE) credits through the Society for the Advancement of Psychotherapy – APA Division 29. The Society for the Advancement of Psychotherapy – APA Division 29 is approved by the American Psychological Association to sponsor continuing education for psychologists. The Society for the Advancement of Psychotherapy – APA Division 29 maintains responsibility for this program and its content.

CE Credit is granted to participants with documented live attendance at individual workshops, structured discussions, and panels (marked as CE in the program) and completed evaluation forms for those sessions. Attendance is monitored. Credit will not be granted to registrants who are more than 15 minutes late, are absent for more than 15 minutes during a session, or those who depart more than 15 minutes early from a session.

All session evaluation forms will be completed online. Credit will not be granted to registrants who do not submit a completed evaluation form. It is the responsibility of registrants to comply with these requirements. It is the responsibility of the registrants to determine whether these CE credits are valid in their state of licensure.

Registration for CE credits can be done when registering for the conference or by contacting the Executive Officer at sprexecutive@gmail.com after registering. The fee is \$60 USD. Cancellation Policy: Full refund for a cancellation of CE purchase received prior to June 10, 2025. No refunds are given for cancellations received after June 10, 2025.

Complaint Procedure: Should you wish to file a formal complaint about the CE process, please visit the Society for the Advancement of Psychotherapy's website: <http://societyforpsychotherapy.org/> for complete instructions.

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Panel [online]

Change process

Organizer: Attà Negri, University of Bergamo, Italy

Using the Computerized Linguistic Measures of Referential Process for Implementing Measurement-Based Care

Practice-Based Evidence (PBE), Measurement-Based Care (MBC), Routine Outcome Monitoring or Measurement (ROM) are all approaches that reinsert the research process within the ecological context where clinical practice takes place by valuing specificities, singularities, and variability of each psychotherapy treatment. Process and outcome measures, normally performed by patient and therapist through primarily self-report measures, are used to monitor and increase the effectiveness of the process itself as it unfolds. These approaches add a quantification of the therapeutic process to the typical clinical evaluation of patient and therapist, and value differing viewpoints on treatment process and outcome as additional potentials for knowledge and not as biased views. To the point of view of therapist and patient can be usefully added a third external point of view, that of the analysis of the words used and the linguistic style adopted by the speakers that reveals the functions and phases of the emotional processing process, which in the terms of the multiple code theory (Bucci, 1997, 2020) is called the referential process (RP). RP is the process of connecting the non-symbolized elements of emotional experience with their symbolic referents (images and words). The panel will present examples of the application of computerized linguistic measures of RP in daily clinical practice, supervision and research, using the DAAPLab, a new user-friendly application of the Discourse Attributes Analysis Program (Maskit, 2011) that can transcribe sessions, graphically represent and measure RP within sessions and throughout treatment.

The DAAPLab (Discourse Attributes Analysis Program Laboratory): A Tool to Monitor and Measure the Therapeutic Process for Supervision, Research, and Clinical Purposes.. *Attà Negri, University of Bergamo, Italy, Riccardo Bianchi, Department of Aerospace Science and Technology, Milan Polytechnic, Italy, Stefano Milesi, University of Bergamo, Italy*

To bridge the gap between psychotherapy research and clinical practice, it is useful to adopt a complexity-oriented epistemological approach, in which internal and external views on the therapeutic process are considered a source of knowledge. Often in Routine Outcome Monitoring (ROM), only internal evaluations of sessions made by patient and therapist are considered. Analysis of the language and linguistic style adopted by patient and therapist can add an external perspective on the emotional processing path of psychotherapy. The referential process theory (Bucci, 1997, 2020) proposes a particularly effective hypothesis on how psychotherapy activates different phases of emotional processing, typically moving from an arousal phase to a symbolizing/narrating phase and then a reflecting/reorganizing phase. The Discourse Attributes Analysis Program (DAAP, Maskit, 2011) allows for the application of a set of developed and validated computerized linguistic measures that can detect these phases through the analysis of the words and language style of the session. This presentation will focus on the functionality and potential of DAAPLab, an application recently developed to make DAAP easily applicable to psychotherapy sessions in therapists' daily practice, supervision, and clinical research. The analysis of a psychodynamic treatment will exemplify how the app, when used in daily clinical practice, can be a valuable tool that amplifies the subjective understanding processes of the therapist, supervisor, and even the researcher by making visually and quantitatively measurable the succession of arousal, symbolizing/narrating, reflecting/reorganizing phases both within the individual session and throughout the treatment.

The Application of Linguistic Indicators as an Adjunctive Aid in Clinical Supervision. *Christopher Christian, Department of Psychiatry, Yale School of Medicine, Yale University, Daniel Camacho, Yale School of Medicine, Department of Psychiatry, Yale University, USA*

The use of computerized linguistic measures of Referential Process in supervision is gaining interest (see: Mariani et al., 2021; Fortunato et al., 2023), but research on its utility in assisting the ongoing supervision process remains limited. This case study explores the application of two central linguistic measures (Weighted Referential Activity Dictionary, Weighted Reflection and Reorganization List) to therapist notes during supervision of a gender non-binary patient considering top surgery. Over 20 sessions, the supervisee provided transcripts, which were

analyzed applying the Discourse Attributes Analysis Program Laboratory (DAAPLab). The measures highlighted emotional disengagement around the surgical procedure and potential dissociative actions by the patient. They also assisted in identifying the supervisee's challenges in addressing the patient's defenses related to past traumas. These measures provided an objective perspective, facilitating collaborative examination of the clinical process. This study demonstrates the feasibility and potential value of applying linguistic measures of Referential Process to therapist notes during ongoing supervision, building upon previous research by Bucci, Maskit, and Hoffman (2012) on applying referential activity measures to process notes.

Free Associations and Referential Process: Outcome and Process of two Clinical Cases from the Analyst's Point of View and his Countertransference. *Rachele Mariani, Sapienza University of Rome, Italy, Cinzia Di Monte, Sapienza University of Rome, Italy, Tiziana Bastianini, International Psychoanalytical Association, Società Psicoanalitica Italiana, Anna Ferruta, International Psychoanalytical Association, Società Psicoanalitica Italiana, Benedetta Guerrini degli Innocenti, Daniela De Berardinis, International Psychoanalytical Association, Società Psicoanalitica Italiana, Sara Boffito, International Psychoanalytical Association, Società Psicoanalitica Italiana, Alessandro Musetti, Department of Humanities, Social Sciences and Cultural Industries, University of Parma*

Aims: The research aims to explore the evolution of the process and outcome of two psychoanalytic treatments with three-weekly sessions using a countertransference point of view. The work seeks to relate the patients' outcome transformations to the linguistic analyses of the clinical reports, free-associative processes, and countertransference experiences. The hypothesis is that the analyst's symbolic processes are positively correlated with the free associations of the session and that the more the symbolic process of the reports grows, the better the patient's outcome. **Methods:** Reports of one session every three months for two years of two patients undergoing analysis at three weekly sessions were collected and analyzed with the Linguistic Measures of the Referential Process (DAAPLab). The same sessions have been assessed with the Free Association Session Scale (Fass, Mariani et al., 2023) and Therapist Response Questionnaire (Tanzilli, 2016). An initial and final evaluation has been carried out using the PDM2 (Lingiardi, McWilliams, 2018) **Results:** The two clinical cases show a positive outcome with a general improvement in mental functioning, initial symptoms are significantly reduced, and some mental functioning increases. The positive relationship between symbolic processes and free associations is confirmed, and some countertransference elements are negatively correlated with the analyst's symbolic processes. In conclusion, the analyst's ability to activate a referential process in his reports is closely linked to the patient's ability to function with a free-associative capacity. Furthermore, the symbolic processes of the reports influence the patients' mental capacities.

Clinical Validation of the Italian Measures of Referential Process to Match Practice and Research. *Stefano Milesi, University of Bergamo, Italy, Riccardo Bianchi, Department of Aerospace Science and Technology, Milan Polytechnic, Italy, Federico Bianchi, University of Bergamo, Italy, Giovanbattista Andreoli, University of Bologna, Italy, Attà Negri, University of Bergamo, Italy*

Multiple Code Theory (MCT, Bucci 1997, 2020) provides an insightful psychodynamic framework for understanding psychopathology and psychotherapeutic work. A key concept of MCT is Referential Process (RP), through which individuals connect the different processing systems with which they experience the world. RP typically takes place in three phases during psychotherapy: the activation of emotion schemas; the narration of events, experiences and feelings related to them; and the reflection phase in which the emotion schemas can be reorganized. Several computerized linguistic measures, developed first in English and then in Italian, allow to detect the presence of these three RP phases by analyzing the language used in session. In this study, we wanted to validate the Italian version of these measures by testing their correlation with the clinical assessment performed by external judges on the same session excerpts. Applying the DAAPLab app to 20 transcripts of therapeutic sessions, we identified 103 session excerpts that clearly represented the three phases of RP, based on the computerized language measures. Five trained judges independently rated the

presence of RP phases in these excerpts using a 5-point Likert scale. Discriminant analysis revealed that in 80% of the cases, the judges' ratings aligned with the classification based on the DAAPLab measures. These results confirm the reliability and sensitivity of the computerized language measure of RP. Several examples will be presented to show the potential of the DAAPLab application for therapists, supervisors, and researchers to identify the three phases of RP.

Discussants: Omar Gelo, University of Salento; Sigmund Freud University Vienna;