

both - different levels of change in psychotherapy and a high correlation of symptomatic and structural change.

Therapists' conceptual patterns of interactions and change processes in psychodynamic psychotherapies

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Aim: Writing session notes constitutes a everyday practice in psychodynamic psychotherapy. In the presented study which is part of the FIPP study on psychoanalytic therapy processes, we demonstrate how therapists structure and organize the therapeutic process in session notes and commentaries. Methods: The study is naturalistic, drawing on mixed-methods. Session notes of 31 treatments over the first year of psychodynamic psychotherapies are studied. Data collection is performed upon entry, and subsequently every three months (t1-t5). We focus on notes and commentaries of sessions which were considered by the therapists as turning points or typical. We performed a modified constructivist grounded theory methodology supplemented by a positioning analysis. Additional instruments are used: Heidelberg Scale of Structural Change (HSCS), Working alliance (TAB-T, TAB-P). For categorical variables (HSCS) chi square test and for longitudinal data (TAB), repeated-measures analyses of variance were used. Results: Analysis of the session notes revealed three conceptual patterns: 1. One-person-psychology - observation; 2. Two-Person-psychology - participant observation; 3. Perspective of intersubjectivity - observant participation. Furthermore they contained descriptions of changes after an intervention (proximal) and progress markers (distal). Early change (t1) predicts structural change (HSCS) at t5. The repeated-measures analysis of variance reveals group effects for TAB-P only. Discussion: The conceptual patterns of the therapists' session notes open up a further perspective on the therapeutic process. They point to a particular construct of therapeutic interaction, both proximal and distal changes. From a methodological point of view social science approaches are fruitful to investigate new perspectives on interaction and change processes in psychotherapy.

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Brief Paper Session

Process

*Moderator: Tomas Rihacek,
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Saturday | 3:00 PM-4:30 PM | HS 5

Therapist-Patient-Interactions

Therapeutic Interaction Structures and Referential Process: A Single Case Study

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Aim: According to a constructionist approach for psychotherapy research, the complex phenomena of therapeutic relationship should be analyzed with a combination of process

research and micro level analysis of the sessions. The present single-case study was designed to show the usefulness of a process analysis with the Psychotherapy Process Q-Set (PQS; Jones 2000; Ablon et al. 2012) and the Italian Weighted Referential Activity Dictionary (IWRAD; Bucci, Maskit & Mariani 2013). The aims were to assess the interaction structures of therapeutic dyads, as defined by Jones' theory of therapeutic action, and the three phases - Arousal, Symbolizing and Reorganizing -- of the referential process, described by Bucci. The main hypothesis is that each phases of the referential process is characterized by specific and typical interaction structures. Methods: The analysis focused on the transcripts of 8 sessions, two for each of the a four years of face-to-face psychodynamic-oriented psychotherapy. All transcripts were rated with PQS items and processed by the Italian Discourse Attributes Analysis Program, obtaining the following computerized linguistic measures of the referential process: Positive Affects, Negative Affects, Neutral Affects, Reflection, Disfluency, Referential Activity. Both qualitative and quantitative analyses were conducted. Results: The data analysis is in process. Results will be presented. Discussion: The results will be discussed.

Therapists under influence - Patient strategies and therapist reactions

[Franz Caspar, University of Bern, Switzerland](#); Sarah Frühauf

Therapists having a positive influence on patients is a common view of psychotherapy. There is, however, an influence of patients on therapists too, which has received less attention. The more restricted and rigid patients are, the more limited the interpersonal behavior of others with which they get along well. In line with social psychological, interpersonal and clinical models they try to bring the therapist into an interpersonal position which suits them well. With 60 patients, common strategies have been rated: Good mood, Positive feedback, Negative feedback, Agenda setting, Provoking a response from the therapist, Negative reports about third persons, Fait accompli, Supplication, Self-promotion, Avoidance of contents, and Emotional avoidance. The rating procedure, frequencies, and therapist reactions upon these patient strategies will be reported.

How Therapists Experience Psychotherapy with Depressive Patients: A Grounded Theory and Future Research Possibilities

[Jan Roubal, Masaryk University in Brno, Czech Republic](#); Tomas Rihacek

Psychotherapeutic work with depressive patients presents a significant load for therapists. Thorough knowledge of characteristics of this load and of possible coping strategies can contribute to the self-care of therapists, to the prevention of a burnout syndrome and consequently to the enhancement of the therapeutic relationship with this specific population of patients. The presented research explores at a micro level changes of the process of psychotherapist's experiences with a depressive patient during a psychotherapy session. Research results provide a detailed description of how psychotherapists experience