From intensive naturalistic single case studies to a practice-based research network in France

The methodology is based on intensive single-case studies of complex disorders' psychotherapies.

Quantitative and qualitative data are associated for the definition of the diagnostic, as well as initial, intermediate and final measures. Process analysis is used to describe at different moments in time the main characteristics of the on-going psychotherapy. It is thus possible to gain access to what is really done during the therapy, and not only to what is supposed to be done, based on a manual or even the name of the theory used by the therapist.

This methodology was tested during a one year pilot study, in real conditions of psychotherapy with outpatients. Observation, formalization and data analysis are integrated in a coherent iterative process during the whole therapy. Various tools (ESM, PQS, Hoglend's scales, DSM) are used as well as a case formulation, at the beginning and the end (or 1 year) of psychotherapy..

This protocol constitutes the first level of a more important project. A practice-based research network structured by peers groups and a database designed to collect and analyze the data constitute the second level of the project.

This framework is offering two possibilities at the same time : it provides therapists with the ability to follow the evolution of their cases, and to compare them with similar cases. It provides researchers with the ability to drive true comparative analysis, based on psychotherapies done in real situations, and on detailed enough descriptions to get significant outcomes.

HEALTH-SICKNESS RATING SCALE

LUBORSKY 1975

ASSESSMENT OF CHANGE IN DYNAMIC PSYCHOTHERAPY

HOGLEND & AL.

THE PSYCHOTHERAPY PROCESS Q-SET (PQS)

ENRICO JONES

the group of peers works in presence or by Internet

SPR - Madinson (Wisconsin) - 2007

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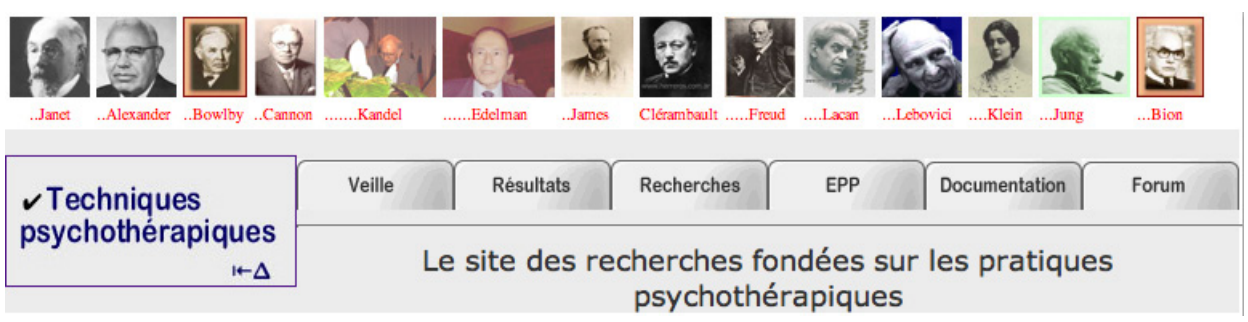
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