French Psychotherapy Practice Research Network

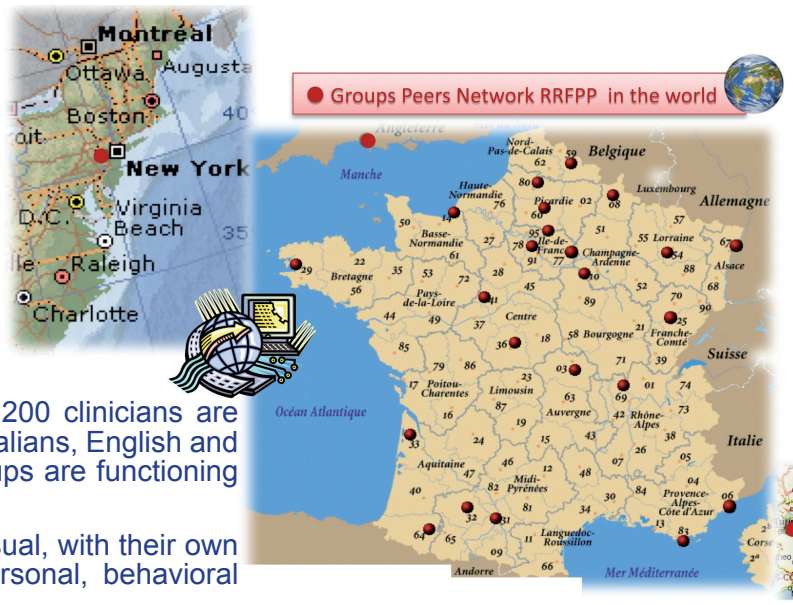
Bridging the gap between practice and research

French Federation of Psychiatry

The FPP was founded with the support of Inserm in 1992 to develop research in all the fields of psychiatry and the mental health. It congregate the scientific societies of psychiatry. It is the privileged interlocutor of the Institutions of health. It is in relation with the professionals and associations of users from the field of the mental health. http://www.psydoc-france.fr/

U 669

The U 669 is an INSERM unity whose themes of research are centered on the mental health with an approach of public health. Three research orientations are privileged: 1. conducts of destruction of oneself or others ; 2. evaluation of the practices and the treatments ; 3. methodological innovation in mental health research. http://www.u669.idf.inserm.fr/



Psychotherapists : More than 200 clinicians are members of the Network (French, Italians, English and ...1 from New York). 50 Peers Groups are functioning (3 clinicians by group).

Clinicians follow their patients as usual, with their own technique, psychodynamic, interpersonal, behavioral and cognitive, systemic ….

They realize an intensive study of the psychotherapy of one of their patients in natural conditions during one year.

Patients :The program is focused on 3 populations of patients : autism and pervasive developmental disorders, borderline disorders,Alzheimer. 112 patients are included (43 females and 69 males).

The evaluations are validated by peers groups, in the working institution or remotely via new Internet technologies

1 peers group = 3 clinicians

- Each clinician uses individually the evaluation instruments
- In the peers group, he or she confronts his measures with those of his peers
- If these measures are different, the peers come back to the clinical data
- The clinical discussion leads to a consensual measure.

DIFFICULTIES	INITIATIVES and SOLVING
Reserved opinion of the clinicians and particularly of the psychoanalysts towards evaluative research. Interrogation of the research ' organizations about the possible participation of the clinicians.	With the experience of the Inserm ' Collective expert report, analysis of the limits of RCTs and search for an alternative; extensive bibliographical review; choice of a process-outcome research methodology based on controled single case studies ; Constitution of a liaising group between psychoanalysts of different associations approving a demarche of evaluation compatible with the psychodynamic approach ;realization a one-year pilot study, in true conditions of psychotherapy with outpatients ; extension of the methodology to aggregation of cases and their comparison in a network organization; answer to the call of proposals of Inserm ; publication of articles and a book; creation of an organizational structure binding Inserm U 669 and French Federation of Psychiatry with participation of psychologists.
Initial representation of the clinicians of the difficulty of research.	Redaction of articles and conferences towards different journals, scientific societies, mental health institutions, and groups ; presentation of the general situation of psychotherapy research, of the proposed methodology and instruments; Creation of an Internet site and regular publication of the Bulletin «Pour la Recherche» dedicated to psychotherapy research and the activities of the network.
Absence of formation for clinicians to the instruments of evaluation and to informatics.	Regular training meetings and problems solving; publication of the instruments and/or their presentation on Internet; formation and support for informatics usage.
Appropriation of the methodology by the clinicians, quality of quotations and interrater reliability.	These potential problems were solved by the creation of peers groups ; each clinician and two colleagues realize an individual quotation of one of his patients ; the secondary comparison of these measures in peers groups and search for a consensus are the occasion of a very thorough clinical discussion starting from the data, a time which is very appreciated by the clinicians ; an accompaniment of the groups and a follow-up of coherence of the results are associated to this process.
Cost of time attributed to research and geographical distances between participants.	Use of the institutional possibilities; possibility of remote meetings with the new Internet technologies; cognitive and clinical interests of the research for the practitioners.
Diagnostic, international classifications and psychopathology	Adjonction to the DSM/ICM diagnostic of a case formulation opened to the different theories and psychotherapeutic approaches ; Training to the case formulation.
Data analysis	Weekly meetings of clinicians and statisticians; collaborative construction of the data analysis ; choice, test and usage of several softwares of data analysis ; comparison of the results.

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Institutions : Inserm Unity U 669 and French Federation of Psychiatry

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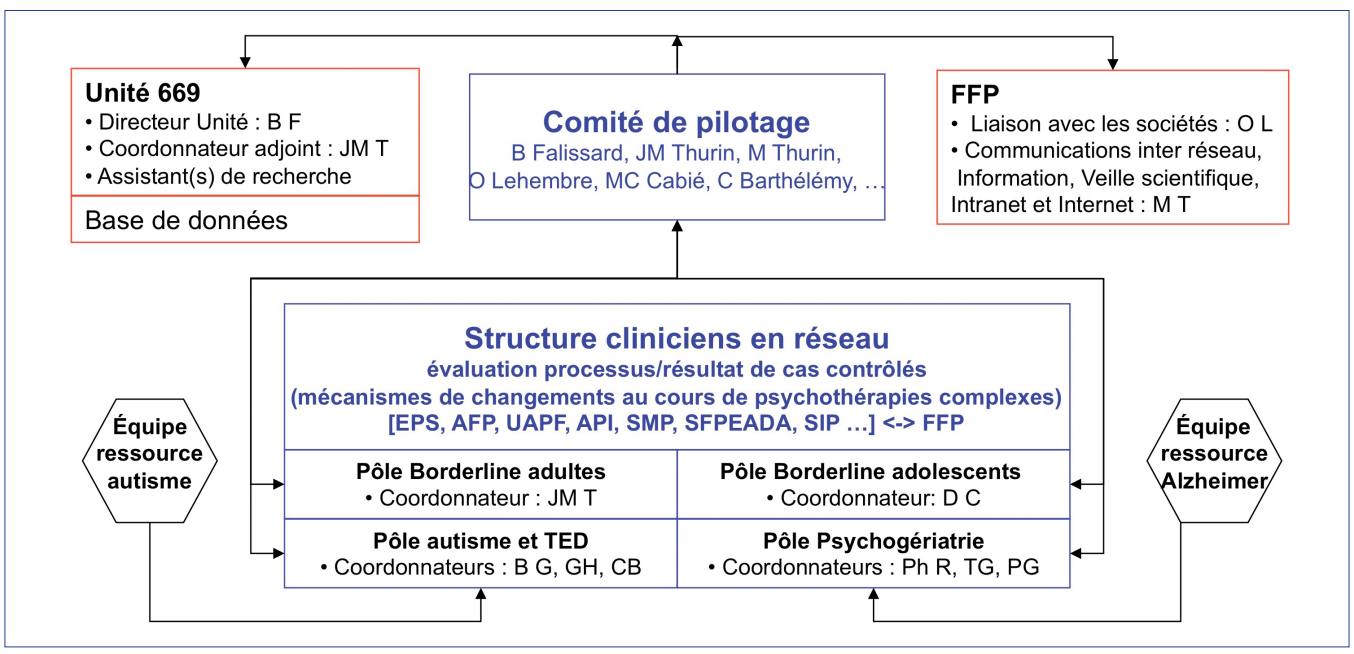
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