A key Focus for AAGT and EAGT
6 workshops
Les Greenberg Plenary
12 poster presentations
Young researcher award
NEED FOR GESTALT RESEARCH

- **Politics and Purity**
  - Reached a critical point in social contract
  - Coming from medicine “Evidence based” has become a social/economic requirement
  - Finding a way to work with the POLARITY between

- **Aesthetics**
  - Contact, Intersubjectivity, Presence, Phenomenology About understanding, relating

- **Scientific**
  - Prediction, Measurement, Cause,
  - Positivist. About Facts (knowledge)
• **Two Main Psychotherapy Research Questions**

• **Outcome**
  - Randomized Clinical Trial (RCT): Large N minimum 36 in each group = 72 clients
  - Repeated Single Cases: Small N (10) & different designs
  - Efficacy vs Effectiveness research (No comparison group)

• **Process**
  - To become a true applied science psychotherapy research needs not only to provide evidence of efficacy but also to **specify the processes of change** that lead to the effects
PRACTICALITIES OF RESEARCH

Treatment Population
Therapists
Measures
Hypotheses
Design
Funding
TEAMS

• **Who have access to?:**
  
  • *Clients* and *therapists* willing to engage

• Treatment fidelity

• MEASURES: Outcomes, Adherence, Individual Difference, Process, Session

• Assistants including a statistical consultant

• Ethics release
PUBLISH AND PRESENT

- **Publication Outlets**
  - Gestalt Journals
  - Psychotherapy Research
  - High Impact Factor Journals

- **Networks**
  - Gestalt Conferences
  - Society for Exploration of Psychotherapy Integration (SEPI)
  - Society for Psychotherapy Research (SPR)
Avoid Traps

- Incompatible with fundamental Gestalt therapy ideas. Purist vs Pragmatic
- Dehumanizing
- Clinically irrelevant
- From fear and shame turned into contempt
- Lack of funding or support
- Hopelessness

= Do Nothing
 EXAMPLES OF GESTALT RESEARCH

Fidelity or Adherence Measure


How do we know that the therapist is doing Gestalt therapy?

• A fidelity scale offers an operationalized description of what Gestalt therapists do in, in such a way that distinguishes GT from non-Gestalt forms of treatment.

Over 60 international GT experts identified the key concepts of GT and the behaviours associated with the concepts. Those endorsed by at least 80% of the panel were included.
Willi Butollo, and his group conducted a Randomized Controlled Clinical Trial of Dialogical Exposure Therapy vs Cognitive Processing Therapy for Adult Outpatients Suffering from PTSD after Type I Trauma in Adulthood (Psychother. Psychosom. 2016;85:16–26, Butollo, Karl, König & Rosner 2014,)

- Patients in both conditions achieved significant and large reductions in PTSD symptoms
- The only significant difference between the groups was at post-treatment where Cognitive Therapy patients had lower self-report symptom scores.
- This may be due to more missing data in the Gestalt group.
- At the follow-up, between-group effect sizes were generally very small.
10 studies on change processes with clients with anxiety presentations.

Conducted by 10 researchers on single cases

Co-ordinated by Pablo Herras Salina

Being prepared for publication

Awaiting Fidelity measure!
C PRACTITIONER FRIENDLY WAY TO GET A RESEARCH BASED FEEDBACK FROM THE CLIENT

- Measurement of Change after Psychotherapy (CHAP)
  - Rolf Sandell (Linköping University, Sweden)
  - The experience of the state of having changed
  - 2 phases:
    - Interview
    - Analysis

New Research project: developing this model for GT
• Clinical Outcomes in Routine Evaluation (Stevens et al 2011)

• The UK gestalt psychotherapy CORE research project: the Findings. British Gestalt Journal, 20. 22-27

• 135 Gestalt therapists participated

• GT as effective as other modalities
• New book edited by Stephen Goss and Christine Stevens

• Part 1 explores the rigorous and reflexive enquiry skills needed to sustain research project work

• Part 2 presents 9 work based psychotherapy research projects that were part of the Doctorate in Psychotherapy (Dpsych) by Professional studies at Metanoia.
FIELD OF MOTHERHOOD: DESENSITISATION IN EARLY DIALOGUE

LACK OF RESOURCES IN THE ENVIRONMENT
THE OLD FIELD REVIVES

POSTPARTUM PERIOD / DEPRESSIVE EXPERIENCE

A woman can easily become unprepared for the new reality that requires taking care of the child, from refusing to satisfy her own needs, to new relationships in her family system. In the case of PPD the personality function cannot keep up with changes in the environment. We assume that after the delivery a woman appears to be in the same space that she used to be in before, after her own birth, but she enters it through different doors.

THERAPY

1. TO SUPPORT THE EMOTIONAL EXPRESSION OF PREGNANCY EXPERIENCE, INCLUDING DOUBTS AND “BAD” FEELINGS (ANGER, SHAME, ETC)
2. TO SUPPORT THE VERBALIZATION OF EXPERIENCE WHILE SUFFERING FROM THE
POST 2015 KATHMANDU EARTHQUAKE RESILIENCE
PROFESSIONAL AND TRAINING CONDITIONS OF AUSTRIAN INTEGRATIVE GESTALT THERAPISTS IN THE CONTEXT OF SENSE OF COHERENCE AND BURNOUT

Methods

Based on the relevant literature [2;3;4], we developed a survey addressing various aspects of psychotherapy training issues (e.g. Gestalt theory, supervision, and practical experience), influences of other psychotherapeutic schools, professional development, and job situation. In order to address life and job satisfaction, we applied the Sense of Coherence Scale [5] and the Maslach Burnout Inventory [6]. All graduates of the department of IG therapy in the ÖAGG were asked to participate. Between October 2015 and April 2016 62 psychotherapists completed the questionnaire via LimeSurvey®.

Figure 1

Mean relevance of different aspects of IG for choosing this form of psychotherapy

Note. 0 = no relevance, 5 = very high relevance.

Friedman test: χ² (4) = 156.62, p < 0.001; Results of post-hoc comparisons (Wilkoxon test):

Human image > Methods > Theory of personality = Psychosomatic > Developmental psychology

Discussion

Gestalt therapists feel that psychotherapy training prepared them well for their future work. Furthermore, they have the resources necessary to deal with work related stress.

Future studies might focus on longitudinal evaluations and on comparing different psychotherapy trainings.
DEVELOPMENT OF SELF FUNCTION AND LEARNING DISABILITIES IN CHILDHOOD AND EARLY ADOLESCENCE
AWARD WINNER: GESTALT APPROACHES TO GENDER IDENTITY ISSUES
Exploring
Practice-based Research
in Gestalt Therapy
PARIS 2017 May 26/27/28

This is the first Research Conference
co-organized by the EAGT and the AAGT!
Join us in this exciting experiment in Paris,
one of the most beautiful cities in the world!
You will be part of this historical movement of building
a research tradition in Gestalt therapy!
MENTORSHIP, TEAMBUILDING AND LEADING PSYCHOTHERAPY RESEARCHERS

• Louis Castonguay

• Professor at the Department of Psychology at The Pennsylvania State University, USA.

• Wolfgang Tschacher

• Professor at the Department of Psychotherapy, University Hospital of Psychiatry and Psychotherapy, Bern, Switzerland.

• Xavier Briffault

• Researcher in social sciences and mental health epistemology at CNRS (Centre National de la Recherche Scientifique), Paris, France.