Introducing research methods to Gestalt practitioners

Rome May, 2-4th, 2014
### Friday, May 2nd, 2014

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<td>Researching in Gestalt Therapy: a way of developing our model (M. Spagnuolo Lobb)</td>
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<td>A qualitative method for management consulting (F. Romano)</td>
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1.

**Bridging Gestalt Therapy practice and research** - Gianni Francesetti

**Friday, May 2nd, 2014**

14.30 – 15.15

A welcome speech will open the topic of research in Gestalt therapy. The actual and current movement in research in psychotherapy and in Gestalt therapy will be mentioned. The importance of building bridges across the gap between practice and research will be highlighted using the recently published book on the Gestalt approach to psychopathology as an example of such bridges.

**Gianni Francesetti** Gestalt therapist, psychiatrist, supervisor and international trainer, coordinator and trainer on the International Training in the Gestalt Therapy Approach to Psychopathology at the Istituto di Gestalt HCC Italy. President of the EAGT (European Association for Gestalt Therapy), President of the FIAP (the Italian NUO: Federazione Italiana delle Associazioni di Psicoterapia), Past President of the SIPG (Società Italiana Psicoterapia Gestalt), Associate Member of the New York Institute for Gestalt Therapy, member of the Society for Psychotherapy Research. He has authored articles, chapters, and books in the field of psychiatry, psychopathology and psychotherapy.
2.

Researching in Gestalt Therapy: a way of developing our model - Margherita Spagnuolo Lobb

Friday, May 2nd, 2014
15.15 – 16.00

The talk will address the following topics:

1. The research mentality in gestalt psychotherapy: a possible marriage.
2. The importance of outcome research (basic GT principles, what is hermeneutically coherent and what are not, examples).
3. The importance of process of change research (basic GT principles, what is hermeneutically coherent and what are not, examples).

Margherita Spagnuolo Lobb, is founder and director, since 1979, of the Istituto di Gestalt HCC. She is a gestalt therapy international trainer, full member of the New York Institute for Gestalt Therapy, past president of the Italian Federation of the Associations of Psychotherapy (FIAP), past-president and first Honorary Member of the European Association for Gestalt Therapy (EAGT), past and Honorary President of the Italian Association of Gestalt Psychotherapy (SIPG). She has edited, since 1985, the Italian journal Quaderni di Gestalt and has co-edited the international journal Studies in Gestalt Therapy. Dialogical Bridges. She has written many articles and chapters published in various languages, has edited 5 volumes and written 2 books, the most recent being The Now-for-Next in Psychotherapy. Gestalt Therapy reported in the post-modern society (2011). She is Scientific Director of the International Training in Gestalt Psychopathology and co-editor of the Gestalt Therapy book series published by Franco Angeli. She has included research both in her training programs and in her clinical practice.
What does it matter if we gain the world but lose our soul: research from a relational Gestalt perspective - Ken Evans

Friday, May 2nd, 2014
16.00 – 16.45

The presentation will focus largely on the need for congruence between research methods and the philosophical and value base of Gestalt therapy.

Ken Evans is a past EAGT president, Co-Director of the European Centre for Psychotherapeutic Studies and is a visiting trainer at several European training institutes and universities. He enjoys teaching research experientially conveying core issues and research methodologies via hands-on engagement. In February 2012 Ken facilitated a group of 30 Gestalt therapists in Stockholm over three days to explore the experience of having a professional identity crisis. In June 2013 he led a phenomenological research exploration of 16 trainees encounter with self and others during a five day residential research training workshop. Ken recently authored the chapter on research for the book, Gestalt Therapy in Clinical Practice edited by Francesetti, Gecele and Roubal, Franco Angeli, 2013. He is co-author with Linda Finlay of the book Relational Centred Research, exploring meanings and purpose, Wiley Blackwell, 2009.

Coffee break
Friday, May 2nd, 2014
16.45 – 17.15
Comparative Naturalistic study on outpatient psychotherapeutic treatments including Gestalt therapy - Peter Schulthess

Friday, May 2nd, 2014
17.15 – 18.00

The Swiss Charter for Psychotherapy has lead an outcome and process study over the last 8 years in Switzerland. Ten different approaches were compared, including Gestalt therapy. The design and outcome findings of this study will be presented with special attention to Gestalt therapy.

Peter Schulthess has been working as a Gestalt therapist since 1996 in private practice in Zurich. He is a past EAGT president, actual president of the Swiss Charter for Psychotherapy and Coordinator of the Study "PAP-S" (Practice-Study-Ambulant Psychotherapy - Switzerland).
This presentation considers warrant (justification) as a field-theoretical construct more comprehensive and useful to Gestalt researchers. It explains and illustrates warrant in the context of such issues as evidence-based practice, practice-based evidence, the scientific method in psychology, and multiple methods in research, correlating types of research questions with methods best used to explore them. It finishes by advocating a large vision in the establishment of a research tradition for Gestalt therapy.

Philip Brownell is a clinical psychologist licensed in the United States and registered in the British colony of Bermuda. He is a member of the European Association for Gestalt Therapy, the Association for the Advancement of Gestalt Therapy, The New York Institute for Gestalt Therapy, the American Psychological Association, and Division 12 of the APA–The Society for Clinical Psychology. Phil is an independent scholar and has written three books, contributed to numerous others, and edited or co-edited still others. He has conducted training in Gestalt therapy and related issues internationally and presented at numerous international conferences. He is the founder and co-convener of The Research Conference, a recurring international gathering of researchers devoted to mentoring gestalt researchers, developing research focused on gestalt therapy, and establishing a research tradition for gestalt therapy.

Coffee break

Friday, May 2\(^{nd}\), 2014
18.50 – 19.10

Process groups

Friday, May 2\(^{nd}\), 2014
19.10 – 20.00
Using CORE for routine outcome measurement in Gestalt Therapy: the UK experience - Christine Stevens

SATURDAY, MAY 3rd, 2014
09.00 – 12.00

Using voluntary effort and minimal funding over a three year period, this rigorous, clinically based research project produced results that could be compared with national databases. It demonstrated quantitatively that Gestalt psychotherapists are as effective as therapists trained in other modalities. This seminar will discuss the practicalities involved in this kind of study and share lessons learned. Participants will be introduced to the CORE measurement tool and given training in its use. Possibilities for setting up similar projects elsewhere will be explored. Useful reference: C. Stevens et al (2011) The UK Gestalt Psychotherapy CORE research project: the findings British Gestalt Journal 20:2 pp22-27.

Christine Stevens is a Gestalt psychotherapist, trainer, supervisor and editor of The British Gestalt Journal. Working in private and in an NHS practice she is a faculty member of the Doctorates in Psychotherapy at Metanoia Institute London. She is Programme Leader for MA Pastoral Counselling at St John’s College, Nottingham England and supervisor for GITA, Slovenia. She runs a Clinical Training Unit for Psychotherapy in Primary Care, and is currently studying for a degree in Fine Art at Nottingham Trent University. Her current research interest is in creative methodologies in psychotherapy practice.

Lunch break

SATURDAY, MAY 3rd, 2014
12.00 – 13.30
Grounded Theory Method: Principles and Applications -

Tomas Řiháček | Jan Roubal

SATURDAY, MAY 3rd, 2014
13.30 – 16.30

Grounded Theory Method (GTM) represents probably the most widely used approach in qualitative research. The presentation will introduce GTM as a flexible framework for psychotherapy research, explaining its basic principles and procedures. The research process will be exemplified step by step using data from a real project (research on therapists' experience in contact with depressive clients).

Tomas Řiháček is a psychologist and psychotherapist, trained in Gestalt therapy. He works as an Assistant Professor at the Faculty of Social Studies, Masaryk University, Brno (Czech Republic), where he teaches, among other things, several research- and methodology-oriented courses and coordinates the activities of the Center for Psychotherapy Research. In his own research, he focuses on therapist development. He specializes in qualitative research, especially Grounded Theory Method. Recently, he co-edited a book on qualitative methodology.

Jan Roubal is a therapist, psychiatrist, supervisor and psychotherapy trainer. He teaches psychotherapy and psychiatry at Masaryk University in Brno, Czech Republic. He is a member of the European Association of Psychotherapy, European Association for Gestalt Therapy (chairing the Research Committee), Society for Psychotherapy Research and Society for Exploration of Psychotherapy Integration. He has co-edited a book „Gestalt Therapy in Clinical Practice. From Psychopathology to the Aesthetics of Contact“ (Franco Angeli, 2013).

Coffee break

SATURDAY, MAY 3rd, 2014
16.30 – 17.00
Single Case, Timed Series Design: An Acceptable Alternative to Random Controlled Trials – Philip Brownell

SATURDAY, MAY 3rd, 2014
17.00 – 19.00

Division 12 of the American Psychological Association—The Society for Clinical Psychology—indicated that single case, timed series design (SCTS) qualifies as a bona fide research design and is a logical alternative to random, controlled trials/treatments (RCTs). This is an especially attractive methodology for Gestalt research because it can be conducted by individual Gestalt therapists working as they do in their idiographic processes, does not necessarily demand a treatment manual, and can be used to produce powerful cross-cultural, practice-based research. We will learn the theory and method through didactic and experiential sessions, and we will consider the implications and potentialities for Gestalt therapists working together in organized practice-based research networks.

Break

SATURDAY, MAY 3rd, 2014
19.00 – 19.10

Process groups

SATURDAY, MAY 3rd, 2014
19.10 – 20.00
This study illustrates the possibility of using the Grounded Theory in the consulting business model developed by Margherita Spagnuolo-Lobb. The instrument considered more valid, already used in previous studies, is the semi-structured interview, which gives the respondent the freedom of expression. The analysis of the text of the interview is carried out with the support of Atlas.ti software, which allows the emergence of narrative themes and categories of meaning, through the interaction between qualitative and quantitative aspects.

**Floriana Romano** is a Psychologist and Gestalt Psychotherapist, Ph.D. in Community Psychology, a Teacher of “Social Psychology of Marginality and Deviance”, University of Palermo. She is a consultant for public and private companies. Her research interests are: Organizational wellbeing, Group dynamics, and Action-research methodology.
Direct rating of the outcomes of psychotherapy - Rolf Sandell

SUNDAY, MAY 4TH, 2014
10.15 – 13.15

Change After Psychotherapy (CHAP) is a method of assessing the subjective benefits of an individual treatment. It consists of two parts: (1) a post-treatment interview and (2) ratings, based on the interview, of changes in symptoms, adaptive capacity, self-insight, and basic conflicts. It has been welcomed as clinically meaningful and acceptable to patients and therapists and has good reliability and validity. Participants in the seminar/workshop are encouraged to bring clinical material for demonstration and training purposes. The event will be in English.

Rolf Sandell is professor in clinical psychology (emeritus) at Linköping University, Sweden. He is also a psychoanalyst (IPA) in private practice in Stockholm. His research concerns psychotherapy process and effects and socio-emotional training. He was the principal investigator in the Stockholm Outcome of Psychotherapy and Psychoanalysis Project (STOPP) and currently directs the POSE project (Psychotherapy Outcome and Self-selection Effects) at Lund University, Sweden, where a cognitive-behavioural and a psychodynamic therapy for panic disorder are compared in a parallel randomization and self-selection design.

Lunch Break
SUNDAY, MAY 4TH, 2014
13.15 – 14.15

Process groups
SUNDAY, MAY 4TH, 2014
14.15 – 15.00

Closing
SUNDAY, MAY 4TH, 2014
15.00 – 15.30