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EMOTIONAL PROCESSING AND THERAPY OUTCOME OF LONG-TERM PSYCHOTHERAPIES: A PROCESS-OUTCOME STUDY



CAROLINA SEYBERT

INTERNATIONAL
PSYCHOANALYTIC UNIVERSITY, BERLIN

In the context of psychotherapy research, emotional processes are gaining increasing importance. The relationship between emotional processes and outcome has proven to be a robust finding in process-outcome research, where especially the construct of emotional processing plays a significant role.

This investigation followed a two-step-approach to test the following hypotheses: first, the level of emotional processing captured in the middle phase of the process differs between psychoanalytic (PA), psychodynamic (PD) and cognitive-behavioral therapies (CBT), and second, emotional processing is a predictor of differential effectiveness.

The sample comprises sessions of the Munich Psychotherapy Study, which were previously selected in order to capture change-relevant sessions (n=67 patients). Process measures were the 1) Experiencing Scale (EXP), and the 2) Therapist's session retro-report to capture change-relevant sessions. Outcome measures were the Beck Depression Inventory (BDI) and Global Severity Index (GSI of SCL-90).

Our results so far, showed significant differences in the EXP-level between therapy orientation and among session quality. But the EXP-level could not significantly predict therapy outcome among the three forms of therapy, only a tendency could be observed. Though, we found a curious result: a bigger difference of the EXP-scores among change-relevant and not change-relevant sessions did significantly predict a higher BDI-score three years after treatment-end.

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12 NOVEMBRO 2018

12H30 | AUDITÓRIO 1

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**ANTÓNIO
PAZO PIRES**

ENTRADA LIVRE



ISPA
INSTITUTO UNIVERSITÁRIO

RUA JARDIM DO TABACO, 34
1149 - 041 LISBOA
T. 218 811 700 | F. 218 860 954
CII@ISPA.PT | WWW.ISPA.PT
f [FACEBOOK/ISPA.IU](https://www.facebook.com/ISPA.IU)