

A Naturalistic Study of the Effectiveness of Training in Time Limited Dynamic Psychotherapy for Clinical Psychology Trainees

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Abstract: We investigated the effectiveness of the pilot phase of a training program in Time-limited Dynamic Psychotherapy (TLDP) using naturalistic field methods (i.e., the manipulated training method). The therapists in the TLDP training were doctoral trainees enrolled in a practicum placement at a university clinic. The training program featured didactic presentations, role-plays, demonstrations, and group supervision conducted by the first author. Trainees agreed to conduct one to two TLDP cases in conjunction with the training. Several analyses, using pre-post change scores as well as reliable change and clinically significant change indices, will be conducted to evaluate the effectiveness of TLDP as delivered by the trainees. First, to get a general sense of trainees' effectiveness in delivering TLDP, we will describe the outcome of the TLDP cases (N approximately 10-12) on the two primary outcome measures: the Inventory of Interpersonal Problems – Short Form (IIP-S) and the Outcome Questionnaire – 45 (OQ-45). Second, to ascertain the extent to which training improved trainees' performance from their own baseline, we will compare the outcome of trainees' TLDP cases with the outcome of their own non-TLDP cases at two points in time: prior to the onset of the training and after the onset of the training. Finally, to assess the extent to which the training improved trainees' effectiveness relative to their peers (and to help rule out potential maturation effects), the outcome of the participating trainees' TLDP and non-TLDP therapy cases will be compared to the non-TLDP therapy cases conducted by non-participating trainees at the same practicum site.