

## SUMMARIES

***Psychotherapy research during 100 years – How far have we come?***

*By Esben Hougaard*

The beginning of psychotherapy research has been dated back to 1920, the year of the foundation of the first psychoanalytic institute, *Berlin Poliklinik*, where, from its start, patient data were recorded for quantitative analyses. The paper examines key features of the history of psychotherapy research on outcome, process and patient variables with an update on recent trends in the research. It outlines different paradigms for the understanding of the relationship between psychotherapy research and practice, evidence-based, process-based, and common factor therapy. It is concluded that research has had an enormous influence on the application of psychotherapy, primarily due to provision of highly convincing evidence of outcome. Presently, we are witnessing methodologically sophisticated research on mechanisms of change and patient predictors aiming at providing “personalized” therapy for the individual patient. Such research is, however, still without clearcut, practically useful results.

***Status and perspectives on research in psychotherapeutic treatment of borderline personality disorder***

*By Mickey Toftkjær Kongerslev, Ole Jakob Storebø & Erik Simonsen*

Borderline personality disorder is a serious mental disorder which historically has been the object of considerable therapeutic nihilism. This article provides a state-of-the-art review of the existing evidence on psychotherapeutic treatment of borderline personality disorder and concludes that there is basis for moderate optimism, whilst also recognizing that there is plenty of room for improvement. We close the paper by pointing towards new areas for future research in order to move the field forward, including research on how to personalize psychotherapy to the individual patient, and makes a plea to focus more on evidence-based principles rather than branded treatments, as well as highlighting the need more research and focus on extratherapeutic, social, and societal factors.

***Pathological deceleration: at step towards a collective language and culturally conscious handling of mental distress in late modernity***

*By Anna Krogh Kjeldgaard og Tanja Kirkegaard*

In this article, we seek to unfold a perspective on social acceleration presented by the sociologist Rosa and take a step towards a collective language for the mental distress that unfortunately is prevalent in our society. Additionally, we also seek to describe the individualization that several cultural critics point out is characteristic of late modern society. Here we describe, based on the Foucauldian understanding of power, how individualization plays into the prevailing discourse, especially regarding how we understand and treat mental distress in a therapeutic context. Based on this analysis, we will discuss how the field of psychotherapy may need to be expanded and adapted to the cultural and societal trends that affect individuals' mental well-being. Furthermore, we accentuate the importance of integrating a culturally critical element in psychotherapy and a critical reflection of one's own practice as a psychologist.

***Development and discoveries in systemic thinking – When psychotherapy extends further***

*By Christian Barckmann*

Our understanding of modern psychotherapy and research has slowly become so connected to a modern concept of evidence that the two have locked each other in a bond that does not appear to be dissolved right away. The dodo bird has built its nest. In this article, which is primarily based on the psychotherapeutic work with children, teenagers and their families are first outlined the development towards an increased essentialism that has historically gained ground in Danish treatment services. The article then describes the development of systemic therapy and thinking as a challenging undercurrent, the main issue of the article at hand, which offers a both new and old way of understanding the human potential for change. In conclusion, the threads of the article are discussed in relation to each other and new areas are identified in psychotherapeutic research.

***From student to psychotherapist: An educational journey that should start at the University***

*Ole Karkov Østergård, Kristine Kahr Nilsson & Claus Haugaard Jacobsen*

It is widely agreed that psychotherapy is a complex process that requires a vast amount of knowledge, skills, and responsibility on the part of the psychotherapist. Still, in the Danish education system, the master's psychology education is financed at the lowest rate. From an educational journey perspective (German: Bildung), we describe the University Clinic (UC) at Aalborg University as a case-example of how to teach and train psychotherapy practice to psychology students. By describing UC's organization, including the psychodynamic treatment model, clinical supervision, and research, we show how the UC's learning model qualifies and prepares novice psychologists for the labor market. We argue that by using theory in practice, researching in practice, reflecting on practice, and by using qualitative and quantitative methods, the students acquire both the expertise and critical thinking required to undertake psychotherapy in the clinical community. Psychology is both a scientifically based and justified study and a profession, in which the students must be educated broadly to master clinical judgment and professional ethics so that specific knowledge, skills, and competencies can be used for everyone's best. To produce such essential learning processes and outcomes require financial investment in university psychology departments but may, in turn, benefit psychotherapy clients and, therefore, society.

***Psychotherapy-novices' qualifications to exercise integrative psychotherapy***

*By Victor Aagaard Jacobsen*

The aim of this article is to examine psychotherapy-novices' qualifications to exercise integrative psychotherapy.

First, an outline is given of the different meanings of integrative psychotherapy and how it is practiced. The remains of the article discuss the pros and cons for the psychotherapy novice to embark on an integrative psychotherapeutic practice.

During their studies, psychology students attain a broad knowledge about general and applied psychology. If they were to limit themselves to one single orientation in their beginning psychotherapeutic practice, this would imply leaving out a considerable part of the knowledge acquired through their studies. Integrative psychotherapy presents an alternative. It is characterised by an openness to combine different theories, techniques, and treatment moda-

lities with the intention to tailor psychotherapeutic treatment for the idiosyncratic needs of the client.

The article operates with an expanded notion of what can be the object of integration. Thus, it is argued that the relation between theory/practice, nomothetic/idiographic knowledge, the personality of the therapist and the ways to interact in therapy all are embedded in the integrative processes. Integration for novices is delineated, not as a particular way to practice therapy but rather as a way in which they can develop as a therapist. Integrative psychotherapy entails on the one hand an opportunity to choose and mix different theories and interventions that best seem to best fit each client. On the other, there is a risk that therapy can become incoherent, unpredictable, and based on unconscious attention to own needs instead of what serves the client best. It is concluded that novices are able to work integratively to the extent that they are able to regulate the complexity that are implicated in integrative processes with regards to their own cognitive and emotional capacities in the therapeutic situation.

### ***Effective factors in integrative therapy – A systematic review***

*By Nathalie Helene Bay-Andersen, Michelle Qvist Friis-Pedersen, Bo Møhl*

The purpose of this review is to examine which factors therapists consider to be effective in integrative therapy. Based on a systematic search in Psyc-Info and PubMed, we found 818 studies, and after selection and sorting, we ended up having 15 case studies that could be included in the final qualitative synthesis. We found 14 main themes that contain the factors that the therapists have identified as effective in the therapeutic course with integrative therapy. In addition, some minor themes were identified by the therapists to be effective but were only mentioned in a few studies. Finally, strengths and weaknesses as well as indications for and clinical implications of integrative therapy are discussed.

*Keywords:* psychotherapy integration, integrative psychotherapy models, common factors, helpful aspects of psychotherapy, case studies, qualitative psychotherapy research

***Creative writing groups as a new group-based hybrid between an art workshop and a group therapeutic intervention for people suffering from mental illness.***

*By Birgit Bundesen & Bent Rosenbaum*

Art has always had its place in psychiatry as both occupation, and therapeutic or diagnostic means. Internationally, art-based interventions are recognised and implemented in psychiatry, but in Denmark service users have very limited access to such. A new group-based format integrating psychodynamic and phenomenological thinking and is centered around creative writing led by fiction authors in collaboration with mental health care co-therapists, takes an eclectic approach to recovery focused on reflective functioning, identity, connectedness, empowerment and anti-stigma. Texts produced in the group work as transitional phenomena, and the writing group creates a holding-containing environment, where factors like resonance and creativity become important. This is the background for the development of a new manualized group-intervention with creative writing that has been offered as adjuvant to the psychiatric treatment at the mental health care centers in the Copenhagen region.

*Key words:* therapeutic writing, participatory arts, gruppeterapi, kunst og mental sundhed, psykisk lidelse, recovery, social isolation, kreativitet, resonans, matrix, containing, mentaliserings

***Reflections on the interaction between milieu therapeutic and psychotherapeutic approaches to young people with severe psychiatric illness***

*By Anne Birgitte Døssing & Trine Malver Paludan*

This article is based on our professional experience and thoughts on the recent developments that we have observed at a social psychiatric, milieu therapeutic residential institution for young people with severe and complex, psychiatric difficulties.

Within the last decades we have witnessed a growing tendency towards very early discharges of young people from psychiatric hospitals. Many of the young people who are living at our institution are thus arriving in a severely critical psychological state f.x. with very severe eating disorders, psychotic states and severe levels of selvharm. This brings forth continuous reflection on the implications for the milieutherapeutic and psychotherapeutic treatment.

*In this article we will describe and discuss aspects of the potentials, strengths and vulnerabilities of the interaction between the milieutherapeutic and psychotherapeutic work in relation to the young people. Our theoretical approach is primarily based on milieutherapeutic, psychodynamic, and group dynamic thinking.*

*Søgeord:* miljøterapi, psykoterapi, unge, psykiatriske lidelser, funktionsniveau, opholdssted, behandlingsinstitution, psykodynamisk, grupper, negativ formåen.

***Digitally delivered psychotherapy: Efficacy, effectiveness, and ethics***

*By Marie Lundorff, Malene Flensburg Damholdt, Eva Rames Nissen & Bobby (Robert) Zachariae*

Digitally delivered psychotherapy is increasingly being offered as an alternative or supplement to conventional face-to-face therapy to treat a range of mental and somatic issues. This development calls for a critical exploration of the potential consequences of moving psychotherapy from the physical space with direct client contact into the digital space. Digital solutions overcome geographical barriers, enable help for people with limited mobility, and have the potential to offer a high degree of flexibility and treatment individualization. Conversely, digitally delivered psychotherapy could be insufficiently sensitive to psychological change and symptom fluctuations among clients, and building and maintaining a therapeutic alliance online may require different therapeutic skills. The question is not *whether* psychotherapy will be digitized but rather *how* clinical psychology may reap the benefits and address the professional and ethical challenges associated with increasing digitization. Explorations into disorders and client types which can be effectively treated with digital interventions are needed. Additional research into the optimization and implementation of digital psychotherapies is necessary to ensure high-quality help online to those in need.

*Keywords:* app, blended care, digitization, internet-based, E-health, video consultation

***A review of rt-fMRI neurofeedback as an intervention to treat dysfunction in emotion regulation.***

*By Mille Maja Jerichow & Lynn Ann Watson*

The article explores a relatively new form of intervention that has received increasing attention in the research literature over the last 10 years namely *real-time functional magnetic resonance neurofeedback* (rt-fMRI NF) in relation to dysfunction in emotion regulation. Rt-fMRI-NF utilizes oxygenated blood in the brain as a tracer to image brain activity and this activity is fed back to the participant in the scanner. The aim is for the participant to modulate their brain activity through mental strategies according to a goal. The mental strategies employed to alter brain activity can take the form of remembering positive life-events or visualization of calm environments. A systematic review (n=58) is conducted to explore the central components of rt-fMRI NF is and associated effects of the intervention. The results are promising – indicating regulation of neural activity through neurofeedback is possible and associated with positive clinical outcomes such as reductions in symptoms of depression and anxiety. The results are discussed in terms of the potential value of rt-fMRI-NF within a psychotherapeutic context; the factors that need to be considered if rt-fMRI-NF is to be used as a form of psychological intervention and how it can contribute to our understanding treatment of emotional dysfunction in the future.

***Is it stressful to be a psychotherapist? – A discussion of the concept of "compassion fatigue"***

*By Mette Thuesen*

Recently it has been argued that being a psychotherapist is stressful because of the fact that we share the patients difficult and painful emotions. Through critical readings of published writings about the concept the arguments behind this idea are discussed including theory about the empathic process primarily from the psychoanalytic tradition. It is argued that the psychologists supporting the concept seem to view the empathic process in a way that leaves the therapist with no inner space to consider and digest her own feelings and reactions. It is also argued that the view of the therapist's primary task is seen as mirroring and supporting the patient with the risk of giving no attention to negative reactions in both themselves and the patients. Possible reasons behind the popularity of the concept are considered and it is concluded that there seem to be no reason why the patients' suffering in itself should be stressful for therapists but that the therapists' misunderstandings

of the empathic process and their need to be viewed as all good put them in serious risk of overload and stress through their lack of attention to their own reactions to the patients and the therapeutic process.