

Gastvortrag

Prof. Dr. George Silberschatz



What are effective ingredients in psychotherapy and why are they effective?

Montag, 20. Juni 2011

18 Uhr c.t.

Raum L 116 (Seminarzentrum,
Freie Universität Berlin,
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Considerable attention has been paid in the psychotherapy literature to identifying effective treatments, yet there is no consistent evidence supporting the superiority of one treatment over another. Relationships are inherently transformative and the psychotherapeutic relationship is one particular type of interpersonal relationship in which transformation is a primary goal. Research has shown that the therapeutic relationship, more than any other factor, has consistently proven to be a strong predictor of effective psychotherapy. The therapeutic relationship can be strengthened if therapists tailor their approach and interventions to meet the specific needs of their patients. Thus, rather than attempt to prescribe a particular type of therapy for specific diagnostic groups (e.g., CBT or IPT for depressive disorders, DBT for "borderline" personality disorders), a more case-specific approach is likely to be more promising: What kinds of therapeutic interventions, attitudes, or relationships are likely to be most responsive to this particular patient?

The control-mastery theory -- initially developed by Joseph Weiss, Harold Sampson, and the San Francisco Psychotherapy Research Group -- provides a lucid, coherent, and powerful theory of the transformative process. I will discuss how control-mastery theory provides an empirically supported,

integrative model that sheds light on how the therapeutic relationship can be enhanced. This theory goes beyond providing techniques; rather, it provides clinicians with a comprehensive framework for understanding how the mind works, how psychopathology develops, and how psychotherapy works.

George Silberschatz, Ph.D. is a Clinical Professor in Psychiatry at the University of California San Francisco School of Medicine and a member of the San Francisco Psychotherapy Research Group. He is the president of the North American Chapter of the Society for Psychotherapy Research and General Vice-President of the SPR. Internationally recognized for his psychotherapy research, Dr. Silberschatz has given over 300 presentations at professional meetings and workshops throughout the United States, Canada, and Europe and has published some 60 papers in various professional journals and books. He was the principal investigator of an NIMH-funded psychotherapy research project at Mount Zion Hospital and director of the psychotherapy research program. He currently divides his time between a private practice in San Francisco, teaching and supervising psychotherapy, and writing clinical and research papers. His book on psychotherapy, Transformative Relationships, was published by Routledge in January, 2005.