Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(Ergänzende Abstracts und Kurzbeschreibungen zu den Studien-Tabellen)
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1.2. Metastudien (Kinder und Jugendliche)

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3.10. Gemischte Störungen, diagnostische gemischte Studien (Kinder und Jugendliche)
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(1.1. Metastudien Erwachsene)
Treating Depression During Pregnancy and the Postpartum: A Preliminary Meta-Analysis

**Type** Journal Article  
**Author** Sarah E. Bledsoe  
**Author** Nancy K. Grote  
**Abstract** Objectives: This meta-analysis evaluates treatment effects for nonpsychotic major depression during pregnancy and postpartum comparing interventions by type and timing. Methods: Studies for decreasing depressive severity during pregnancy and postpartum applying treatment trials and standardized measures were included. Standardized mean differences were calculated for continuous variable outcome data. Results: Thirteen interventions reported positive effect sizes, one reported marginally positive effect size, one reported no effect, and the remaining reported marginally negative effect size. By type of treatment, medication with cognitive behavioral therapy (CBT; 3.871, p < .001) and medication alone (3.048, p < .001) reported largest effect size, followed by group therapy (CBT, educational, and transactional analysis; 2.045, p < .001), interpersonal psychotherapy (1.260, p < .001), CBT (.642, p < .001), psychodynamic (.526, p = .014), counseling (.418, p = .014), and educational (.100, p = .457). Postpartum implementation produced larger effect size (.837, p < .001) than implementation during pregnancy (.377, p = .002). When medication interventions are excluded, postpartum effect size is .704 (p < .001). Conclusions: Preliminary findings suggest medication, alone or with CBT; group therapy with CBT, educational, and transactional analysis components; interpersonal psychotherapy; and CBT produce largest effect sizes in this population among interventions tested.

**Publication** Research on Social Work Practice  
**Volume** 16  
**Issue** 2  
**Pages** 109-120  
**Date** 03/01/2006

Are client-centered/experiential therapies effective? A meta-analysis of outcome research

**Type** Journal Article  
**Author** R. Elliott  
**Publication** The power of the person-centered approach: New challenges-perspectives-answers  
**Pages** 125–138  
**Date** 1995

The effectiveness of humanistic therapies: A meta-analysis

**Type** Book Section  
**Author** Robert Elliott
Abstract

Presents a meta-analysis of 86 studies on the effectiveness of humanistic therapies. Results indicate that clients who participate in humanistic therapies show, on average, large amounts of change over time. Posttherapy gains are stable. In randomized clinical trials with untreated control clients, clients who participate in humanistic therapies generally show substantially more change than comparable untreated clients. In randomized clinical trials with comparative treatment control clients, clients in humanistic therapies generally show amounts of change equivalent to clients in nonhumanistic therapies, including cognitive behavioral therapy.

Book Title
Humanistic psychotherapies: Handbook of research and practice

Publisher
American Psychological Association

Date
2002

Pages
57-81

Short Title
The effectiveness of humanistic therapies

Library Catalog
APA PsycNET

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Sind klientenzentrierte Erfahrungstherapien effektiv? Eine Meta-Analyse zur Effektforschung

Type
Journal Article

Author
R. Elliott

Publication
GwG Zeitschrift

Volume
101

Pages
29–36

Date
1996

Short Title
Sind klientenzentrierte Erfahrungstherapien effektiv?

Library Catalog
Google Scholar

Person-centred/experiential therapies are highly effective: Summary of the 2008 meta-analysis

Type
Journal Article

Author
R. Elliott

Author
B. Freire

Publication
Person-Centred Quarterly

Volume
45

Pages
1–3

Date
2008

Short Title
Person-centred/experiential therapies are highly effective

Library Catalog
Google Scholar

Research on experiential psychotherapies

Type
Report

Author
Robert K. Elliott

Author
L. S. Greenberg

Author
G. Lietaer
Abstract Discusses the value of various psychotherapy treatment methods, examine methodological issues in research, reveal practice-relevant findings, and addresses issues related to treating special populations and culturally diverse clients. Make recommendations for future research and practice.

Institution Lambert, Michael J.
Date 2004

Library Catalog ScientificCommons

The Efficacy of Paradoxical Strategies:

Type Journal Article
Author Bethany R. Hampton
Author Yosaf F. Hulgus
Abstract The efficacy of paradoxical strategies was evaluated in a quantitative review. The results of 29 studies served as observations. The findings indicate that paradoxical strategies were associated with better treatment outcomes than were other brief therapies assessed in these studies. Variables which mediate outcome were also identified.
Publication Psychotherapy in Private Practice
Volume 12
Issue 2
Pages 53-71
Date 1993
DOI 10.1300/J294v12n02_04
Short Title The Efficacy of Paradoxical Strategies
Library Catalog Taylor and Francis

Die Emotions-Fokussierte Paartherapie: Ansatz, Ergebnis- und Prozeßevaluation

Type Book Section
Author H. P. Heekerens
Book Title In P. Kaiser (Hrsg.) „Partnerschaft und Paartherapie
Publisher Hogrefe
Date 2000
Pages 323 - 337

Katamnesen zur Gesprächspsychotherapie

Type Journal Article
Author Inge Frohburg
Publication Zeitschrift für Klinische Psychologie und Psychotherapie
Volume 33
Issue 3
Pages 196-208
Date 2004-7-1
DOI 10.1026/1616-3443.33.3.196
Library Catalog CrossRef
The effectiveness of psychodramatic techniques: A meta-analysis.

Type Journal Article
Author D. A. Kipper
Author T. D. Ritchie
Abstract Questions concerning the scientific basis of the clinical application of psychodramatic techniques have been raised primarily because of the infrequency of research publications that validate the clinical observations. A meta-analysis conducted on the basis of 25 experimentally designed studies showed an overall effect size that points to a large size improvement effect similar to or better than that commonly reported for group psychotherapy in general. The techniques of role reversal and doubling emerged as the most effective interventions. Of the 4 techniques investigated, 3 were significantly different from each other. There was no difference between the techniques’ effectiveness when used with clinical versus student populations or between their use in single versus multiple sessions. The meaning of the findings is discussed.

Publication Group Dynamics: Theory, Research, and Practice
Volume 7
Issue 1
Pages 13
Date 2003
Short Title The effectiveness of psychodramatic techniques
Library Catalog Google Scholar

Bergin and Garfield's Handbook of Psychotherapy and Behavior Change

Type Book
Author Michael J. Lambert
Edition 0006
Publisher John Wiley & Sons
Date 2013-01-09
# of Pages 864
Library Catalog Amazon.com

Drama therapy for schizophrenia or schizophrenia-like illnesses

Type Journal Article
Author R. A. Ruddy
Author K. Dent-Brown
Abstract Medication is the mainstay of treatment for schizophrenia or schizophrenia-like illnesses, but many people continue to experience symptoms in spite of medication (Johnstone 1998). In addition to medication, creative therapies, such as drama therapy may prove beneficial. Drama therapy is a form of treatment that encourages spontaneity and creativity. It can promote emotional expression, but does not necessarily require the participant to have insight into their condition or psychological-mindset. To review the effects of drama therapy and related approaches as an adjunctive treatment for schizophrenia compared with standard care and other psychosocial interventions. We searched the Cochrane Schizophrenia Group's Register (October 2006), hand searched reference lists, hand searched Dramatherapy (the journal of the British Association of Dramatherapists) and Arts in Psychotherapy and contacted relevant authors. We included all randomised controlled trials that compared drama therapy, psychodrama and related approaches with standard care or other psychosocial interventions for schizophrenia. We reliably selected, quality assessed and extracted data from the studies. We excluded data where more than 50% of participants in any group were lost to follow up. For continuous outcomes we calculated a weighted mean difference and its 95% confidence interval.
interval. For binary outcomes we calculated a fixed effects risk ratio (RR), its 95% confidence interval (CI) and a number needed to treat (NNT). The search identified 183 references but only five studies (total n= 210) met the inclusion criteria. All of the studies were on inpatient populations and compared the intervention with standard inpatient care. One study had drama therapy as the intervention, one had role-playing, one had a social drama group and two used psychodrama. Two of the included studies were Chinese and it is difficult to know whether psychodrama and indeed inpatient psychiatric care in China is comparable with the drama interventions and inpatient care in the other included studies. There were no significant findings about the value of drama interventions for keeping inpatients engaged in treatment. Due to poor reporting very little data from the five studies could be used and there were no conclusive findings about the harms or benefits of drama therapy for inpatients with schizophrenia. Randomised studies are possible in this field. The use of drama therapy for schizophrenia and schizophrenia-like illnesses should continue to be under evaluation as its benefits, or harms, are unclear.

**Publication** Cochrane Database of Systematic Reviews  
**Issue** 1  
**Date** 2007

**Journal Abbr** Cochrane Database Syst Rev.  
**DOI** 10.1002/14651858.CD005378.pub2

**Library Catalog** ISI Web of Knowledge  
**Extra** WOS:000243747900076

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**Paradoxical interventions: A meta-analysis.**

**Type** Journal Article  
**Author** V. Shoham-Salomon  
**Author** R. Rosenthal  
**Publication** Journal of consulting and clinical psychology  
**Volume** 55  
**Issue** 1  
**Pages** 22  
**Date** 1987  
**Short Title** Paradoxical interventions  
**Library Catalog** Google Scholar

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**Meta-analysis of psychotherapy outcome studies**

**Type** Journal Article  
**Author** Mary L. Smith  
**Author** Gene V. Glass  
**Abstract** Results of 375 controlled evaluations of psychotherapy and counseling were coded and integrated statistically. The findings provide convincing evidence of the efficacy of psychotherapy. On the average, the typical therapy client is better off than 75% of untreated individuals. Few important differences in effectiveness could be established among many quite different types of psychotherapy. More generally, virtually no difference in effectiveness was observed between the class of all behavioral therapies (e.g., systematic desensitization and behavior modification) and the nonbehavioral therapies (e.g., Rogerian, psychodynamic, rational-emotive, and transactional analysis). (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication** American Psychologist  
**Volume** 32  
**Issue** 9
Studien zur Wirksamkeit Humanistischer Psychotherapie (1.2. Metastudien Kinder und Jugendliche)
Wirksamkeit von Psychotherapie bei Kindern und Jugendlichen

Type: Journal Article
Author: Andreas Beelmann

Publication: Zeitschrift für Klinische Psychologie und Psychotherapie
Volume: 32
Issue: 2
Pages: 129-143
Date: 2003-4-1
DOI: 10.1026//1616-3443.32.2.129


Type: Journal Article
Author: S. C. Bratton
Author: D. Ray
Author: T. Rhine
Author: L. Jones
Abstract: The efficacy of psychological interventions for children has long been debated among mental health professionals; however, only recently has this issue received national attention, with the U.S. Public Health Service (2000) emphasizing the critical need for early intervention and empirically validated treatments tailored to children’s maturational needs. Play therapy...
developmentally responsive intervention widely used by child therapists but often criticized for lacking an adequate research base to support its growing practice. A meta-analysis of 93 controlled outcome studies (published 1953–2000) was conducted to assess the overall efficacy of play therapy and to determine factors that might impact its effectiveness. The overall treatment effect for play therapy interventions was 0.80 standard deviations. Further analysis revealed that effects were more positive for humanistic than for nonhumanistic treatments and that using parents in play therapy produced the largest effects. Play therapy appeared equally effective across age, gender, and presenting issue.

*Publication* Professional Psychology: Research and Practice  
*Volume* 36  
*Issue* 4  
*Pages* 376  
*Date* 2005  
*Short Title* The Efficacy of Play Therapy With Children  
*Accessed*  
*Library Catalog* Google Scholar

**The outcome of psychotherapy with children.**

*Type* Journal Article  
*Author* R. J. Casey  
*Author* J. S. Berman  
*Abstract* This review quantitatively assesses the outcomes of psychotherapy with children. Seventy-five studies were examined in which children who received psychotherapy were compared with controls or children receiving another form of treatment. Results demonstrated that therapy with children is similar in effectiveness to therapy with adults; treated children achieved outcomes about two thirds of a standard deviation better than untreated children. Although behavioral treatments appeared to be more effective than nonbehavioral treatments, this apparent superiority was due largely to the types of outcome and target problems included in behavioral studies. No differences in outcome were found to result from other treatment such as the use of play in therapy or the administration of treatment individually or in groups. The evidence from this review suggests that previous doubts about the overall efficacy of psychotherapy with children can be laid to rest.

*Publication* Psychological Bulletin  
*Volume* 98  
*Issue* 2  
*Pages* 388  
*Date* 1985  
*Accessed*  
*Library Catalog* Google Scholar

**Counselling in UK secondary schools: A comprehensive review of audit and evaluation data**

*Type* Journal Article  
*Author* M. Cooper  
*Abstract* Aims: The purpose of this study was to develop a comprehensive picture of the nature and outcomes of counselling in secondary schools in the UK. Method: Audit and evaluation studies of schools counselling were identified using a systematic literature search. Thirty studies were found and analysed using a variety of methods. Typically, counselling services provided purely person-centred, or person-centred-based, forms of therapy. Results: Averaged across all studies, clients had a mean age of 13.86 and attended for 6.35 sessions of counselling. The average
percentage of female clients per study was 56.31%. Most frequently, clients presented with family issues, with anger issues particularly prevalent in males. Around 60% of clients began counselling with ‘abnormal’ or borderline levels of psychological distress. Counselling was associated with large improvements in mental health (mean weighted effect size= 0.81), with around 50% of clinically distressed clients demonstrating clinical improvement. On average, just over 80% of respondents rated counselling as moderately or very helpful, with teachers giving it a mean rating of 8.22 on a 10-point scale of helpfulness. For clients, the most helpful aspect of counselling was the opportunity to talk and be listened to, while pastoral care staff emphasised the counsellor’s independence, expertise and confidentiality. There were some indications that counselling may indirectly benefit students’ capacities to study and learn.

Discussion: School-based counselling appears to be of considerable benefit to young people in the UK, but there is a need for this finding to be verified through controlled trials.

Publication
Counselling and Psychotherapy Research
Volume 9
Issue 3
Pages 137–150
Date 2009

Short Title Counselling in UK secondary schools

Library Catalog Google Scholar

Wirksamkeit der personenzentrierten Kinder- und Jugendlichen-Psychotherapie

Type Book Section
Author H. P. Heekerens
Book Title Personenzentrierte Psychotherapie mit Kindern und Jugendlichen
Place Göttingen
Publisher Hogrefe, Verl. für Psychologie
Date 2003
Pages 195 - 207

Wirksamkeit beziehungsorientierter Kinder- und Jugendlichenpsychotherapie.

Type Book Section
Author Dagmar Hölldampf
Author M. Behr
Book Title Psychotherapie mit Kindern und Jugendlichen – Personzentrierte Methoden und interaktionelle Behandlungskonzepte
Publisher Hogrefe-Verlag
Date 2009
Pages 319 - 339

Empirical and clinical focus of child and adolescent psychotherapy research.

Type Journal Article
Author A. E. Kazdin
Author D. Bass
Author W. A. Ayers
Author A. Rodgers
Abstract: The present study evaluated the characteristics of research on child and adolescent psychotherapy. Published studies (N = 223) of psychotherapy from 1970 to 1988 were codified to characterize research, clinical, and methodological characteristics. The major results indicate that (a) treatment research focuses almost exclusively on the impact of treatment techniques with scant attention to influences (child/adolescent, parent, family, therapist) that may moderate outcome and (b) several characteristics of the children/adolescents and methods of treatment delivery and approaches depart markedly from those evident in the practice of treatment. Priorities for treatment research to place clinical practice on firmer empirical footing are discussed.

Publication: Journal of Consulting and Clinical Psychology
Volume: 58
Issue: 6
Pages: 729
Date: 1990
Library Catalog: Google Scholar

A meta-analysis of play therapy outcomes

Type: Journal Article
Author: Michael Leblanc
Author: Martin Ritchie
Abstract: A meta-analysis of play therapy outcomes with children was conducted to determine the overall effectiveness of play therapy and the variables related to effectiveness. Hierarchical linear modelling was used to analyse the data. The analysis showed an average treatment effect of 0.66 standard deviations. A strong relationship between treatment effectiveness and the inclusion of parents in the therapeutic process was reported. The duration of therapy also appeared to be related to treatment outcomes, with maximum effect sizes occurring after approximately 30 treatment sessions. Play therapy appeared to be as effective as non-play therapies in treating children experiencing emotional difficulties. Recommendations for future researchers focus on explaining therapeutic or participant characteristics that are related to treatment effectiveness.

Publication: Counselling Psychology Quarterly
Volume: 14
Issue: 2
Pages: 149-163
Date: 2001
DOI: 10.1080/09515070110059142
Library Catalog: Taylor and Francis

The effectiveness of play therapy: Responding to the critics.

Type: Journal Article
Author: D. Ray
Author: S. Bratton
Author: T. Rhine
Author: L. Jones
Abstract: Abstract: Play therapy has long been criticized for a lack of adequate research base to prove its efficacy. For 6 decades, while play therapists conducted small research studies, critics challenged the utility and efficacy of play therapy as a viable psychotherapy intervention. The purpose of this study was to conduct a meta-analysis of 94 research studies focusing on the...
efficacy of play therapy, filial therapy, and combined play therapy and filial therapy. Meta-analysis revealed a large positive effect on treatment outcomes with children. Play therapy appeared effective across modality, age, gender, clinical vs. nonclinical populations, setting, and theoretical schools of thought. Additionally, positive play therapy effects were found to be greatest when there was parent involvement in treatment and an optimal number of sessions provided.

**Publication**  International Journal of play therapy  
**Volume** 10  
**Issue** 1  
**Pages** 85  
**Date** 2001  
**Short Title**  The effectiveness of play therapy  
**Accessed**  Donnerstag, 23. August 2012 19:20:05  
**Library Catalog**  Google Scholar

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**Play Therapy – A Review of Outcome Research. Unveröffentlicht***

**Type**  Thesis  
**Author**  Redmond Reams  
**Author**  W. Friedrich  
**University**  University of Washington.  
**Date**  1983

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**Effectiveness of psychotherapy with children and adolescents: A meta-analysis for clinicians.***

**Type**  Journal Article  
**Author**  J. R. Weisz  
**Author**  B. Weiss  
**Author**  M. D. Alicke  
**Author**  M. L. Klotz  
**Abstract**  How effective is psychotherapy with children and adolescents? The question was addressed by metaanalysis of 108 well-designed outcome studies with 4-18-year-old participants. Across various outcome measures, the average treated youngster was better adjusted after treatment than 79% of those not treated. Therapy proved more effective for children than for adolescents, particularly when the therapists were paraprofessionals (e.g., parents, teachers) or graduate students. Professionals (with doctor's or master's degrees) were especially effective in treating overcontrolled problems (e.g., phobias, shyness) but were not more effective than other therapists in treating undercontrolled problems (e.g., aggression, impulsivity). Behavioral treatments proved more effective than nonbehavioral treatments regardless of client age, therapist experience, or treated problem. Overall, the findings revealed significant, durable effects of treatment that differed somewhat with client age and treatment method but were reliably greater than zero for most groups, most problems, and most methods.

**Publication**  Journal of Consulting and Clinical Psychology  
**Volume** 55  
**Issue** 4  
**Pages** 542  
**Date** 1987  
**Short Title**  Effectiveness of psychotherapy with children and adolescents  
**Accessed**  Donnerstag, 23. August 2012 19:16:47  
**Library Catalog**  Google Scholar
Effects of psychotherapy with children and adolescents revisited: A meta-analysis of treatment outcome studies.

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<th>Type</th>
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<td>D. A. Granger</td>
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<td>Author</td>
<td>T. Morton</td>
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<td>Abstract</td>
<td>A meta-analysis of child and adolescent psychotherapy outcome research tested previous findings using a new sample of 150 outcome studies and weighted least squares methods. The overall mean effect of therapy was positive and highly significant. Effects were more positive for behavioral than for nonbehavioral treatments, and samples of adolescent girls showed better outcomes than other Age X Gender groups. Paraprofessionals produced larger overall treatment effects than professional therapists or students, but professionals produced larger effects than paraprofessionals in treating overcontrolled problems (e.g., anxiety and depression). Results supported the specificity of treatment effects: Outcomes were stronger for the particular problems targeted in treatment than for problems not targeted. The findings shed new light on previous results and raise significant issues for future study.</td>
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Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.1. Affektive Störungen Erwachsene)
Introduction. One case, multiple measures: An intensive case-analytic approach to understanding client change processes in evidence-based, emotion-focused therapy of depression

**Type** Journal Article  
**Author** Lynne Angus  
**Author** Rhonda Goldman  
**Author** Erhard Mergenthaler  
**Publication** Psychotherapy Research  
**Volume** 18  
**Issue** 6  
**Pages** 629-633  
**Date** 2008  
**DOI** 10.1080/10503300802430673  
**Short Title** Introduction. One case, multiple measures  
**Library Catalog** Taylor and Francis

BERICHT DER EXTERNEN EVALUATION UND QUALITÄTSSICHERUNG DER PSYCHOTHERAPEUTISCHEN KLINIKEN UND ABTEILUNGEN

**Type** Journal Article  
**Author** Barghaan  
**Author** Harfst  
**Author** Dirmeier  
**Author** Koch  
**Date** 2003  
**Accessed** Dienstag, 26. Juni 2012 14:40:36  
**Library Catalog** Google Scholar

The effects of psychodrama on depression among women with chronic mental disorder

**Type** Journal Article  
**Author** F. Ebrahimi Belil  
**Author** A. Rahgoien  
**Author** M. Rahgozar  
**Abstract** Background & Aim: At recent three decades, management of chronic mental disorders has been a focus of attention in mental health systems. This study aimed to assess the efficacy of group psychodrama in reducing depression in inpatient women with chronic mental disorder. Method & Materials: In this semi-experimental study, thirty women with chronic mental disorders bedridden at Razi comprehensive psychiatric center(Tehran, Iran) were randomly assigned to two groups, namely intervention & control groups. Beck Depression Inventory(BDI) was administered to all participants and then a 12 session group psychodrama intervention program was carried out for the intervention group. Meanwhile routine treatments were continued for the control group. BDI was then re-administered for both groups. Data were analyzed by SPSS software using independent and Paired T tests, Kolmogroph-Smernoph, Chi-square, Leven and Covariance analysis(ANCOVA) tests. Findings: After the intervention, the BDI mean score significantly reduced in the intervention group(p=0.000) but not in the control one. The two groups showed no difference regarding the mean BDI scores before the intervention but...
afterward the control group had a significantly higher score in this respect \( p=0.000 \). The significant differences remained true after applying ANCOVA to control the effects of age and rate of depression \( p=0.000 \). Conclusion: Psychodrama may be an effective intervention for reducing depression in patients with chronic mental disorders. Keywords: Psychodrama, Depression, Chronic mental disorder.

**Publication**

Bipolar Disorders

**Volume**

14

**Pages**

71-71

**Date**

MAR 2012

**Journal Abbr**

Bipolar Disord.

**Library Catalog**

ISI Web of Knowledge

**Extra**

WOS:000301531000150

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Predictors of differential response to cognitive, experiential, and self-directed psychotherapeutic procedures.

**Type**

Journal Article

**Author**

L. E. Beutler

D. Engle

D. Mohr

R. J. Daldrup

J. Bergan

K. Meredith

W. Merry

**Publication**

Journal of Consulting and Clinical Psychology

**Volume**

59

**Issue**

2

**Pages**

333

**Date**

1991

**Accessed**


**Library Catalog**

Google Scholar

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Differential patient x treatment maintenance among cognitive, experiential, and self-directed psychotherapies.

**Type**

Journal Article

**Author**

L. E. Beutler

P. P. Machado

D. Engle

D. Mohr

**Abstract**

Long-term efficacy of matching patient indicators to group cognitive therapy (GCT), focused expressive psychotherapy, and supportive, self-directed therapy (SSD) were assessed among 49 patients with major depressive disorder. Results of main effect analyses suggested that treatment effects noted at treatment end by L. E. Beutler et al (see record 1991-22075-001) were maintained at 1-yr follow-up. The number of Ss without clinical symptoms of depression in the follow-up period did not significantly differ from the number of asymptomatic Ss at treatment end. One-year follow-up analyses of prospectively defined differential patient indicators supported assigning patients with externalizing coping styles and/or low resistance potential to GCT and patients with internalizing coping styles and/or high resistance potential to SSD. (PsychINFO Database Record (c) 2012 APA, all rights reserved)

**Publication**

Journal of Psychotherapy Integration; Journal of Psychotherapy Integration
Evaluation of the short-term impact of counseling in general practice

Abstract
This paper describes the findings of a randomised controlled trial of the short-term impact of counseling in the general practice setting. Compared with patients who received usual advice from their general practitioner for acute problems such as relationship difficulties, anxiety and depression, those who received counseling from qualified counselors working within the primary health care context showed greater improvement in psychological health as measured by the General Health Questionnaire. Significantly fewer of those counselled were prescribed anti-depressant drugs by the general practitioners in the study, or were referred to psychiatrists or clinical psychologists for care. In addition those patients who attended sessions with the practice counselor were more likely to report that they were satisfied with their treatment and more expressed feelings of well-being.

Publication
Patient Education and Counseling
Volume 24
Issue 1
Pages 79-89
Date August 1994
DOI 10.1016/0738-3991(94)90028-0

An empirical analysis of autobiographical memory specificity subtypes in brief emotion-focused and client-centered treatments of depression

Abstract
Overgeneral autobiographical memory (ABM) disclosure has been established as a key cognitive marker of clinical depression in experimental research studies. To determine the ecological validity of these findings for psychotherapy treatments of depression, the present study investigated the relationship between change in level of depression and ABM specificity in the context of early, middle, and late therapy session transcripts selected from 34 clients undergoing emotion-focused therapy and client-centered therapy in the York I Depression Study. A hierarchical linear modeling analysis demonstrated that clients disclosed significantly more specific ABMs over the course of therapy. There were no differences in ABM specificity between treatment groups. There was also no evidence that increased specificity differentiated between recovered and unchanged clients at treatment termination.

Publication
Psychotherapy Research
Volume 18
Controlled trial of the short- and long-term effect of psychological treatment of post-partum depression 1. Impact on maternal mood

Type: Journal Article  
Author: Peter J. Cooper, Lynne Murray, Anji Wilson, Helena Romaniuk

Abstract  
Background: Psychological interventions for postnatal depression can be beneficial in the short term but their longer-term impact is unknown. Aims: To evaluate the long-term effect on maternal mood of three psychological treatments in relation to routine primary care. Method: Women with post-partum depression (n=193) were assigned randomly to one of four conditions: routine primary care, non-directive counselling, cognitive—behavioural therapy or psychodynamic therapy. They were assessed immediately after the treatment phase (at 4.5 months) and at 9, 18 and 60 months post-partum. Results: Compared with the control, all three treatments had a significant impact at 4.5 months on maternal mood (Edinburgh Postnatal Depression Scale, EPDS). Only psychodynamic therapy produced a rate of reduction in depression (Structured Clinical Interview for DSM—III — R) significantly superior to that of the control. The benefit of treatment was no longer apparent by 9 months post-partum. Conclusion: Psychological intervention for post-partum depression improves maternal mood (EPDS) in the short term. However, this benefit is not superior to spontaneous remission in the long term.

Publication: The British Journal of Psychiatry  
Volume: 182  
Issue: 5  
Pages: 412-419  
Date: 05/01/2003

Psychodramatic psychotherapy combined with pharmacotherapy in major depressive disorder: an open and naturalistic study

Type: Journal Article  
Author: E. M. S. Costa, R. Antonio, M. B. D. Soares, F. A. Moreno

Abstract  
Objective: Recent literature has highlighted the role of psychotherapy in the treatment of major depressive disorder. Combined therapies comprising both psychotherapy and pharmacotherapy have presented the best results. Although several kinds of psychotherapies have been studied in the treatment of depressive disorders, there remains a lack of data on psychodramatic
psychotherapy in the treatment of major depressive disorder. The objective of this study was to evaluate the impact of psychodramatic psychotherapy (in a sample of major depressive disorder patients. Method: This is an open, naturalistic, controlled, non-randomized study. Twenty major depressive disorder patients (according to the DSM-IV criteria), under pharmacological treatment for depression, with Hamilton Depression Scale total scores between 7 and 20 (mild to moderate depression), were divided into two groups. Patients in the psychotherapeutic group took part in 4 individual and 24 structured psychodramatic group sessions, whilst subjects in the control group did not participate in this psychodramatic psychotherapy. Both groups were evaluated with the Social Adjustment Scale - Self Report and the Hamilton Depression Scale. Results: Psychotherapeutic group patients showed a significant improvement according to the Social Adjustment Scale - Self Report and the Hamilton Depression Scale scores at endpoint, compared to those of the control group. Conclusions: Results suggest that individual and group psychodramatic psychotherapy, associated to pharmacological treatment, provides good clinical benefits in the treatment of major depressive disorder.

**Publication** Revista Brasileira De Psiquiatria

**Volume** 28

**Issue** 1

**Pages** 40-43

**Date** MAR 2006


**Short Title** Psychodramatic psychotherapy combined with pharmacotherapy in major depressive disorder

**Library Catalog** ISI Web of Knowledge

**Extra** WOS:000236016600009

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**Emotion-Focused Therapy for Couples in the Treatment of Depression: A Pilot Study.**

**Type** Journal Article

**Author** A. Dessaulles

**Author** S. M. Johnson

**Author** W. H. Denton

**Publication** American Journal of Family Therapy

**Volume** 31

**Issue** 5

**Pages** 345–53

**Date** 2003

**Short Title** Emotion-Focused Therapy for Couples in the Treatment of Depression

**Accessed** Montag, 13. August 2012 20:11:39

**Library Catalog** Google Scholar

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**Maintenance of gains following experiential therapies for depression.**

**Type** Journal Article

**Author** Jennifer A. Ellison

**Author** Leslie S. Greenberg

**Author** Rhonda N. Goldman

**Author** Lynne Angus

**Publication** Journal of Consulting and Clinical Psychology

**Volume** 77

**Issue** 1

**Pages** 103-112

**Date** 2009
Auswirkungen einer erlebnisorientierten Psychotherapie auf Prozeß- und Erfolgsmerkmale unter besonderer Berücksichtigung der Klientenvariable „Experiencing“.

**Type** Journal Article  
**Author** Peter Esser  
**Author** E Bellendorf  
**Author** A Groß  
**Author** W Neudenberger  
**Author** H Bommert  
**Publication** Zeitschrift für personenzentrierte Psychologie und Psychotherapie  
**Volume** 3  
**Date** 1984

A comparison of paradoxical and nonparadoxical interpretations and directives.

**Type** Journal Article  
**Author** D. A. Feldman  
**Author** S. R. Strong  
**Author** D. B. Danser  
**Abstract** Explored the effects of consistent and inconsistent combinations of paradoxical and nonparadoxical interpretations and directives in brief counseling with 49 moderately depressed undergraduates. It was hypothesized that a consistent paradoxical intervention would be more effective than inconsistent interventions, which in turn would be more effective than a consistent nonparadoxical intervention. Ss who wanted to change were randomly assigned to 4 interview intervention conditions and a no-treatment control condition. In the intervention conditions, Ss received 2 interviews with counselors who gave 6 interpretations and 2 directives over the course of the interviews. Ss in the intervention conditions decreased their depression more than did Ss in the control condition. Paradoxical interpretations were associated with more symptom remission than were nonparadoxical interpretations, whereas the nature of the directives students received made little difference. Whether the interventions were consistent or inconsistent made little difference on changes in depression, but Ss had more favorable impressions of their counselors when interpretations and directives were consistent. The impact of the interventions on Ss' attributions of the cause of therapeutic change was also explored. (12 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved)  
**Publication** Journal of Counseling Psychology  
**Volume** 29  
**Issue** 6  
**Pages** 572  
**Date** 1982  
**Accessed** Sonntag, 29. Juli 2012 16:33:34  
**Library Catalog** Google Scholar

A comparison of the psychological effects of running and transactional analysis stroking for the relief of reactive depression in adults
Coping skills training as a component in the short-term treatment of depression

**Type** Journal Article  
**Author** Barbara M. Fleming  
**Author** Dozier W. Thornton  
**Abstract** 35 moderately depressed Ss participated in cognitive, behavioral, or nondirective depression workshops. All 3 conditions produced significant decreases in depressive symptomatology, and there were no significant differences between conditions at a 6-wk follow-up. (10 ref)

**Publication** Journal of Consulting and Clinical Psychology  
**Volume** 48  
**Issue** 5  
**Pages** 652-654  
**Date** 1980  
**DOI** 10.1037/0022-006X.48.5.652

Randomised controlled assessment of non-directive psychotherapy versus routine general-practitioner care

**Type** Journal Article  
**Author** Karin Friedlr  
**Author** Michael B King  
**Author** Margaret Lloyd  
**Author** John Horder  
**Abstract** Summary: Background We compared the efficacy of and patients' satisfaction with general-practice-based psychotherapists with those of general practitioners in providing treatment to people with emotional difficulties. Methods We carried out a prospective, randomised, controlled trial of brief, non-directive psychotherapy and routine general-practitioner care. Therapists adhered to a non-directive Rogerian model of psychotherapy. Between one and 12 sessions of psychotherapy were given over 12 weeks in 14 general practices in north London, UK. Of 136 patients with emotional difficulties, mainly depression, 70 patients were randomly assigned to the therapist and 66 to the general practitioner. Depression, anxiety, other mental-disorder symptoms, and social adjustment were measured by self-report at baseline, 3 months, and 9 months. Patients' satisfaction was also measured by self-report at 3 and 9 months. Findings All patients improved significantly over time. There were no significant differences between the groups receiving brief psychotherapy and routine general-practitioner care. Patients assigned brief psychotherapy were more satisfied with the help they received than those assigned to the general practitioner at both 3 and 9 months' follow-up (mean scores on satisfaction scale 50·9 [SD 7·9] vs 44·4 [9·8] and 45·6 [9·4] vs 37·1 [11·2], respectively). Interpretation General-practitioner care is as effective as brief psychotherapy for patients usually referred by doctors to practice-based psychotherapists. Patients with emotional difficulties prefer brief psychotherapy from a counsellor to care from their general practitioner.

**Publication** The Lancet  
**Volume** 350  
**Issue** 9092
The effects of adding emotion-focused interventions to the client-centered relationship conditions in the treatment of depression

**Type** Journal Article

**Author** Rhonda N. Goldman

**Author** Leslie S. Greenberg

**Author** Lynne Angus

**Abstract** A study was conducted to test the effects of adding emotion-focused interventions to the empathic relationship. The authors compared client-centered therapy, which provides an empathic relationship based on the relational attitudes of empathy, positive regard, and congruence, and emotion-focused therapy (EFT), which integrates process-guiding emotion-focused interventions that focus on depressogenic affective–cognitive problems with a client-centered supportive relationship. Thirty-eight patients meeting DSM–IV criteria for major depressive disorder were randomly assigned to 16 to 20 sessions of 1 of the 2 treatments. Clients' level of depressive symptoms, general symptom distress, interpersonal distress, and self-esteem improved in each condition, but improvement on symptomatology was superior in the EFT condition. An empathic relationship appears to be enhanced by the addition of specific emotion-focused interventions.
relación de apoyo centrada en el cliente. Se asignaron al azar, para 16 a 20 sesiones de 1 de los 2 tratamientos, a treinta y ocho pacientes que reunían los criterios del DSM-IV para el desorden depresivo mayor. En cada condición, el nivel de síntomas depresivos, el distrés general de síntomas, el distrés interpersonal y la autoestima mejoraron, pero la mejoría fue superior en la condición EFT. La relación empática parece aumentar por la adición de intervenciones específicas focalizadas en la emoción. Resumo Os efeitos de adicionar intervenções focadas nas emoções à relação centrada no cliente no tratamento da depressão. Este estudo foi conduzido para testar os efeitos de adicionar intervenções focadas nas emoções à relação empática. Os autores compararam a terapia centrada no cliente, que oferece uma relação empática baseada nas atitudes relacionais de empatia, aceitação positiva e congruência, e a terapia focada nas emoções (EFT), que integra intervenções focadas nas emoções e guiadas pelo processo, centradas nos problemas afectivo-cognitivo depressogénico com uma relação de suporte centrada no cliente. Trinta e oito pacientes com critérios de diagnóstico do DSM-IV para perturbação depressiva maior foram aleatoriamente distribuídos por um dos dois tratamentos, de duração de 16 a 20 semanas. O nível de sintomas depressivos do cliente, disfuncionamento sintomático geral, disfuncionamento interopessoal e auto-estima melhoraram em cada condição, mas a melhoria da sintomatologia foi superior na condição EFT. Uma relação empática parece ser melhorada pela adição de intervenções específicas focadas nas emoções. Sommario Gli effetti degli interventi aggiuntivi focalizzati sulle emozioni nella relazione centrata sul cliente, nel trattamento della depressione. E’ stato condotto uno studio per valutare gli effetti degli interventi aggiuntivi focalizzati sulle emozioni nella relazione empatica. Gli autori hanno confrontato la terapia centrata sul cliente, che offre una relazione empatica basata sulle attitudini relazionali dell’empatia, sulla stima positiva e sulla coerenza, con la terapia focalizzata sulle emozioni (EFT), che integra i processi che guidano gli interventi focalizzati sulle emozioni, che si focalizzano sui problemi depressogeni affettivo-cognitivi, con una relazione supportiva centrata sul cliente. Trentotto pazienti con i criteri del DSM-IV del disturbo depressivo maggiore sono stati assegnati casualmente da 16 a 20 sedute di uno dei due trattamenti. I livelli dei clienti di sintomi depressivi, di sintomi generali di sofferenza, della sofferenza interpersonale e dell’autostima sono migliorati in ogni condizione, ma il miglioramento nella sintomatologia è stato superiore nella condizione EFT. Una relazione empatica sembra essere cresciuta attraverso l’aggiunta di interventi specifici focalizzati sulle emozioni. Abstract

Experiential Therapy of Depression: Differential Effects of Client-Centered Relationship Conditions and Process Experiential Interventions

**Type** Journal Article

**Author** Leslie Greenberg

**Author** Jeanne Watson

**Abstract** This study compared the effectiveness of process-experiential psychotherapy with one of its components, client-centered psychotherapy, in the treatment of (34) adults suffering from major depression. The client-centered treatment emphasized the establishment and maintenance of the Rogerian relationship conditions and empathic responding. The experiential treatment consisted of the client-centered conditions, plus the use of specific process-directive gestalt and experiential interventions at client markers indicating particular cognitive-affective problems. Treatments showed no difference in reducing depressive symptomatology at termination and six month follow-up. The experiential treatment, however, had superior effects at mid-treatment on depression and at termination on the total level of symptoms, self-esteem, and reduction of...
interpersonal problems. The addition, to the relational conditions, of specific active interventions at appropriate points in the treatment of depression appeared to hasten and enhance improvement. Die Untersuchung vergleicht die Effektivität einer prozess-und erlebnisorientierten Psychotherapie mit einer ihrer Komponenten, der klientzentrierten Psychotherapie, in der Behandlung von 34 Erwachsenen mit depressiven Störungen. Die klientzentrierte Behandlung betonte die Herstellung und Aufrechterhaltung einer Beziehung im Sinne Rogers' und empathische Reaktionen auf Seiten der Therapeuten. Die erlebnisorientierte Behandlung bestand aus diesen klientzentrierten Grundbedingungen und dem Einsatz spezifischer, prozessleitender gestalt-und erlebnisorientierter Interventionen, die dann eingesetzt wurden, wenn es um die Bearbeitung spezifischer kognitiv-affektiver Probleme ging. Die Behandlungen unterschieden sich nicht im Hinblick auf die Reduktion depressiver Symptome bei Behandlungsende und bei einer 6-Monats-Katamnese. Die erlebnisorientierten Behandlungen allerdings zeigten deutlichere Effekte im Hinblick auf die Depression in der Mitte der Behandlung und auf die gesamte Symptomatik, das Selbstwertgefühl und die Reduktion interpersonaler Probleme bei Behandlungsende. Die Hinzunahme spezifischer, aktiver Interventionen zu den beziehungsorientierten Grundbedingungen an geeigneten Punkten einer Depressionsbehandlung scheint also eine Besserung des Zustandes zu beschleunigen und zu fördern. Cette étude a comparé l'efficacité de la psychothérapie centrée sur l'expérience du processus avec une de ses composantes, la psychothérapie centrée sur le client, dans le traitement de 34 adultes souffrant de dépression majeure. La thérapie centrée sur le client a mis l'accent sur l'installation et le maintien des conditions relationnelles Rogeriennes et une attitude de réponse empathique. Le traitement centré sur l'expérience a englobé les conditions Rogeriennes plus l'emploi d'interventions spécifiques, à impact sur le processus, de type gestalt et d'expérience, à des moments où des marqueurs du côté client ont indiqué des problèmes cognitifs-affectifs particuliers. Ces traitements n'ont pas abouti à une différence dans la réduction de la symptomatique dépressive à la fin du traitement et six mois après. Cependant, le traitement centré sur l'expérience a eu des résultats supérieurs sur le plan de la dépression, au milieu du traitement, et à la fin du traitement, pour l'ensemble des symptômes, l'estime de soi, et les problèmes interpersonnels. Le fait de rajouter des interventions actives spécifiques aux conditions relationnelles, à des moments appropriés de la thérapie, nous a semblé accélérer et favoriser l'amélioration. Este estudio compara la efectividad del proceso de psicoterapia experiencial con uno de sus componentes, la psicoterapia centrada en el cliente, en el tratamiento de (34) adultos con depresión mayor. El tratamiento centrado en el cliente hizo hincapié en el establecimiento y el mantenimiento de la relación rogeriana y de la responsividad empática. El tratamiento experiencial consistió en las mismas condiciones de la terapia centrada en el cliente a las que se agregó el uso monitorizado de intervenciones específicas gestálticas y experienciales, en los momentos indicados por los problemas afectivos y cognitivos del paciente. Los tratamientos no mostraron diferencia, a la terminación y a los seis meses de seguimiento, en su capacidad de reducir la sintomatología depresiva. El tratamiento experiencial, sin embargo, tuvo mejores efectos sobre la depresión al promediar el tratamiento y sobre el nivel total de los síntomas, la autoestima y los problemas interpersonales al finalizar el mismo. La mejoría de la depresión parece acelerar e intensificarse cuando se agregan al tratamiento intervenciones activas específicas en momentos apropiados.

**Publication** Psychotherapy Research  
**Volume** 8  
**Issue** 2  
**Pages** 210-224  
**Date** 1998  
**DOI** 10.1080/1050330981233132317  
**Short Title** Experiential Therapy of Depression  
**Accessed** Dienstag, 26. Juni 2012 14:59:43  
**Library Catalog** Taylor and Francis

The York II psychotherapy study on experiential therapy of depression.

**Type** Report  
**Author** L. J. Greenberg
Integrating psychodrama and cognitive behavioral therapy to treat moderate depression

**Type** Journal Article  
**Author** Zeynep Hamamci  
**Abstract** The aim of the study is to compare the effects of psychodrama integrated with cognitive behavioral therapy and cognitive behavioral group therapy in the treatment of depression. Thirty-one university students with moderate depression participated in this study. After the participants were randomly assigned to and control groups, group therapies were conducted for 11 sessions over a period lasting nearly 3 months. The control group received no treatment. The Beck Depression Inventory (BDI), the Automatic Thoughts Questionnaire (ATQ) and the Dysfunctional Attitude Scale (DAS) were administered to the participants at three different occasions: pre-treatment, post-treatment, and 6-month follow-up. A 3 × 3 ANOVA was used to examine the effectiveness of the treatments. The results indicated that both psychodrama integrated with cognitive behavioral therapy, and cognitive behavioral group therapy alone, led to reduction in the level of depression, negative automatic thoughts, and dysfunctional attitudes of participants. However, there were no significant differences between the two treatments in terms of their effectiveness.

**Publication** The Arts in Psychotherapy  
**Volume** 33  
**Issue** 3  
**Pages** 199-207  
**Date** 2006  
**DOI** 10.1016/j.aip.2006.02.001  
**Accessed** Dienstag, 4. September 2012 10:37:05  
**Library Catalog** ScienceDirect

Randomised controlled trial of non-directive counselling, cognitive-behaviour therapy and usual general practitioner care in the management of depression as well as mixed anxiety and depression in primary care.

**Type** Journal Article  
**Author** M. King  
**Author** B. Sibbald  
**Author** E. Ward  
**Author** P. Bower  
**Author** M. Lloyd  
**Author** M. Gabbay  
**Author** S. Byford  
**Author** others  
**Abstract** OBJECTIVES: The aim of this study was to determine both the clinical and cost-effectiveness of usual general practitioner (GP) care compared with two types of brief psychological therapy (non-directive counselling and cognitive-behaviour therapy) in the management of depression as well as mixed anxiety and depression in the primary care setting. DESIGN: The design was principally a pragmatic randomised controlled trial, but was accompanied by two additional allocation methods allowing patient preference: the option of a specific choice of treatment (preference allocation) and the option to be randomised between the psychological therapies only. Of the 464 patients allocated to the three treatments, 197 were randomised between the
three treatments, 137 chose a specific treatment, and 130 were randomised between the psychological therapies only. The patients underwent follow-up assessments at 4 and 12 months. SETTING: The study was conducted in 24 general practices in Greater Manchester and London. SUBJECTS: A total of 464 eligible patients, aged 18 years and over, were referred by 73 GPs and allocated to one of the psychological therapies or usual GP care for depressive symptoms. INTERVENTIONS: The interventions consisted of brief psychological therapy (12 sessions maximum) or usual GP care. Non-directive counselling was provided by counsellors who were qualified for accreditation by the British Association for Counselling. Cognitive-behaviour therapy was provided by clinical psychologists who were qualified for accreditation by the British Association for Behavioural and Cognitive Psychotherapies. Usual GP care included discussions with patients and the prescription of medication, but GPs were asked to refrain from referring patients for psychological intervention for at least 4 months. Most therapy sessions took place on a weekly basis in the general practices. By the 12-month follow-up, GP care in some cases did include referral to mental healthcare specialists. MAIN OUTCOME MEASURES: The clinical outcomes included depressive symptoms, general psychiatric symptoms, social function and patient satisfaction. The economic outcomes included direct and indirect costs and quality of life. Assessments were carried out at baseline during face-to-face interviews as well as at 4 and 12 months in person or by post. RESULTS: At 4 months, both psychological therapies had reduced depressive symptoms to a significantly greater extent than usual GP care. Patients in the psychological therapy groups exhibited mean scores on the Beck Depression Inventory that were 4-5 points lower than the mean score of patients in the usual GP care group, a difference that was also clinically significant. These differences did not generalize to other measures of outcome. There was no significant difference in outcome between the two psychological therapies when they were compared directly using all 260 patients randomised to a psychological therapy by either randomised allocation method. At 12 months, the patients in all three groups had improved to the same extent. The lack of a significant difference between the treatment groups at this point resulted from greater improvement of the patients in the GP care group between the 4- and 12-month follow-ups. At 4 months, patients in both psychological therapy groups were more satisfied with their treatment than those in the usual GP care group. However, by 12 months, patients who had received non-directive counselling were more satisfied than those in either of the other two groups. There were few differences in the baseline characteristics of patients who were randomised or expressed a treatment preference, and no differences in outcome between these patients. Similar outcomes were found for patients who chose either psychological therapy. Again, there were no significant differences between the two groups at 4 or 12 months. Patients who chose counselling were more satisfied with treatment than those who chose c.

Die Beeinflussung affektiver Störungen durch psychodynamische und durch Gesprächspsychotherapie: Ergebnisse einer empirischen Vergleichsstudie

Type Journal Article
Author A. E. Meyer
Author U. Wirth
Publication Affektive Störungen
Pages 243–258
Date 1988
Short Title Die Beeinflussung affektiver Störungen durch psychodynamische und durch Gesprächspsychotherapie
Th Effectiveness of Psychodrama in Changing the Attitudes Among Depressed Patients

**Type** Journal Article  
**Author** Mehdi Pour Rezaeian  
**Publication** Journal of personality and clinical studies : a publication of the Association of Clinical Psychologists, Delhi  
**Volume** 13  
**Issue** 1  
**Pages** 19-23  
**Date** 1997

The usefulness of psychodrama in the treatment of depressed patients

**Type** Journal Article  
**Author** M.P. Rezaian  
**Author** A.K. Sem  
**Author** Mazumdar DP Sem  
**Publication** Indian J Clin Psychol.  
**Volume** 24(1):82-8  
**Date** 1997

Body psychotherapy in chronic depression – a randomised controlled pilot trial

**Type** Document  
**Author** Frank Röhricht  
**Author** Stefan Priebe  
**Date** 2012 (unpublished)

Antidepressant Medication and the Assimilation of Problematic Experiences in Psychotherapy

**Type** Journal Article  
**Author** Ludwig Teusch  
**Author** Hildegard Böhme  
**Author** Jobst Finke  
**Author** Markus Gastpar  
**Author** Bettina Skerra  
**Abstract** The authors assessed whether the psychotherapeutic process is enhanced by the addition of antidepressant medication. Mildly to moderately depressed patients received client-centered therapy with or without medication. Patients were assessed for symptoms of depression and the ability to assimilate problematic experiences successfully. Ratings of improvement on Stiles's Scale for the Assimilation of Problematic Experiences rose significantly in both treatment conditions. There was no significant effect of the addition of antidepressant medication in the psychotherapeutic process. However, patients without medication tended to reach higher stages of assimilation (e.g., problem clarification and insight). Psychotherapy alone seems as effective in reducing depression as that with the addition of pharmacotherapy and may be superior in supporting the psychotherapeutic process in the longer term. The question remains as to the
nature of the conditions in which one may achieve additive effects of psychotherapy and medication.

**Publication** Psychotherapy Research  
**Volume** 13  
**Issue** 3  
**Pages** 307-322  
**Date** 2003  
**DOI** 10.1093/ptr/kpg029  
**Accessed** Montag, 13. August 2012 19:16:29  

**Library Catalog** Taylor and Francis

Der Nachweis der Wirksamkeit von Gesprächspsychotherapie wurde in jedem Fall erbracht.  
Fazit: Studienergebnisse sprechen für den Nutzen von GPT im stationären Rahmen. ** Geeignet (a) **

Pathways to change in the psychotherapy of depression: Relating process to session change and outcome.

**Type** Journal Article  
**Author** J. C. Watson  
**Author** L. S. Greenberg  
**Publication** Psychotherapy: Theory, Research, Practice, Training  
**Volume** 33  
**Issue** 2  
**Pages** 262  
**Date** 1996  
**Short Title** Pathways to change in the psychotherapy of depression  

**Library Catalog** Google Scholar

An examination of clients' in-session changes and their relationship to the working alliance and outcome

**Type** Journal Article  
**Author** Jeanne C. Watson  
**Author** Jennifer Schein  
**Author** Evelyn McMullen  
**Abstract** Abstract The objective of the current study was to investigate the psychometric properties of the Client Task Specific Change Measure–Revised (CTSC-R), a measure of clients' in-session changes, and to determine whether the CTSC-R predicted outcome over and above the therapeutic alliance in a study of 66 clients treated with process-experiential psychotherapy or cognitive–behavioural therapy for depression. The measure showed high internal consistency and item–total correlations. Principal-axis factoring, followed by oblique rotation, showed that the measure comprised two factors: (a) behaviour change and (b) awareness and understanding. Clients' CTSC-R scores changed over the course of psychotherapy and predicted change in depression at the end of therapy over and above the therapeutic alliance, explaining an additional 13% of the variance in outcome on the Beck Depression Inventory. Limitations of the study and future directions for research are discussed.

**Publication** Psychotherapy Research  
**Volume** 20  
**Issue** 2  
**Pages** 224-233  
**Date** 2010  
**DOI** 10.1080/10503300903311285
Comparing the effectiveness of process-experiential with cognitive-behavioral psychotherapy in the treatment of depression.

**Type** Journal Article  
**Author** J. C. Watson, L. B. Gordon, L. Stermac, F. Kalogerakos, P. Steckley  
**Publication** Journal of Consulting and Clinical Psychology  
**Volume** 71  
**Issue** 4  
**Pages** 773  
**Date** 2003

Bewegungstherapie bei Patienten mit psychischen Störungen: Eine Verlaufsstudie

**Type** Book Section  
**Author** C. Weber, H. Haltendorf, J. Combecher, W. Blankenburg  
**Book Title** Salutogenese : ein neues Konzept in der Psychosomatik? : Kongressband der 40. Jahrestagung des Deutschen Kollegiums für Psychosomatische Medizin  
**Date** 1994
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.2. Angst- und Zwangsstörungen Erwachsene)
Assertion training therapy in psychiatric milieus

**Type** Journal Article  
**Author** Sharon R. Aschen  
**Abstract** The current investigation involved an attempt to develop a clinical procedure to decrease anxiety and increase responsiveness (assertion) of psychiatric inpatients of both sexes in mixed diagnostic categories and to evaluate the effectiveness of the procedure. Using a Solomon Four-Group Design, patients, matched on age, sex, and diagnosis, were assigned to one of the following conditions: (1) pretest, treatment, posttest; (2) pretest, no treatment, posttest; (3) treatment, posttest; or (4) no treatment, posttest. The Gambrill-Richey Assertive Inventory was used to assess patient Degree of Discomfort and Response Probability with and without assertion training therapy. Results indicated that (1) patients receiving assertion training therapy were less anxious and more responsive after treatment than before, (2) patients receiving assertion training therapy were less anxious and more responsive than were matched control subjects, (3) control subjects who received no assertion training therapy and who were pretested showed moderate significant gains on the posttest measure, (4) patients reported a greater reduction of anxiety than they did an increase in responsiveness, and (5) pretesting did not significantly influence posttest scores.

**Publication** Archives of Psychiatric Nursing  
**Volume** 11  
**Issue** 1  
**Pages** 46-51  
**Date** February 1997  
**DOI** 10.1016/S0883-9417(97)80049-0  
**Library Catalog** ScienceDirect

Employing paradoxical intention in the treatment of agoraphobia

**Type** Journal Article  
**Author** L. Michael Ascher  
**Abstract** The present study assessed the efficacy of paradoxical intention in ameliorating the travel restriction of agoraphobics. A combined score indicating proximity to two difficult target locations represented the dependent variable. A multiple baseline across subjects was used with each of two groups of five clients. This was accomplished by sequentially staggering introduction of treatment. At the conclusion of baseline phase, Group A received 6 weeks of gradual exposure followed by paradoxical intention to criterion. Group B received paradoxical intention to criterion immediately after baseline. Results indicated that paradoxical intention produced greater movement toward targets for clients in Group B when compared both with their baseline and with the performance of Group A following an equal period of gradual exposure.

**Publication** Behaviour Research and Therapy
Enhancing effectiveness of paradoxical intention in treating travel restriction in agoraphobia

**Type** Journal Article  
**Author** L. Michael Ascher  
**Author** David E. Schotte  
**Author** John B. Grayson  
**Abstract** Techniques ancillary to paradoxical intention were employed to reduce anxiety and depression in agoraphobic clients. It was suggested that such enhancement would produce greater improvement in terms of increased travel capabilities during the initial portion of therapy than would be the case for individuals receiving component treatment. Three groups, each containing five agoraphobic clients, were provided with the enhanced paradoxical intention procedure, the paradoxical intention alone, or the enhancement package alone. Following the fourth session, subjects in the enhanced paradoxical intention group were performing significantly better than subjects in the two remaining groups.

**Publication** Behavior Therapy  
**Volume** 17  
**Issue** 2  
**Pages** 124-130  
**Date** March 1986  
**DOI** 10.1016/S0005-7894(86)80080-6  
**Accessed** Dienstag, 4. September 2012 15:30:41  
**Library Catalog** ScienceDirect

BERICHT DER EXTERNEN EVALUATION UND QUALITÄTSSICHERUNG DER PSYCHOTHERAPEUTISCHEN KLINIKEN UND ABTEILUNGEN

**Type** Journal Article  
**Author** Barghaan  
**Author** Harfst  
**Author** Dirmeier  
**Author** Koch  
**Date** 2003  
**Accessed** Dienstag, 26. Juni 2012 14:40:36  
**Library Catalog** Google Scholar

A randomized trial of the effectiveness of cognitive-behavioral therapy and supportive counseling for anxiety symptoms in older adults

**Type** Journal Article  
**Author** Christine Barrowclough
The authors used a randomized trial to compare cognitive-behavioral therapy (CBT) and supportive counseling (SC) in the treatment of anxiety symptoms in older adults who met Diagnostic and Statistical Manual of Mental Disorders (4th ed.; American Psychiatric Association, 1994) criteria for anxiety disorders. Both conditions had a 6-week baseline no-treatment phase. Treatment was delivered primarily in patients' own homes and in an individual format. Outcomes were assessed at posttreatment and at 3-, 6-, and 12-month follow-ups. There was no spontaneous improvement during the baseline phase. Both groups showed improvement on anxiety measures following treatment, with a better outcome for the CBT group on self-rating of anxiety and depression. Over the follow-up period, the CBT group maintained improvement and had significantly greater improvement than the SC group on anxiety and depression measure. Treatment response for anxiety was also superior for the CBT group, although there was no difference between groups in endstate functioning.

Generalised anxiety: A controlled treatment study

The effects of anxiety management training were evaluated by allocating 66 generally anxious clients to either a wait list condition, non-directive counselling, or a combination of relaxation and brief cognitive therapy. Anxiety management was significantly more effective than the wait list condition on a number of relevant measures at post-treatment, but there were relatively few differences between anxiety management and non-directive counselling, either at post-treatment or at 6 months follow-up. Those differences which were found could plausibly be explained in terms of the demand characteristics of training in relaxation or cognitive therapy. It was concluded that anxiety management is clearly better than a non-treatment control condition, but that its superiority to plausible alternatives which lack the specific components thought to be responsible for improvement has yet to be demonstrated.
Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized anxiety disorder

Type Journal Article
Author T. D. Borkovec
Author Ellen Costello
Abstract Nondirective (ND), applied relaxation (AR), and cognitive behavioral (CBT) therapies for generalized anxiety disorder (GAD) were compared. The latter 2 conditions were generally equivalent in outcome but superior to ND at postassessment. The 3 conditions did not differ on several process measures, and ND created the greatest depth of emotional processing. Follow-up results indicated losses in gains in ND, maintained gains in the other 2 conditions, especially CBT, and highest endstate functioning for CBT. AR and CBT thus contain active ingredients in the treatment of GAD; support exists for further development of imagery exposure methods or cognitive therapy because of their likely role in promoting maintenance of change with this disorder. Expectancy for improvement was also associated with outcome, suggesting the need for further research on this construct for understanding the nature of GAD and its amelioration.

Publication Journal of Consulting and Clinical Psychology
Volume 61
Issue 4
Pages 611-619
Date 1993
DOI 10.1037/0022-006X.61.4.611

Library Catalog APA PsycNET
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Treatment of nonphobic anxiety disorders: A comparison of nondirective, cognitive, and coping desensitization therapy

Type Journal Article
Author T. D. Borkovec
Author Andrew M. Mathews
Abstract The present study compared the efficacy of nondirective therapy, coping desensitization, and cognitive therapy in the treatment of generalized anxiety disorder and panic disorder. All clients received 12 sessions of progressive relaxation training in addition to one of these three treatments. Pretherapy and posttherapy assessments, as well as 6-month and 12-month follow-up measurements, indicated that the group as a whole showed significant and continued improvement on a variety of self-report questionnaire, daily diary, and psychiatric assessor instruments. No differences were found between the three conditions. As was found in a previous investigation, the degree to which clients experienced relaxation-induced anxiety during relaxation training sessions predicted poorer outcome. The outcome results are
The effects of relaxation training with cognitive or nondirective therapy and the role of relaxation-induced anxiety in the treatment of generalized anxiety

Type: Journal Article
Author: T. D. Borkovec
Author: Andrew M. Mathews
Author: Alycia Chambers
Author: Seda Ebrahimi
Author: Richard Lytle
Author: Ruth Nelson

Abstract: Thirty volunteers who met criteria for generalized anxiety disorder received 12 sessions of training in progressive muscular relaxation. Sixteen of the clients also were given cognitive therapy during 10 of those sessions, and the remaining 14 received nondirective therapy. Therapy was provided by 16 graduate student clinicians. The group as a whole showed substantial reductions in anxiety as measured by psychiatric assessor ratings, questionnaires, and daily self-monitoring, although relaxation plus cognitive therapy produced significantly greater improvement than relaxation plus nondirective therapy on several pretherapy-posttherapy questionnaires. Relaxation-induced anxiety, as measured by a questionnaire after each relaxation session, was significantly related to improvement in the total group: Clients who became anxious during relaxation training showed the least improvement.
Relationship between fluid intelligence and ability to benefit from cognitive-behavioural therapy in older adults: A preliminary investigation

Type: Journal Article  
Author: E. K. Doubleday  
Author: P. King  
Author: C. Papageorgiou  
Publication: British journal of clinical psychology  
Volume: 41  
Issue: 4  
Pages: 423–428  
Date: 2002  
Short Title: Relationship between fluid intelligence and ability to benefit from cognitive-behavioural therapy in older adults  
Library Catalog: Google Scholar

An adjudicated hermeneutic single-case efficacy design study of experiential therapy for panic/phobia

Type: Journal Article  
Author: R. Elliott  
Author: R. Partyka  
Author: R. Alperin  
Author: R. Dobrenski  
Author: J. Wagner  
Author: S. B. Messer  
Author: J. C. Watson  
Author: L. G. Castonguay  
Publication: Psychotherapy research  
Volume: 19  
Issue: 4-5  
Pages: 543–557  
Date: 2009  
Library Catalog: Google Scholar

Differentielle Psychotherapie. Indikation und spezifische Wirkung von Verhaltenstherapie und Gesprächstherapie

Type: Book  
Author: K. Grawe  
Publisher: Bern: Hans Huber  
Date: 1976  
Library Catalog: Google Scholar

Gestalt empty-chair dialogue versus systematic desensitization in the treatment of a
phobia

Type  Journal Article
Author  William R. Johnson
Author  Edward W. L. Smith
Abstract  Twenty-three introductory psychology students at a state university were selected as snake-phobic subjects on the basis of subjective and objective criteria and randomly assigned to one of three groups: Gestalt empty-chair dialogue, systematic desensitization, and no therapy. Following treatment, measures were taken of subjects’ avoidance behavior and their subjective experience. Both empty-chair dialogue subjects and desensitization subjects showed significant improvement on the objective measures, as compared to the no therapy control group. No other group differences were found. The authors concluded that the present study is evidence for the efficacy of the Gestalt empty-chair dialogue in the treatment of simple phobia.

Publication  Gestalt Review
Volume  1
Issue  2
Pages  150-162
Date  1997
Library Catalog  APA PsycNET
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Effectiveness of structured psychodrama and systematic desensitization in reducing test anxiety

Type  Journal Article
Author  David A. Kipper
Author  Daniel Giladi
Abstract  36 students with examination anxiety took part in a study of the effectiveness of structured psychodrama and systematic desensitization in reducing test anxiety. Ss were randomly assigned to psychodrama, desensitization, or no-treatment control groups. All Ss were tested before and after the treatments on the Suinn Test Anxiety Behavior Scale and the Neuroticism scale of the Eysenck Personality Inventory. Results show that Ss in both treatment groups significantly reduced their test-anxiety scores compared with the controls. This was also congruent with gains as tested in vivo. A comparison between the 2 treatments, however, shows no significant differences. Also, there were no statistical differences among the 3 groups in neuroticism either before or after the treatments. It is concluded that the structured psychodrama method is as effective a mode of counseling as systematic desensitization in treating test anxiety. (21 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication  Journal of Counseling Psychology
Volume  25
Issue  6
Pages  499-505
Date  1978
DOI  10.1037/0022-0167.25.6.499
Library Catalog  APA PsycNET

Treatment of PhobiasII. Behavior Therapy and Supportive Psychotherapy: Are There Any Specific Ingredients?

Type  Journal Article
Author  Donald F. Klein
Author  Charlotte Marker Zitrin
Diagnose und differenzielle Therapie der Angststörungen in einem multimodalen, stationären Ansatz

**Type** Book Section  
**Author** J Klingelhöfer  
**Author** R Mestel  
**Book Title** Angst als Ressource und Störung. Interdisziplinäre Aspekte.  
**Publisher** Junfermann  
**Date** 2003  
**Pages** 110 - 122

Interaction of pharmacological and psychological treatments of anxiety

**Type** Journal Article  
**Author** M H Lader  
**Author** A J Bond  
**Abstract** BACKGROUND Pharmacological and psychological treatments for anxiety are often combined in clinical practice but there is little research from which to predict the effects. METHOD The theoretical outcomes of combining treatments and methods of investigating these as well as methodological difficulties are described. Studies which have been completed in anxiety disorders are reviewed. A double-blind trial, using a factorial design, evaluated buspirone v. placebo and anxiety management training v. non-directive therapy in 60 patients with generalised anxiety disorder (GAD). RESULTS Relatively few germane studies have been carried out in the anxiety disorders except for panic disorder with agoraphobia. There is some evidence that short-term, combined treatment does confer additional benefits which are evident both in speed of onset and lasting remission. All four treatment combinations proved effective in the short-term treatment of GAD. CONCLUSIONS More studies examining combined treatment are needed. Although differences may not be apparent at the end of the treatment period, psychological treatment appears to confer advantages at follow-up.

**Publication** The British journal of psychiatry. Supplement  
**Issue** 34  
**Pages** 42-48  
**Date** 1998  
**Journal Abbr** Br J Psychiatry Suppl  
**Accessed** Dienstag, 4. September 2012 14:46:31  
**Library Catalog** NCBI PubMed  
**Extra** PMID: 9829016
Affect-focused body psychotherapy in patients with generalized anxiety disorder: Evaluation of an integrative method

**Type** Journal Article

**Author** Adrienne Levy Berg

**Author** Rolf Sandell

**Author** Christer Sandahl

**Abstract** The aim of this study was to explore the long-term effects of affect-focused body psychotherapy (ABP) for patients with generalized anxiety disorder (GAD). A group of 61 consecutive patients, 21–55 years old, were randomized to ABP and psychiatric treatment as usual (TAU). The patients were assessed before treatment and followed up 1 and 2 years after inclusion. The ABP patients received one session of treatment per week during 1 year. Three self-report questionnaires were administered; Symptom Checklist—90, Beck Anxiety Inventory, and the WHO (Ten) Well-Being Index. In both groups, there was a significant improvement. On termination, the ABP group had improved significantly more on the SCL-90 Global Symptom Index than the TAU group, whereas the differences were short of significance on the other two scales. The integration of bodily techniques with a focus on affects in a psychodynamically informed treatment seems to be a viable treatment alternative for patients with GAD. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication** Journal of Psychotherapy Integration

**Volume** 19

**Issue** 1

**Pages** 67-85

**Date** 2009

**DOI** 10.1037/a0015324

**Short Title** Affect-focused body psychotherapy in patients with generalized anxiety disorder

**Library Catalog** APA PsycNET

Effectiveness of Operationalized Gestalt Therapy Role-Playing in the Treatment of Phobic Behaviors

**Type** Journal Article

**Author** M. E. Martinez

**Publication** Gestalt Review

**Volume** 6

**Issue** 2

**Pages** 148–167

**Date** 2002

**Library Catalog** Google Scholar

Cognitive-behavioral treatment of agoraphobia: Paradoxical intention vs self-statement training

**Type** Journal Article

**Author** Matig Mavissakalian

**Author** Larry Michelson

**Author** Deborah Greenwald

**Author** Sander Kornblith

**Author** Michael Greenwald
Abstract Twenty-six agoraphobics were randomly assigned to either Paradoxical Intention (PI) or Self-Statement Training (SST) which consisted of 12 weekly 90-min group sessions with 4–5 patients per group. Major assessments were carried out at pre-treatment, 6th week and 12th week of treatment, and at 1- and 6-month follow-ups. Measures included clinical ratings of severity of condition, phobia, anxiety and depression. Furthermore, a behavioral test was administered during which changes in subjective units of discomfort and cognitions were assessed. The results indicated statistically-significant improvement over time with both treatments. ANCOVAs performed revealed superior effects on several agoraphobia measures for the PI condition at post-treatment. However, by the 6-month follow-up assessment, the groups were equivalent due to marked improvement during the follow-up phase in the SST condition. Cognitive changes were marked by a decrease in self-defeating statements without concomitant increase in coping statements. These results and recommendations for future research are discussed.

Publication Behaviour Research and Therapy
Volume 21
Issue 1
Pages 75-86
Date 1983
DOI 10.1016/0005-7967(83)90129-8

Cognitive, behavioral, and psychophysiological treatments of agoraphobia: A comparative outcome investigation

Type Journal Article
Author Larry Michelson
Author Matig Mavissakalian
Author Karen Marchione
Abstract Eighty-eight severe and chronic agoraphobics with panic attacks, diagnosed using Diagnostic and Statistical Manual of Mental Disorders (3rd ed.) criteria, were randomly assigned to one of three cognitive, behavioral or psychophysiological treatments: paradoxical intention, graduated in vivo exposure, or progressive deep muscle relaxation training. Experienced therapists, whose treatment integrity was objectively monitored, conducted 12 two-hour weekly sessions. Therapists were completely counterbalanced across treatments. All subjects received extensive programmed practice instruction and feedback, in addition to their primary treatment. A comprehensive assessment battery consisting of clinical ratings and self-report measures of severity, phobia, anxiety, panic, and depression, as well as direct measures of behavioral avoidance and in vivo phobic anxiety, was administered at pre-, mid- (6 weeks), post- (12 weeks), and at three-month follow-up. Analyses revealed statistically significant improvement across all domains and treatments, with few between-group differences. Composite measures of endstate functioning and improvement at posttreatment and three-month follow-up revealed that the treatments were equally effective, yet incomplete. The role of pretreatment clinical and historical measures was examined with regard to therapeutic outcome and maintenance. The phenomenon of tripartite concordance was investigated with regard to both treatment outcome and short-term follow-up. Theoretical and clinical issues raised by these findings are discussed with recommendations for future clinical research.

Publication Behavior Therapy
Volume 19
Issue 2
Pages 97-120
Date Spring 1988
DOI 10.1016/S0005-7894(88)80035-2
A comparison of negative practice and systematic desensitization in the treatment of acrophobia

Type: Journal Article  
Author: Mark G. Pendleton  
Author: Raymond L. Higgins  
Abstract: The purpose of this study was to evaluate the effectiveness of a symptom scheduling technique in reducing excessive fear. Acrophobic subjects were randomly assigned to one of three treatment conditions (negative practice, desensitization, and relaxation only) or to a waiting list control. Results from four self-report measures and a behavioral measure indicated that negative practice and desensitization were comparably effective. The relaxation only treatment was generally less effective, but did produce some improvement. It was concluded that symptom scheduling can be an effective treatment for acrophobia, and that these results are likely to generalize to clinical populations.

Publication: Journal of Behavior Therapy and Experimental Psychiatry  
Volume: 14  
Issue: 4  
Pages: 317-323  
Date: December 1983  
DOI: 10.1016/0005-7916(83)90074-5

Differentielle Psychotherapie: Plog, U. Der Zusammenhang von Lebensbedingungen und Spezifischen Therapieeffekten im Vergleich von Gesprächspsychotherapie und Verhaltenstherapie

Type: Book  
Author: Ursula Plog  
Publisher: Huber  
Date: 1976  
# of Pages: 212

Emotion-focused psychotherapy for patients with panic disorder

Type: Journal Article  
Author: M. K. Shear  
Author: P. Houck  
Author: C. Greeno  
Author: S. Masters  
Publication: American Journal of Psychiatry  
Volume: 158  
Issue: 12
Cognitive behavioral treatment compared with nonprescriptive treatment of panic disorder

Type: Journal Article
Author: M. K. Shear
Author: P. A. Pilkonis
Author: M. Cloitre
Author: A. C. Leon
Publication: Archives of General Psychiatry
Volume: 51
Issue: 5
Pages: 395
Date: 1994
Library Catalog: Google Scholar

Treatment of generalized anxiety in older adults: A preliminary comparison of cognitive-behavioral and supportive approaches

Type: Journal Article
Author: Melinda A. Stanley
Author: J. Gayle Beck
Author: Jill DeWitt Glassco
Abstract: Generalized Anxiety Disorder (GAD) in older adults has received little attention from researchers, despite evidence that anxiety disorders are a significant mental health problem in this population. This study compared the efficacy of cognitive behavior therapy (CBT) and nondirective, supportive psychotherapy (SP) for 48 older adults, ages 55 and up, with well-diagnosed GAD. Treatments were administered in small groups that met for 14 weekly 1 1/2 hour sessions. Treatment effects were assessed at posttreatment and over a 6-month follow-up period. Primary outcome variables targeted anxiety and worry, and transfer effects were assessed with measures of depression and associated fears. Two composite indexes of treatment response were derived to identify treatment responder status and high endstate functioning. Two participants declined participation prior to randomization; 15 others were classified as drop-outs. Results for the remaining 31 participants (CBT: n = 18; SP: n = 13) demonstrated significant improvements on primary outcome and transfer effect variables in both treatment conditions. Effect sizes generally were large, and treatment gains were maintained or improved over the 6-month follow-up phase. Examination of treatment responder status and endstate functioning revealed no significant differences between groups. The data support the potential efficacy of psychosocial group treatment for GAD in older adults, although limitations of the work and suggestions for future research are discussed.

Publication: Behavior Therapy
Volume: 27
Issue: 4
Pages: 565-581
Date: Autumn 1996
DOI: 10.1016/S0005-7894(96)80044-X
Short Title: Treatment of generalized anxiety in older adults
Cognitive Change Before, During, and After Short-Term Dynamic and Nondirective Psychotherapies: A Preliminary Growth Modeling Study

**Type** Journal Article  
**Author** M. Svartberg  
**Author** M.H. Seltzer  
**Author** K. Choi  
**Author** T.C. Stiles  

**Abstract** As part of a randomized clinical trial, in this preliminary study we investigated the shape, rate, and determinants of change in surface cognitions before, during, and after short-term anxiety-provoking psychotherapy (n = 11) and nondirective psychotherapy (n = 10). Cognitions were assessed repeatedly with the Automatic Thoughts Questionnaire (S. D. Hollon & P. C. Kendall, 1980), and data were analyzed using growth-modeling procedures. Both treatments were 20 sessions long, manualized, and conducted by experienced therapists receiving manual-guided supervision. Results showed that patients in both conditions changed significantly after pretherapy evaluation and diagnostic interviews as well as during the 2nd half of therapy. Patients with major depression did not change after the pretherapy interviews, whereas anxiety patients changed substantially and significantly faster than the depressed patients. This differential response pattern is discussed in light of self-schema theory. Lessons to be learned from this study regarding the design of future studies are highlighted.

**Publication** Psychotherapy Research  
**Volume** 11  
**Issue** 2  
**Pages** 201-219  
**Date** 2001  
**DOI** 10.1080/713663891

The effects of common and specific factors in short-term anxiety-provoking psychotherapy: A pilot process-outcome study

**Type** Journal Article  
**Author** M. Svartberg  
**Author** M. H. Seltzer  
**Author** T. C. Stiles  

**Publication** The Journal of nervous and mental disease  
**Volume** 186  
**Issue** 11  
**Pages** 691  
**Date** 1998

**Short Title** The effects of common and specific factors in short-term anxiety-provoking psychotherapy  
**Accessed** Dienstag, 4. September 2012 14:45:19

**Library Catalog** Google Scholar
Is the Exposure Principle Really Crucial in Agoraphobia? The Influence of Client-Centered “Nonprescriptive” Treatment on Exposure

**Type** Journal Article  
**Author** Ludwig Teusch  
**Author** Hildegard Böhme  

**Abstract** Exposure treatment is regarded as a crucial factor for the effective reduction of agoraphobic symptoms. Recent empirical studies indicate conflict centered therapies to be effective as well. The present study deals with different effects of client-centered therapy, behavioral exposure treatment, and a combination of them both on patient readiness for exposure to phobic situations. The readiness for exposure to phobic situations (behavioral resistance), as well as the impairment due to phobic symptoms (interference), were measured with a “99 mm-visual-analogue-scale.” Forty patients diagnosed with panic disorder and agoraphobia were included. Twenty of them were treated with client-centered therapy, and twenty were treated additionally with behavioral exposure treatment. The results were compared with the data on 72 patients, who were treated exclusively with behavioral exposure treatment. Measurements were made at the beginning (T1) and at the end (T2) of therapy, and after six months (T3) and one year follow-up (T4). Behavioral exposure, either alone or combined with client-centered therapy, significantly supported patient determination to exposure to phobic situations more than client-centered treatment alone. However, at a one-year follow-up, no further differences could be observed. The results indicate there was a delayed but finally equivalent influence of an experiential and conflict-centered approach—without any exposure instruction—on the readiness to phobic situation exposure. The results are discussed in terms of the specific mechanisms of change facilitated by different therapeutic strategies, and especially by recent concepts of disorder and process oriented client-centered treatment. The results raise doubts about whether or not exposure instructions and systematic exposure to phobic situations are really crucial in overcoming agoraphobic symptoms. Eine systematische Instruktion zur Angstexposition gilt als entscheidender Wirkfaktor für eine effektive Reduktion der Agoraphobiesymptomatik. Doch neuere empirische Studien haben gezeigt, daß auch konfliktzentrierte herapieverfahren wirksam sind. In der vorliegenden Vergleichsstudie geht es um die Frage unterschiedlicher Auswirkungen von Gesprächpsychotherapie, verhaltenstherapeutischer Reizkonfrontation und einer Kombination beider Verfahren auf die Bereitschaft zur Angstexposition. Die Bereitschaft zur Angstexposition (behavioral resistance) sowie die Beeinträchtigung durch Angstsymptome (interference) wurden mit der “99-mm-visuellen-Analogskala” von Hand et al. (1986) erfaß. Untersucht wurden 40 Patienten mit Panik und Agoraphobie, von denen 20 mit einem Gesprächpsychotherapeutischen Programm und 20 zusätzlich mit Reizkonfrontation behandelt wurden. Die Ergebnisse wurden verglichen mit einer Studie von Hand et al. (1986) an 72 Patienten mit ausschließlicher Reizkonfrontation. Die Untersuchungen erfolgten zu Behandlungsbeginn (T1), Behandlungsende (T2), und katamnestisch nach 6 Monaten (T3), und 1-4 Jahren (T4). Die verhaltenstherapeutische Reizkonfrontation fördert allein oder in Kombination mit Gesprächpsychotherapie die Bereitschaft zur Angstexposition und hat signifikant stärker als die „reine“ Gesprächspsychotherapie, obwohl sich die subjektive Beeinträchtigung im gleichen Ausmaß bessert. Bei der 1-Jahres- Katamnese finden sich diese Unterschiede nicht mehr. Die Befunde zeigen einen verzögerten, mittelfristig jedoch gleichwertigen Einfluß eines erneuten und konfliktzentrrierten Verfahrens—ohne spezielle Expositionsinstruktion—auf die Bereitschaft zur Angstexposition. Diese Ergebnisse werden diskutiert im Hinblick auf die Wirkmechanismen unterschiedlicher Therapieverfahren bei Agoraphobie und speziell auf aktuelle Konzepte der störungs- und prozeßspezifischen Gesprächspsychotherapie. Sie lassen bezweifeln, daß ausschließlich Expositionsinstruktionen und systematische Reizkonfrontation entscheidend für eine aktive Angstbewältigung sind. Le Principe d'exposition est considéré comme un facteur fondamental pour réduire de façon efficace des symptômes agoraphobiques. Des études empiriques récentes démontrent cependant que les thérapies centrées sur le conflit sont également efficaces. La présente étude se préoccupe des effets éaffles que peuvent avoir l’approche Rogerienne, l’exposition comportementaliste, et une combinaison des deux, sur la disposition des patients à s’exposer à des situations phobogènes. La disposition de s’exposer à des situations phobogènes (résistance contre le comportement) ainsi que la gêne par les symptômes phobiques (interférence) ont été mesurés par une ‘échelle analogique-visuelle’. Le Le Principe d'exposition est considéré comme un facteur fondamental pour réduire de façon efficace des symptômes agoraphobiques. Des études empiriques récentes démontrent cependant que les thérapies centrées sur le conflit sont également efficaces. La présente étude se préoccupe des effets éaffles que peuvent avoir l’approche Rogerienne, l’exposition comportementaliste, et une combinaison des deux, sur la disposition des patients à s’exposer à des situations phobogènes. La disposition de s’exposer à des situations phobogènes (résistance contre le comportement) ainsi que la gêne par les symptômes phobiques (interférence) ont été mesurés par une ‘échelle analogique-visuelle’.
Quarante patients souffrant d'un trouble panique et d'agoraphobie ont été inclus; 20 ont eu un traitement Rogerien seul et les autres 20 un traitement par l'exposition comportementale en plus. Les résultats ont été comparés avec les données obtenues par Hand, Angenandt, Fischer & Wilke (1986) chez 72 patients qui avaient uniquement un traitement par l'exposition comportementale. Les mesures ont été appliquées au début (T1), à la fin (T2), ainsi qu’après un suivi de 6 mois (T3 et d'un an (T4).L'exposition comportementale seule ou combinée avec un traitement Rogerien a, de façon significative, apporté plus de soutien que le traitement Rogerien seul à la détermination des patients à s'exposer à des situations phobogènes, malgré une amélioration équivalente de l'interférence subjective par les symptômes phobiques. Après une année de suivi cependant, il n'y avait plus de différence. Ces résultats indiquent qu'il y avait une influence différencée, mais pour finir équivalente de l'approche centrée sur le conflit et l'expérience—sans aucune instruction d'exposition—sur la disposition à s'exposer à des situations phobogènes. Les résultats sont discutés sous l'aspect des mécanismes spécifiques de changement engendrés par des approches thérapeutiques différents, et notamment par des concepts récents d'un traitement Rogerien axé sur le trouble et le processus. Les résultats font douter si des instructions pour l'exposition et l'exposition systématique à des situations phobogènes sont vraiment fondamentales pour surmonter la symptomatique phobique. El tratamiento de exposición se considera como factor crucial en la reducción efectiva de los síntomas agorafóbicos. Sin embargo, estudios empíricos recientes indican que las terapias centradas en el conflicto son también efectivas. El estudio que presentamos trata de los efectos diferentes que tienen la terapia centrada en el cliente, el tratamiento de exposición y una combinación de ambos sobre la disposición del paciente a exponerse a situaciones fóbicas. La disposición a exponerse a estas situaciones (resistencia comportamental) así también como el impedimento debido a síntomas fóbicos (interferencia) se midieron con una “escala visual-análoga de 99 mm” (a “99 mm-visual-analogue-scale”). Se incluyeron cuarenta pacientes con pánico y agorafobia, 20 de los cuales fueron tratados solamente con terapia centrada en el cliente y 20 con exposición adicional.Los resultados se compararon con los datos de Hand, Angenendt, Fischer y Wilke (1986) sobre 72 pacientes que fueron tratados exclusivamente con tratamiento de exposición. Se efectuaron mediciones al comienzo (T1), al final (T2), luego de 6 meses (T3) y a un año de terminada la terapia (T4). El tratamiento de exposición solo o combinado con la terapia centrada en el cliente proporcionó significativamente mayor apoyo a la determinación del paciente a exponerse a las situaciones fóbicas que el tratamiento centrado en el cliente solamente, aunque hubo una mayoría equivalente de la interferencia subjectiva de los síntomas fóbicos. Sin embargo, al año de seguimiento no hubo posteriores diferencias. Los resultados indican que hubo una influencia retardada pero, sin embargo, finalmente equivalente en el enfoque experiencial y centrado en el conflicto—sin ninguna instrucción de exposición—sobre la disposición a exponerse a las situaciones fóbicas. Los resultados se discuten en términos de los mecanismo especificos del cambio en las diferentes estrategias terapéuticas y, especialmente, según los recientes conceptos de desorden y de orientación en el proceso centrado en el cliente. Los resultados plantean dudas acerca de si las instrucciones de exposición y la exposición sistemática a situaciones fóbicas son realmente cruciales para la superación de los síntomas agorafóbicos.
### The Benefit of an Insight-Oriented and Experiential Approach on Panic and Agoraphobia Symptoms

**Type** Journal Article  
**Author** Ludwig Teusch  
**Author** Hildegard Böhme  
**Author** Markus Gastpar  
**Publication** Psychotherapy and Psychosomatics  
**Volume** 66  
**Issue** 6  
**Pages** 293-301  
**Date** 1997  
**DOI** 10.1159/000289151  
**Accessed** Freitag, 10. August 2012 11:43:24  
**Library Catalog** CrossRef

### Konfliktzentrierte Monotherapie oder Methodenintegration? Veränderungsprozesse von Gesprächspsychotherapie mit und ohne verhaltenstherapeutische Reizkonfrontation bei Agoraphobie mit Panikstörung

**Type** Journal Article  
**Author** L. Teusch  
**Author** H. Böhme  
**Author** J. Finke  
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.3. somatoforme und dissoziative Störungen)
Psychodrama Group Therapy for Patients with Functional Gastrointestinal Disorders – a Controlled Long-Term Follow-Up Study

**Type** Journal Article  
**Author** Ingemar Arn  
**Author** Töres Theorell  
**Author** Kerstin Uvnäs-Moberg  
**Author** Carl-Otto Jonsson  

**Abstract**  
Patients with gastric dyspepsia and irritable bowel syndrome at a primary health care centre were offered a special form of group psychotherapy once a week during a 3-month period. The therapy included psychodrama and relaxation training. Results were evaluated by means of self-administered questionnaires on symptoms and anxiety, comparing pre-therapy levels with levels 6 months after the start of the therapy as well as 3 years later. In the studied treatment group – as well as in a control group selected in the same way but not undergoing the special treatment – the symptom levels decreased 3 months after therapy. In both groups, however, they tended to increase again after 3 years. Anxiety, on the other hand, decreased 6 months after the start of therapy in the specially treated group and no similar tendency was observed in the control group. In the treatment group subjects who reported immediately after treatment that they had learned ‘a new behaviour’ were more likely to report fewer symptoms of the irritable bowel syndrome 3 years later than other subjects.

**Publication** Psychotherapy and Psychosomatics  
**Volume** 51  
**Issue** 3  
**Pages** 113-119  
**Date** 1989  
**DOI** 10.1159/000288144  
**Accessed** Mittwoch, 9. Mai 2012 11:06:18  
**Library Catalog** CrossRef

Paradoxical therapy in conversion reaction.

**Type** Journal Article  
**Author** Ahmet Ataoglu  
**Author** Adnan Ozcetin  
**Author** Celalettin Icmeli  
**Author** Omer Ozbulut  

**Abstract**  
Paradoxical therapy consists of suggesting that the patient intentionally engages in the unwanted behaviour such as performing compulsive ritual or wanting a conversion attack. In this study, the subjects were selected by the emergency unit psychiatrist from patients who were admitted to the emergency unit with pseudoseizure. The diagnoses was based on DSM-IV criteria. Paradoxical intention was applied to half of the 30 patients with conversion disorders; the other half were treated with diazepam in order to examine the efficiency of the paradoxical intention versus diazepam. In both groups the differences of the anxiety scores at the beginning of the study were found to be insignificant (z=1.08, p=0.28). Of the 15 patients who completed paradoxical intention treatment, 14 (93.3%) responded favorably to paradoxical intention. On the other hand of 15 patients who completed diazepam therapy, 9 (60%) responded well to therapy and 6 patients carried on their conversion symptoms at the end of 6 weeks. Paradoxical intention-treated patients appeared to have greater improvements in anxiety scores (z=2.43, p<0.015) and conversion symptoms (t=2.27, p=0.034) than the diazepam-treated patients. The results of the present study are encouraging in that paradoxical intention can be effective in the treatment of conversion disorder.

**Publication** Journal of Korean Medical Science  
**Volume** 18  
**Pages** 162
Therapeutische Spiel als klinische Gruppenkurzzeittherapie in der rehabilitativen und präventiven Inneren Medizin

**Type**: Journal Article  
**Author**: G. Bendorf, Doubrawa, Klaffiik  
**Publication**: Psychotherapie Medizinische Psychologie  
**Pages**: 158 - 163  
**Date**: 1976

Behandlungsergebnisse bei Integrativer Therapie

**Type**: Book Section  
**Author**: Heinl  
**Date**: 1998

The relationship of process to outcome in brief experiential psychotherapy for chronic pain

**Type**: Journal Article  
**Author**: David C. Hill, Larry E. Beutler, Roger Daldrup  
**Abstract**: Six adult females with active rheumatoid arthritis were treated with a 10-session course of focused Gestalt Psychotherapy with the intent of assessing the relationship between key psychotherapy processes and both session and final outcome. Results suggested that high levels of patient participation were related to reduced patient distress, while high ratings of both session depth and session smoothness were related to increased positive feelings at the end of sessions. However, these session results did not generalize to final treatment outcome.
Functional Relaxation as Complementary Therapy in Irritable Bowel Syndrome: A Randomized, Controlled Clinical Trial

Type Journal Article
Author Claas Lahmann
Author Frank Röhricht
Author Nina Sauer
Author Michael Noll-Hussong
Author Joram Ronel
Author Gerhard Henrich
Author Angela von Arnim
Author Thomas Loew
Publication The Journal of Alternative and Complementary Medicine
Volume 16
Issue 1
Pages 47-52
Date 01/2010
DOI 10.1089/acm.2009.0084
Short Title Functional Relaxation as Complementary Therapy in Irritable Bowel Syndrome
Library Catalog CrossRef

Functional relaxation as a somatopsychotherapeutic intervention: a prospective controlled study

Type Journal Article
Author T H Loew
Author R Sohn
Author P Martus
Author K Tritt
Author T Rechlin
Abstract CONTEXT Functional relaxation is based on concentration on body perception while moving the joints of the skeleton smoothly and simultaneously breathing out. Case reports have shown that patients with headaches can profit from functional relaxation. OBJECTIVE To examine whether patients with chronic tension headaches (International Headache Society diagnosis) who use functional relaxation as a complementary treatment will report less pain than before they learned this technique. DESIGN Randomized, prospective, single-blind, controlled trial. Standardized elements of functional relaxation were compared to a placebo-relaxation technique, a simple isotomic exercise of the hand. SETTING Primary care, ambulatory private practice. PARTICIPANTS Twelve matched pairs were chosen according to age, sex, and initial pain intensity. This poststratification was performed on patients, who kept a complete pain diary covering 60 days before and 60 days after the introduction to the therapy. After a 45-minute introduction in small groups, the patients were told to do the exercises as often as possible for the following 2 months. MAIN OUTCOME MEASURES Pain diary. RESULTS In the functional-relaxation group, a significant reduction was found in the sum of total pain hours and in high- and medium-intensive pain (Wilcoxon signed rank test). CONCLUSIONS This study supports the concept that this psychosomatic therapy can bring relief from tension headaches. This procedure can be viewed as an easy-to-learn relaxation technique to be used either prophylactic or complementary to pharmaceutical treatment.

Publication Alternative therapies in health and medicine
Volume 6
Issue 6
Chronic pain and psychodynamic body therapy: A controlled outcome study

Type Journal Article
Author Kirsti Monsen
Author Jon T. Monsen
Abstract Forty patients (aged 29–57 yrs) with pain disorders participated in a controlled study. Half of the patients were treated with psychodynamic body therapy (PBT) for 33 sessions, and the other half received treatment as usual or no treatment. All patients were evaluated before therapy (T1), at the end of therapy (T2), and at 1-year follow-up (T3) with a visual-analogue-pain scale (subjective experience of pain), symptom checklist, inventory of interpersonal problems, Minnesota Multiphasic Personality Inventory, and the affect-consciousness interview. The study demonstrated that at T2 the pain was significantly reduced in the PBT group compared to the controls, and 50% of the PBT patients reported no pain. The findings further showed a significant and substantial change on level of somatization, depression, anxiety, denial, assertiveness, and social withdrawal, and increased affect consciousness. The results remained stable at T3, and the PBT patients even continued their improvement on some scales during follow-up. (PsycINFO Database Record (c) 2012 APA, all rights reserved)
Publication Psychotherapy: Theory, Research, Practice, Training
Volume 37
Issue 3
Pages 257-269
Date 2000
DOI 10.1037/h0087658
Short Title Chronic pain and psychodynamic body therapy
Library Catalog APA PsycNET

Bioenergetic exercises in inpatient treatment of Turkish immigrants with chronic somatoform disorders: A randomized, controlled study

Type Journal Article
Author Marius Nickel
Author Birsen Cangoez
Author Egon Bachler
Author Moritz Muehlbacher
Author Nilufer Lojewski
Author Neila Mueller-Rabe
Author Ferdinand O. Mitterlehner
Author Peter Leiberich
Author Nadine Rother
Author Wiebke Buschmann
Author Christian Kettler
Author Francisco Pedrosa Gil
Objective The aim of this study was to examine whether bioenergetic exercises (BE) significantly influence the inpatient psychotherapeutic treatment results for Turkish immigrants with chronic somatoform disorders. Method In a 6-week randomized, prospective, controlled trial, we treated a sample of 128 Turkish patients: 64 were randomly assigned to BE and 64 participated in gymnastic exercises in lieu of BE. The Symptom Checklist (SCL-90-R) and State-Trait Anger Expression Inventory (STAXI) were employed. Results According to the intent-to-treat principle, the bioenergetic analysis group achieved significantly better treatment results on most of the SCL-90-R and STAXI scales. Conclusions BE appears to improve symptoms of somatization, social insecurity, depressiveness, anxiety, and hostility in the inpatient therapy of subjects with chronic somatoform disorders. Reduction of the anger level and reduction in directing anger inwards, with a simultaneous increase of spontaneous outward emotional expression, could be expected.

**Change in the moving bodymind: Quantitative results from a pilot study on the use of the BodyMind approach (BMA) to psychotherapeutic group work with patients with medically unexplained symptoms (MUSs)**

Type Journal Article
Author H. Payne
Author D. Stott
Publication Counselling and Psychotherapy Research
Volume 10
Issue 4
Pages 295–306
Date 2010
Short Title Change in the moving bodymind
Accessed Freitag, 22. Juni 2012 14:00:38
Library Catalog Google Scholar

**Integratives* Schmerzkonzept der Fachklinik Hängebarghorst. (*Schwerpunkt: Gestalttherapie mit Bewegungs-, Entspannungs-, Physio- und Pharmakotherapie)**

Type Book Section
Author Peschel

166
Comparison of Image and Image/Gestalt Techniques in Stress and Pain Reduction

Type: Book
Author: Katherine Zawkiewicz Smith
Publisher: Wright Institute
Date: 1981
# of Pages: 250
Library Catalog: Google Books

Childbirth as rebirth of the mother

Type: Journal Article
Author: M Spagnuolo Lobb
Publication: Gestalt Journal
Date: 1992

Modifikation von Beschwerdehäufigkeit, -intensität und Medikamentenverbrauch bei Klienten mit funktionellen Bauchbeschwerden

Type: Journal Article
Author: Teegen
Author: Johannsen
Author: Voght
Publication: Integrative Therapie
Date: 1986
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.4. Abhängigkeit und Missbrauch)
A study of three types of group psychotherapy with hospitalized male inebriates.

**Type** Journal Article  
**Author** Earl J Ends  
**Author** C. W. Page  
**Publication** Quarterly Journal of Studies on Alcohol; Quarterly Journal of Studies on Alcohol  
**Date** 1957  
**Accessed** Freitag, 10. August 2012 12:33:53  
**Library Catalog** Google Scholar

Group psychotherapy and concomitant psychological change.

**Type** Journal Article  
**Author** Earl J Ends  
**Author** C. W. Page  
**Publication** Psychological Monographs: General and Applied  
**Volume** 73  
**Issue** 10  
**Pages** 1  
**Date** 1959  
**Accessed** Freitag, 10. August 2012 12:34:56  
**Library Catalog** Google Scholar

Klientenzentrierte Einzeltherapie von Drogenabhängigen im stationären Setting

**Type** Journal Article  
**Author** W. Görgen  
**Publication** Gesellschaft für wissenschaftliche Gesprächstherapie  
**Volume** 92  
**Pages** 26–32  
**Date** 1993  
**Library Catalog** Google Scholar

Use of the Life Purpose Questionnaire with an alcoholic population

**Type** Journal Article  
**Author** R. R. Hutzell  
**Author** T. J. Peterson  
**Publication** Substance Use & Misuse  
**Volume** 21  
**Issue** 1  
**Pages** 51–57  
**Date** 1986  
**Library Catalog** Google Scholar

Unveröffentlicher Artikel zur Wirksamkeit von Logotherapie bei Abhängigkeit
A Follow-Up Study on the Long-Term Effects of Emotional Role Playing.

Author: Leon Mann, Irving L. Janis

Abstract: Follow-up interviews were conducted with 35 Ss in order to investigate the long-term changes in smoking habits produced by an emotional role-playing procedure which required Ss to act for 1 hr. like a lung-cancer victim. Over an 18-mo. period a group of 12 female college students who had actively engaged in the emotional role-playing performance consistently showed significantly less cigarette consumption than an equivalent passive control group of 10 Ss who had heard a recording of an emotional role-playing performance (p < .05). During the 18-mo. period the Surgeon General's report appears to have produced a further decrease in the cigarette consumption of both experimental groups, but only a temporary decrease in an additional group of 13 untreated controls. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication: Journal of Personality and Social Psychology

Volume: 8
Issue: 4, Pt.1
Pages: 339-342
Date: 1968
DOI: 10.1037/h0021243
Library Catalog: CrossRef

Systems releasing action therapy with alcoholics: An experimental evaluation

Author: Maurice Moran, Charles G. Watson, Jack Brown, Clarence White, Lyle Jacobs

Abstract: Described Systems Releasing Action Therapy (SRAT) and a controlled study that evaluated its effectiveness. The therapy combines physical and fantasy exercises and has its roots in the Bioenergetic and Gestalt traditions. To evaluate its effectiveness, 56 patients who were receiving treatment for alcoholism were assigned randomly to therapy and control groups. On 3-week follow-up, the therapy sample showed significantly more improvement than the controls on measures of blood pressure, physical symptoms, anxiety, hysteroid tendencies, disturbed feelings and self-image. Suggestive differences (interactions significant only at the 0.20 level) in favor of the therapy group also appeared on measures of vitality capacity, withdrawal, excessive drinking, anhedonia and four neurosis-oriented MMPI scales. However, 6-month follow-up data were relatively unimpressive. The results suggest this type of therapy is an effective one, at least for the short term.
Long-term effects of behavioral versus insight-oriented therapy with inpatient alcoholics

Type Journal Article
Author R. Paul Olson
Author Richard Ganley
Author Vernon T. Devine
Author George C. Dorsey
Abstract Assessed the relative effects of behavioral treatment involving both covert sensitization and relaxation training vs insight-oriented treatment consisting of transactional analysis (TA) with 113 male and female alcoholic inpatients (21–73 yrs). Ss were assigned in randomized blocks to 1 of 4 groups: (a) milieu treatment control group or 1 of 3 experimental groups, each of which included the milieu treatment, (b) behavioral group, (c) TA group, (d) combined group, involving both TA and behavioral treatment. Four-year follow-up interviews yielded data on the Quantity Frequency Index scale, abstinence, and an overall clinical adjustment scale for 5 posttreatment periods. Differences between behavioral and TA treatment were significant or approached significance at 6 mo and 1½ yrs after treatment, but not thereafter. Strong and consistent trends were evident favoring the behavioral approach on all 3 measures across all 5 follow-up periods. The strength of the milieu treatment was also supported, and the need for long-term follow-up studies beyond 6 mo is stressed. (70 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved)
Evaluation von Psychodramatherapie bei Abhängigkeitsstörungen

**Type**: Journal Article  
**Author**: Sabine Waniczek, Klaus-Ernst Harter, Michael Wieser  
**Abstract**: The evaluation is based on a retrospective follow-up design with a comparison group, the study was realized in an outpatient counselling and treatment institution in Sigmaringen (Germany). The instruments of the evaluation are the EBIS-A sheet and a follow-up questionnaire based on the SEDOS inquiry sheet. The follow-up study has been conducted at the Sigmaringen institution in 1998. The sample consisted of 70 patients with addiction (ICD-10 diagnoses F10, F11, F12, F50, F55, and F60) (responder rate was 64 %) who took part in an outpatient psychodramatic group therapy between 1993 and 1997. An abstinence rate of 72.9 % has been achieved, which is a very high rate in comparison with results of similar studies. This result as well as the high general satisfaction of life among the participants of the follow-up study is discussed.

**Publication**: Psychotherapie Forum  
**Volume**: 13  
**Issue**: 1  
**Pages**: 12-16  
**Date**: 2005  
**DOI**: 10.1007/s00729-005-0073-6  
**Library Catalog**: SpringerLink

Psychodrama with an alcohol abuser population

**Type**: Journal Article  
**Author**: Dennis Wood et al  
**Abstract**: 98 male and 3 female US Navy personnel received treatment for alcohol abuse over a 4-mo period: 36 Ss (mean age 28.5) received psychodrama (PD) while 65 Ss (mean age 27.4) received small group therapy (SGT). The 2 groups did not differ significantly on age, time in service, pay grade, or marital status. Ss were administered the Comrey Personality Scales, the Mini-Mult, and the State-Trait Anxiety Inventory (A-Trait Scale [STAIA]), pre- and posttreatment. Although pretreatment Comrey scores demonstrated that PD Ss were lower on Response Bias, Trust, Activity, Emotional Stability, and Extraversion than SGT Ss, posttreatment scores showed no significant differences between groups except that PD Ss changed significantly more on Activity than did SGT Ss. No significant differences were found between the groups on any of the MMPI scales or the STAIA, either pre- or posttreatment. (20 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication**: Group Psychotherapy, Psychodrama & Sociometry  
**Volume**: 32  
**Pages**: 75-88  
**Date**: 1979  
**Library Catalog**: APA PsycNET
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.5. Persönlichkeits- und Verhaltensstörungen)
Differential effects of the Gestalt two-chair intervention and problem solving in resolving decisional conflict

**Abstract**

Compared an affective (gestalt 2-chair intervention) and a cognitive-behavioral (problem-solving) counseling intervention used to help clients resolve intrapersonal conflicts related to a decision. 48 16–72 yr olds were randomly assigned to 3 groups: a problem-solving group, a 2-chair group, and a waiting-list control group. Trained counselors saw clients for 2 sessions. Ss were pre- and posttested on measures of indecision and stage of decision making. A 1-way analysis of variance (ANOVA) revealed that the affective intervention was more effective than the cognitive-behavioral intervention or no treatment for reducing indecision. Both counseling approaches were more effective than no treatment in facilitating movement through the stages of decision making. Postsession comments suggested that there were difficulties associated with maintaining a focus on the problem in the cognitive-behavioral treatment and that the 2-chair intervention assisted clients in making broader decisions. (26 ref)

**Publication**

Journal of Counseling Psychology

**Volume** 33

**Issue** 1

**Pages** 11-15

**Date** 1986

**DOI** 10.1037/0022-0167.33.1.11

**Library Catalog** APA PsycNET

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Die langfristigen Veränderungen der Borderline-Symptomatik bei Patienten nach klientenzentrierter Gruppenpsychotherapie

Type: Journal Article
Author: Johann Eckert
Author: Eva-Maria Biermann-Ratjen
Author: Michael Wuchner
Publication: PPmP - Psychotherapie · Psychosomatik · Medizinische Psychologie
Volume: 50
Issue: 3/4
Pages: 140-160
Date: 3/2000

Resolving decisional conflict by Gestalt two-chair dialogue: Relating process to outcome

Type: Journal Article
Author: Leslie S. Greenberg
Author: Michael C. Webster
Abstract: 31 clients (aged 17–65 yrs) completed a 6-wk program using Gestalt 2-chair dialog to work on intrapsychic conflict related to the making of a decision. Ss were classified as resolvers or nonresolvers based on a pattern of in-session process indicators. Resolvers were those Ss who had manifested 3 components of a proposed model of conflict resolution: the expression of criticism by one part of the personality, the expression of feeling and wants by another, and the softening in attitude of the "critic." These attributes were measured in terms of voice quality, depth of experience, and structural analysis of social behavior. Resolvers were significantly less undecided and less anxious after treatment and reported greater improvement on target complaints and behavior change. In addition, after the session in which the "critic" softened, resolvers reported greater conflict resolution, less discomfort, greater mood change, and greater goal attainment than nonresolvers. (36 ref)
Publication: Journal of Counseling Psychology
Volume: 29
Issue: 5
Pages: 468-477
Date: 1982
DOI: 10.1037/0022-0167.29.5.468
Short Title: Resolving decisional conflict by Gestalt two-chair dialogue
Library Catalog: APA PsycNET
Rights: (c) 2012 APA, all rights reserved

Personality changes in marathon therapy

Type: Journal Article
Assessed personality changes associated with a marathon therapy experience of 45 hrs duration. Two experimental groups (total N = 25) worked with a male therapist. Two controls were used: a no-therapy baseline period for the treatment groups and an equivalent-control group which consisted of patients seeing the same therapist for individual therapy. Criterion measures included the Tennessee Self-Concept Scale (TSCS), a semantic differential, and the Bach Helpfulness Scale. The 1st 2 are self-description scales, and the 3rd is a peer rating scale. Significant positive changes on all measures were observed for the marathon treatment groups when compared with no-therapy baseline periods for the marathon group and with the no-marathon group. A 2-wk post-marathon follow-up with the TSCS showed some shrinkage toward baseline but with continued significant gains on some of the TSCS variables. (18 ref)

Publication Psychotherapy: Theory, Research & Practice
Volume 15
Issue 1
Pages 61-67
Date 1978
DOI 10.1037/h0085842

A comparison of Gestalt and Relationship Enhancement treatments with married couples

Type Journal Article
Author R. E. Jessee
Author B. G. Guerney Jr
Publication American Journal of Family Therapy
Volume 9
Issue 3
Pages 31–42
Date 1981

Gestalt Therapy with Parents When a Child Is Presented as the Problem

Type Journal Article
Author Linda F. Little
Abstract Findings from this study suggest that parents (N = 23) who sought therapy because of "problematic" children differed in valuing styles (e.g., rejection, extrinsic valuing, overprotection) from two samples of parents from normal populations. Parents who participated in Gestalt therapy groups made significant changes in their reported parenting styles. Parents who chose not to participate in the therapy (N = 8) showed no similar improvements in parenting styles, and provided behavioral data which suggested deterioration of those relationships over the same period of time. Gestalt therapy is discussed.

Publication Family Relations
Volume 35
Issue 4
Pages 489-496
Date October 01, 1986
Der Wechsel von konflikt- zu strukturbezogener Psychotherapie

**Type** Journal Article

**Author** Konrad Strauss


**Publication** Die Psychodynamische Psychotherapie

**Volume** 7

**Issue** 2

**Pages** 66 - 75

**Date** 2008

Effects of Client-Centered Psychotherapy for Personality Disorders Alone and in Combination with Psychopharmacological Treatment

**Type** Journal Article

**Author** Ludwig Teusch

**Author** Hildegard B&ouml;hme

**Author** Jobst Finke

**Author** Markus Gastpar

**Publication** Psychotherapy and Psychosomatics

**Volume** 70

**Issue** 6

**Pages** 328-336

**Date** 2001

**DOI** 10.1159/000056273


**Library Catalog** CrossRef

Fazit: geeigneter Nutzennachweis: b.
An Evaluation of a Group Treatment Program for Incarcerated Male Batterers

**Type** Journal Article  
**Author** Beverly Wolfus  
**Author** Ralph Bierman

**Abstract** This study evaluated a treatment program, Relating Without Violence (RWV), designed to (a) ameliorate psychological and emotional factors believed to contribute to domestic violence and (b) strengthen conflict resolution skills in perpetrators of domestic violence. Subjects were 57 perpetrators who participated in RWV, 20 perpetrators who did not, and 24 offenders with no history of any violence. Measures included the Tennessee Self-Concept Scale (TSCS), the Personality Research Form (PRF), and the Adapted Conflict Tactics Scale (ACTS). The abusive-treatment group demonstrated greater improvement on the ACTS and the PRF Aggression and Defendance Scales than the untreated abusive group. All three groups improved on the TSCS, PRF Impulsivity, and PRF Nurturance. It was concluded that the program met its treatment objectives. However, a limitation of the study was the lack of postrelease follow-up to examine effects on domestic violence in the community.

**Publication** International Journal of Offender Therapy and Comparative Criminology  
**Volume** 40  
**Issue** 4  
**Pages** 318-333  
**Date** 12/01/1996

The impact of a weekend group experience on individual therapy

**Type** Journal Article  
**Author** I. D. Yalom  
**Author** G. Bond  
**Author** S. Bloch  
**Author** E. Zimmerman

**Abstract** Thirty-three patients in long-term individual therapy were referred to one of three weekend groups: two experimental (affect-arousing, gestalt therapy) groups and one control (meditation-Tai Chi) group. The impact of the weekend group experience (WGE) on individual therapy was examined six and 12 weeks later. At six weeks the patients in the experimental groups showed, on some measures, a significantly greater improvement in their individual therapy than did controls. By 12 weeks, there were no demonstrable differences. The WGE was not without risk: even though the group leaders were highly trained, responsible clinicians, two patients suffered considerable psychological damage. The control (meditation-Tai Chi) group offered a relatively innocuous experience; there was no risk, but few members found the specific procedures useful in their lives. Intense affect arousal in the WGE was not related to positive change in subsequent individual therapy. Those expressing the greatest affect in either experimental group were no more likely to have had a measurable positive impact on their subsequent individual therapy than patients expressing little or no measurable affect.

**Publication** Archives of General Psychiatry  
**Volume** 34  
**Issue** 4  
**Pages** 399  
**Date** 1977

**Accessed** Montag, 30. Juli 2012 18:01:31

**Library Catalog** ijo.sagepub.com

**Accessed** Montag, 30. Juli 2012 18:36:59

**Library Catalog** Google Scholar
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.6. Anpassungs- und Belastungsstörungen)
Psychotherapie von Anpassungsstörungen

**Type**: Journal Article  
**Author**: Astrid Altenhöfer  
**Author**: Wolfgang Schulz  
**Author**: Reinold Schwab  
**Author**: Jochen Eckert  
**Publication**: Psychotherapeut  
**Volume**: 52  
**Issue**: 1  
**Pages**: 24-34  
**Date**: 2007  
**DOI**: 10.1007/s00278-006-0520-z  
**Library Catalog**: SpringerLink

BERICHT DER EXTERNEN EVALUATION UND QUALITÄTSSICHERUNG DER PSYCHOTHERAPEUTISCHEN KLINIKEN UND ABTEILUNGEN

**Type**: Journal Article  
**Author**: Barghaan  
**Author**: Harfst  
**Author**: Dirmeier  
**Author**: Koch  
**Date**: 2003  
**Library Catalog**: Google Scholar

Randomisierte Interventionsstudie zur Evaluation der Mehrphasigen Integrativen Traumatherapie im Vergleich mit der Kognitiven Verhaltenstherapie zur Behandlung der Posttraumatischen Belastungsstörung (PTB). Untertitel: Dialogische Exposition in einer gestalttherapeutisch orientierten Traumatherapie. (MITT)

**Type**: Journal Article  
**Author**: W. Butollo  
**Author**: Karl  
**Date**: 2012

Mehrphasige, gestaltorientierte, integrative Traumatherapie. (MITT)

**Type**: Journal Article  
**Author**: W. Butollo  
**Author**: Karl  
**Author**: Henkel  
**Date**: 2011 (nach Strümpfel in Vorbereitung)
Creation of Meaning in Incest Survivors

Type: Journal Article
Author: Katherine M. Clarke
Abstract: This paper describes an integrated constructivist treatment for addressing creation of meaning issues in incest survivors. The treatment involves the reaccessing and reprocessing of emotional schemata. It is compared to a cognitive restructuring treatment which considers issues of meaning as faulty beliefs which must be corrected by logical analysis and replacement. A preliminary treatment study found a significant increase in meaning resolution in incest survivors who were offered the integrated treatment approach. No changes were found on self-esteem.

Publication: Journal of Cognitive Psychotherapy
Volume: 7
Issue: 3
Pages: 195-203
Date: 1993
Library Catalog: IngentaConnect

Process-experiential therapy for post-traumatic stress difficulties

Type: Journal Article
Author: R. Elliott
Author: K. Davis
Author: E. Slatick
Publication: Handbook of experiential psychotherapy
Pages: 249–271
Date: 1998
Library Catalog: Google Scholar

An Exploration of Grief Reactions Treated With An Externalization Process Approach. Dissertation,

Type: Book
Author: Deborah Ann Forrest
Publisher: UMI Dissertation Service Number 9608011
Date: 1995

Effective ingredients in psychotherapy: Prediction of outcome from process variables

Type: Journal Article
Author: Beverly Gomes-Schwartz
Abstract: Examined the impact of (a) exploration of the psychodynamic roots of patients' conflicts, (b) warmth and friendliness of the therapist-offered relationship, and (c) positiveness of patients' attitudes toward working in therapy on the outcome of brief therapy with 35 college males exhibiting symptoms of depression, anxiety, and social introversion. Symptoms were confirmed by elevated scores on the Depression, Psychasthenia, and Social Introversion scales, respectively, of the MMPI. Analyses of process ratings for audiotaped segments from 4 sessions throughout the course of therapy revealed that the activities of therapists of differing theoretical orientations and of professional vs untrained, "inherently helpful" therapists could
be distinguished. Although patients' attitudes toward the therapist and patient involvement in the therapy process did not differ as a function of the type of therapist, the process dimension that most consistently predicted therapy outcome was patient involvement. Exploratory processes and therapist-offered relationship had a lesser influence on outcome. (71 ref)
Differential effects of emotion-focused therapy and psychoeducation in facilitating forgiveness and letting go of emotional injuries.

**Type** Journal Article  
**Author** L. J. Greenberg  
**Author** S. H. Warwar  
**Author** W. M. Malcolm  
**Publication** Journal of Counseling Psychology  
**Volume** 55  
**Issue** 2  
**Pages** 185  
**Date** 2008  
**Accessed** Montag, 30. Juli 2012 20:45:01  
**Library Catalog** Google Scholar

Resolving Attachment Injuries in Couples Using Emotionally Focused Therapy: A Three-Year Follow-Up

**Type** Journal Article  
**Author** Rebecca E. Halchuk  
**Author** Judy A. Makinen  
**Author** Susan M. Johnson  
**Abstract** Couples who seek therapy for marital distress often do so because they have suffered an attachment injury, characterized by an abandonment or betrayal during a time of critical need. This follow-up assessed the efficacy of the newly developed Attachment Injury Resolution Model based in Emotionally Focused Therapy (EFT). Twelve couples with attachment injuries who received EFT were assessed to determine if the significant improvement in relationship distress observed in resolved couples at post-treatment would be maintained at 3-year follow-up. Results demonstrated that improvements in dyadic adjustment, trust, and forgiveness, as well as decreases in the severity of the attachment injury, were maintained over time. This follow-up study provides initial evidence of the long-term benefits of the Attachment Injury Resolution Model.  
**Publication** Journal of Couple & Relationship Therapy  
**Volume** 9  
**Issue** 1  
**Pages** 31-47  
**Date** 2010  
**DOI** 10.1080/15332690903473069  
**Short Title** Resolving Attachment Injuries in Couples Using Emotionally Focused Therapy  
**Accessed** Montag, 30. Juli 2012 20:09:10  
**Library Catalog** Taylor and Francis

Regaining homeostasis: a Gestalt therapeutic process model for teachers suffering from career related stress

**Type** Journal Article  
**Author** A. Horn
Psychosocial Group Intervention and the Rate of Decline of Immunological Parameters in Asymptomatic HIV-Infected Homosexual Men

Type: Journal Article
Author: C.L. Mulder
Author: M.H. Antoni
Author: P.M.G. Emmelkamp
Author: P.J. Veugelers
Author: T.G.M. Sandfort
Author: F.A.J.R. van de Vijver
Author: M.J.J. de Vries

Abstract: The aim of the study was to determine changes in the rate of decline of immunological parameters after psychosocial group intervention. Subjects were 26 asymptomatic HIV-infected homosexual men who participated in a cognitive-behavioral group therapy (CBT; n = 14), or an experiential group therapy program (ET; n = 12), both of 15 weeks duration. The outcome measures were changes in the decline of CD4 cell counts, and T cell proliferative responses to anti-CD3 monoclonal antibodies from preintervention to 24 months postintervention. No differences in the rate of decline of CD4 cells or T cell responses between the CBT and ET condition were found, and there were no significant changes in CD4 cell count from pre-to postintervention. However, those subjects who showed larger decreases in distress showed a smaller decline in CD4 cell counts. While the rate of decline in T cell responses was significantly less after both interventions, a similar positive change in T cell responses was found in a comparison group of 149 HIV-infected men with similar demographic, psychosocial and immunological characteristics who did not participate in one of the interventions. We conclude that the psychosocial intervention programs tested here did not cause changes in CD4 cell decline or T cell responses and that decreases in distress were related to increases in CD4 cell counts.

Publication: Psychotherapy and Psychosomatics
Volume: 63
Issue: 3-4
Pages: 185-192
Date: 1995
DOI: 10.1159/000288958
Cognitive-behavioral and experiential group psychotherapy for HIV-infected homosexual men: a comparative study.

**Type** Journal Article  
**Author** C. L. Mulder  
**Author** P. M. Emmelkamp  
**Author** M. H. Antoni  
**Author** J. W. Mulder  
**Author** T. G. Sandfort  
**Author** M. J. de Vries  
**Abstract** The knowledge of being infected with the human immunodeficiency virus type 1 (HIV-1) brings about psychological distress and social problems including anxiety, depression, and social isolation. Participating in psychosocial intervention programs can help to reduce these problems. To date, however, very little is known about the efficacy of different intervention strategies. We implemented a study with a randomized experimental design to investigate the effectiveness of a cognitive-behavioral group psychotherapy (CBT) and an experiential group psychotherapy (ET) program for 39 asymptomatic HIV-infected homosexual men. Both therapies consisted of 17 sessions over a 15-week period. The major finding of this study was that psychosocial intervention, independent of the therapeutic orientation, decreased distress significantly, as compared with a waiting-list control group (WCG). There were no significant changes in the intervention groups as compared with the WCG in coping styles, social support, and emotional expression. Finally, CBT and ET did not differ in their effects on psychological distress or on the other psychosocial variables measured in this study.

**Publication** Psychosomatic Medicine  
**Volume** 56  
**Issue** 5  
**Pages** 423-431  
**Date** 09/01/1994  
**Journal Abbr** Psychosom Med  
**Short Title** Cognitive-behavioral and experiential group psychotherapy for HIV-infected homosexual men  
**Library Catalog** www.psychosomaticmedicine.org

Resolving" unfinished business": Efficacy of experiential therapy using empty-chair dialogue.

**Type** Journal Article  
**Author** S. C. Paivio  
**Author** L. S. Greenberg  
**Publication** Journal of Consulting and Clinical Psychology  
**Volume** 63  
**Issue** 3  
**Pages** 419  
**Date** 1995  
**Short Title** Resolving" unfinished business"  
**Accessed** Montag, 30. Juli 2012 21:07:44  
**Library Catalog** Google Scholar

Efficacy of emotion focused therapy for adult survivors of child abuse: A preliminary
Efficacy of two versions of emotion-focused therapy for resolving child abuse trauma

Abstract

This study evaluated and compared emotion-focused therapy for trauma (EFTT) with imaginal confrontation (IC) of perpetrators (n=20) and EFTT with empathic exploration (EE) of trauma material (n=25). Clients were women and men with histories of different types of childhood maltreatment (emotional, physical, and sexual abuse; emotional neglect). Clients were randomly assigned to treatment condition. Outcome measures assessed symptom distress, self and interpersonal problems, and abuse resolution. Results indicated statistically and clinically significant improvements on eight measures at posttest, maintenance of gains at follow-up, and no statistically significant differences between conditions. There were higher rates of clinically significant change in IC and a lower attrition rate for EE (7% vs. 20%). More severe personality pathology negatively influenced some dimensions of outcome, particularly in EE.
Psychodrama im Einzel- und Gruppensetting (Evaluationsbericht)

**Type** Report  
**Author** Walter Renner  

**Date** 2009

---

A survey on the presence of work engagement and well-being among gestalt play therapists in South Africa

**Type** Journal Article  
**Author** M. E. Van der Westhuizen  
**Date** 2009  
**Accessed** Montag, 30. Juli 2012 20:41:31  
**Library Catalog** Google Scholar

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The buddy system of care and support for and by women living with HIV/AIDS in Botswana

**Type** Journal Article  
**Author** J. R. Zuyderduin  
**Date** 2009  
**Accessed** Montag, 30. Juli 2012 20:12:20  
**Library Catalog** Google Scholar
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.7. Essstörungen)
Klientenzentrierte Gesprächspsychotherapie und kognitive Verhaltenstherapie bei Anorexia nervosa: Therapieeffekte und Therapieverlauf in der ambulanten Behandlung

**Type**  Thesis  
**Author**  Juliane Arnold  
**University**  Dissertation Universität Wuppertal FB3.  
**Date**  1992  
**# of Pages**  292  
**Short Title**  Klientenzentrierte Gesprächspsychotherapie und kognitive Verhaltenstherapie bei Anorexia nervosa  
**Library Catalog**  Google Books

**Fazit:** Geeigneter Nachweis der Wirksamkeit von GPT bei Anorexie: a.

A short-term Gestalt therapy group approach to the treatment of bulimia

**Type**  Thesis  
**Author**  J. I. Coffey  
**University**  University of North Carolina at Chapel Hill  
**Date**  1986  
**Library Catalog**  Google Scholar

Wirksamkeit von ambulanter Gesprächspsychotherapie bei Bulimia nervosa: Ergebnisse einer randomisiert-kontrollierten Studie

**Type**  Journal Article  
**Author**  Karsten Schützmann  
**Author**  Melanie Schützmann  
**Author**  Jochen Eckert  
**Publication**  PPmP - Psychotherapie · Psychosomatik · Medizinische Psychologie  
**Volume**  60  
**Issue**  02  
**Pages**  52-63  
**Date**  2009-9-14  
**DOI**  10.1055/s-0029-1234134  
**Short Title**  Wirksamkeit von ambulanter Gesprächspsychotherapie bei Bulimia nervosa  
**Accessed**  Samstag, 6. Oktober 2012 20:52:42  
**Library Catalog**  CrossRef
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.8. nicht organische Schlafstörungen)
Paradoxical intention and insomnia: an experimental investigation

<table>
<thead>
<tr>
<th>Type</th>
<th>Journal Article</th>
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<tbody>
<tr>
<td>Author</td>
<td>L.Michael Ascher</td>
</tr>
<tr>
<td>Author</td>
<td>Ralph M. Turner</td>
</tr>
<tr>
<td>Abstract</td>
<td>A study by Turner and Ascher (1978) compared the efficacy of progressive relaxation, stimulus control, and paradoxical intention in ameliorating sleep onset insomnia. Results indicated that the three were equally effective. The present study is a partial replication of Turner and Ascher (1978) and focuses on the use of paradoxical intention in reducing sleep difficulties. Twenty-five individuals complaining of sleep discomfort were randomly assigned to three groups: paradoxical intention, placebo control, no treatment control. Clients in the paradoxical intention group were instructed to remain awake while lying in bed in a darkened room. The complete rationale for such a prescription was provided. Those in the placebo group received a pseudo systematic desensitization program. Results indicated that subjects exposed to the paradoxical intention procedure reported significant improvement on several measures of sleep behavior when compared with reports of subjects in either placebo or no-treatment control groups.</td>
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<tr>
<th>Publication</th>
<th>Behaviour Research and Therapy</th>
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<tr>
<td>Volume</td>
<td>17</td>
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<tr>
<td>Issue</td>
<td>4</td>
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<td>Pages</td>
<td>408-411</td>
</tr>
<tr>
<td>Date</td>
<td>1979</td>
</tr>
<tr>
<td>DOI</td>
<td>10.1016/0005-7967(79)90015-9</td>
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<tr>
<td>Short Title</td>
<td>Paradoxical intention and insomnia</td>
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Library Catalog | ScienceDirect

A Comparison of 2 Methods for the Administration of Paradoxical Intention

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<th>Type</th>
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<tr>
<td>Author</td>
<td>Lm Ascher</td>
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<tr>
<td>Author</td>
<td>Rm Turner</td>
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<tr>
<td>Publication</td>
<td>Behaviour Research and Therapy</td>
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<tr>
<td>Volume</td>
<td>18</td>
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<td>Issue</td>
<td>2</td>
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<td>Pages</td>
<td>121-126</td>
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<td>Date</td>
<td>1980</td>
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<td>Journal Abbr</td>
<td>Behav. Res. Ther.</td>
</tr>
<tr>
<td>DOI</td>
<td>10.1016/0005-7967(80)90106-0</td>
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<tr>
<td>Library Catalog</td>
<td>ISI Web of Knowledge</td>
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<td>Extra</td>
<td>WOS:A1980JM69700007</td>
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Initial Insomnia And Paradoxical Intention: An Experimental Investigation Of Putative Mechanisms Using Subjective And Actigraphic Measurement Of Sleep

<table>
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<th>Type</th>
<th>Journal Article</th>
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<tbody>
<tr>
<td>Author</td>
<td>N. M. Broomfield</td>
</tr>
<tr>
<td>Author</td>
<td>C. A. Espie</td>
</tr>
</tbody>
</table>

191
Paradoxical Intention (PI) is a cognitive treatment approach for sleep-onset insomnia. It is thought to operate by eliminating voluntary sleep effort, thereby ameliorating sleep performance anxiety, an aroused state incompatible with sleep. However, this remains untested. Moreover, few PI studies have employed objective sleep measures. The present study therefore examined the effect of PI on sleep effort, sleep anxiety and both objective and subjective sleep. Following a seven-night baseline, 34 sleep-onset insomniacs were randomly allocated to 14 nights of PI, or to a control (no PI) condition. Consistent with the performance anxiety model, participants allocated to PI, relative to controls, showed a significant reduction in sleep effort, and sleep performance anxiety. Sleep-onset latency (SOL) differences between PI participants and controls using an objective sleep measure were not observed, although an underlying trend for significantly lowered subjective SOL amongst PI participants was demonstrated. This may relate to actigraphic insensitivity, or more probably confirms recent suggestions that insomniacs readily overestimate sleep deficit, due to excessive anxiety about sleep. Together, results help determine putative mechanisms underlying PI, have important implications for the clinical application of PI, and emphasize the need for further PI research within an experimental cognitive framework.

**Publication** Behavioural and Cognitive Psychotherapy  
**Volume** 31  
**Issue** 03  
**Pages** 313-324  
**Date** 2003  
**DOI** 10.1017/S1352465803003060  
**Short Title** Initial Insomnia And Paradoxical Intention  
**Library Catalog** Cambridge Journals Online

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**Wirkmechanismen psychologischer Therapieverfahren bei der Behandlung chronischer Schlafstörungen**

**Type** Journal Article  
**Author** P. Engel-Sittenfeld  
**Author** R. R. Engel  
**Author** H. P. Huber  
**Author** K. Zangl  
**Publication** Z Klin Psychol  
**Volume** 9  
**Issue** 1  
**Pages** 34–52  
**Date** 1980  
**Library Catalog** Google Scholar

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A controlled comparative investigation of psychological treatments for chronic sleep-onset insomnia

**Type** Journal Article  
**Author** Colin A. Espie  
**Author** William R. Lindsay  
**Author** D. Neil Brooks  
**Author** Eileen M. Hood  
**Author** Tony Turvey  
**Abstract** A sample of physician-referred chronic insomniacs was randomly allocated to either progressive relaxation, stimulus control, paradoxical intention, placebo or no treatment.
conditions. Treatment process and outcome were investigated in terms of mean and standard deviation (night to night variability) measures of sleep pattern and sleep quality. Only active treatments were associated with significant improvement, but the nature of treatment gains varied. In particular, stimulus control improved sleep pattern, whereas relaxation affected perception of sleep quality. All improvements were maintained at 17 month follow-up. Results are discussed with reference to previous research and guidelines are given for clinical practice.

Publication  Behaviour Research and Therapy
Volume  27
Issue  1
Pages  79-88
Date  1989
DOI  10.1016/0005-7967(89)90123-X
Accessed  Donnerstag, 3. Mai 2012 14:40:02

Paradoxical giving up and the reduction of sleep performance anxiety in chronic insomniacs.

Type  Journal Article
Author  D. O. Fogle
Author  J. A. Dyal
Publication  Psychotherapy: Theory, Research & Practice
Volume  20
Issue  1
Pages  21
Date  1983

Paradoxical intention vs stimulus control in the treatment of severe insomnia

Type  Journal Article
Author  Robert Ladouceur
Author  Yves Gros-Louis
Abstract  This study compared the effectiveness of paradoxical intention, stimulus control, information and a control group on severe sleep onset insomnia. Results showed that paradoxical intention and stimulus control were equally effective but significantly better than the information and control groups. It is suggested that treatment be adapted for each individual according to data collected from the intensive behavioral analysis of each case.

Publication  Journal of Behavior Therapy and Experimental Psychiatry
Volume  17
Issue  4
Pages  267-269
Date  December 1986
DOI  10.1016/0005-7916(86)90062-5

Manipulating the Explicit Demand of Paradoxical Intention Instructions
Controlled comparison of progressive relaxation, stimulus control, and paradoxical intention therapies for insomnia.

Controlled comparison of progressive relaxation, stimulus control, and paradoxical intention therapies for insomnia.

Controlled comparison of progressive relaxation, stimulus control, and paradoxical intention therapies for insomnia.
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.9. sexuelle Funktionsstörungen)
Zusammenfassung Gestaltantrag:

D: Sexuelle Inappetenz und Funktionsstörungen. F 52. – Evidenzstufe I b
Studien zur Wirksamkeit Humanistischer Psychotherapie

(2.10. psychische und soziale Faktoren bei somatischen Erkrankungen)
Supportive-expressive group therapy and distress in patients with metastatic breast cancer: a randomized clinical intervention trial

**Type**: Journal Article  
**Publication**: Archives of General Psychiatry  
**Volume**: 58  
**Issue**: 5  
**Pages**: 494  
**Date**: 2001  
**Short Title**: Supportive-expressive group therapy and distress in patients with metastatic breast cancer  
**Library Catalog**: Google Scholar

Phase II Study of Psychotherapeutic Intervention in Advanced Cancer

**Type**: Journal Article  
**Author**: Marco J. De Vries, Johannes N. Schilder, Cornelis L. Mulder, Adriana M. E. Vrancken, Margot E. Remie, Bert Garssen  
**Abstract**: The effect of psychosocial counseling on tumor progression was studied in 96 cancer patients, who were no longer amenable to regular medical treatment. Patients were offered 12 sessions of individual experiential-existential counseling, each session lasting 1.5 to 2 hours. In addition patients participated fortnightly in group counseling meetings. In five out of 35 evaluable patients, tumor growth became stationary during or immediately following therapy. In four patients this stationary period last 3–9 months, and in one patient 2 years. Natural Killer cell activity, self-reported loneliness, depression, purpose in life and locus of control showed no change from pre- to post intervention. © 1997 John Wiley & Sons, Ltd.  
**Publication**: Psycho-Oncology  
**Volume**: 6  
**Issue**: 2  
**Pages**: 129–137  
**Date**: 1997  
**DOI**: 10.1002/(SICI)1099-1611(199706)6:2<129::AID-PON264>3.0.CO;2-U  
**Accessed**: Mittwoch, 5. September 2012 21:08:52  
**Library Catalog**: Wiley Online Library  
**Rights**: Copyright © 1997 John Wiley & Sons, Ltd.
Förderung der seelischen Gesundheit von Krebspatienten durch personenzentrierte Gruppengespräche

Type Journal Article
Author P. Dircks
Author F. Grimm
Author A. M. Tausch
Author J. O. Wittern
Publication Z Klin Psychol
Volume 11
Issue 4
Pages 241–252
Date 1982
Library Catalog Google Scholar

Group CBT versus supportive therapy with patients who have primary breast cancer

Type Journal Article
Author S. Edelman
Author D. R. Bell
Author A. D. Kidman
Publication Journal of Cognitive Psychotherapy
Volume 13
Issue 3
Pages 189–202
Date 1999
Library Catalog Google Scholar

Reducing parental overprotection of the leukemic child

Type Journal Article
Author Betsy Louise Fife
Abstract This experimental study compared the effectiveness of behavior therapy with client-centered therapy when these approaches were used in a treatment program designed to reduce overprotection as a coping behavior in parents of leukemic children. The methodology involved using these two treatment modalities with a population of 16 subjects who were matched and randomly assigned to two groups. Prior to initiating any therapy, baseline data were collected for 14 consecutive days. Each parent was then seen individually for eight 30-min sessions during regular clinic visits. These were followed by another 14-day period of data collection, and the data before and after treatment were compared to determine if there was a significant difference in the behavioral changes occurring within the two groups. The statistical analysis of these data demonstrated that the difference between the groups was insignificant. However, evaluation forms completed by the parents of both treatment groups did indicate some significant differences. The parents who experienced the behavioral intervention were better able to conceptualize the problems their families were coping with, and they could define in more specific terms than the parents in the client-centered group, the benefits they received by participating in the study.
Publication Social Science & Medicine. Part A: Medical Psychology & Medical Sociology
Volume 12
Issue 0
Focusing: An adjunct treatment for adaptive recovery from cancer

Type: Journal Article  
Author: D. Grindler Katonah  
Author: J. Flaxman  
Publication: Unpublished doctoral research, The Illinois School of Professional Psychology, Chicago, IL  
Date: 1991  
Short Title: Focusing  
Library Catalog: Google Scholar

Effects of brief psychotherapy during the hospitalization period on the recovery process in heart attacks

Type: Journal Article  
Author: Walter Gruen  
Abstract: 70 patients with a first heart attack were randomized into a treatment or a control group. Treated patients were seen almost every day during hospitalization for psychotherapy to facilitate coping and to unearth psychological resources and hidden strengths. Data collected on all Ss showed significant differences in favor of the treated on the following variables: days in intensive care and in the hospital; development of supraventricular arrhythmias and congestive heart failure; nurses' observations of weakness; physician report of depression; self-report of Surgency; social affection and vigor; presence of either extreme anxiety or extreme lack of anxiety; and, at a 4-mo follow-up, residual fears as well as inability to return to normal activity. Mechanisms to explain these results are offered, including action of catecholamines, mobilization of psychological energy and active coping to counteract the "sick role," and feedback of information to provide a more accurate and wide-angled cognitive map. Recommendations are made for systematic application of this treatment with hospital patients. (31 ref)  
Publication: Journal of Consulting and Clinical Psychology  
Volume: 43  
Issue: 2  
Pages: 223-232  
Date: 1975  
DOI: 10.1037/h0076527  
Library Catalog: APA PsycNET  
Rights: (c) 2012 APA, all rights reserved

The efficacy of the Bonny Method of Guided Imagery and Music as experiential therapy in the primary care of persons with Rheumatoid Arthritis

Type: Journal Article  
Author: E. M. Jacobi  
Publication: Dissertation Abstracts International  
Volume: 56
The Effects of Logotherapy on Meaning in Life and Quality of Life of Late Adolescents with Terminal Cancer

Type: Journal Article
Author: Kyung-Ah Kang
Author: Jeoung-Sook Shim
Author: Dae-Geun Jeon
Author: Myung-Suk Koh
Publication: Journal of Korean Academy of Nursing
Volume: 39
Issue: 6
Pages: 759
Date: 2009
DOI: 10.4040/jkan.2009.39.6.759
Library Catalog: CrossRef

Functional Relaxation and Guided Imagery as Complementary Therapy in Asthma: A Randomized Controlled Clinical Trial

Type: Journal Article
Author: C. Lahmann
Author: M. Nickel
Author: T. Schuster
Author: N. Sauer
Author: J. Ronel
Author: M. Noll-Hussong
Author: K. Tritt
Author: D. Nowak
Author: F. Röhrich
Author: T. Loew
Publication: Psychotherapy and Psychosomatics
Volume: 78
Issue: 4
Pages: 233-239
Date: 2009
DOI: 10.1159/000214445
Short Title: Functional Relaxation and Guided Imagery as Complementary Therapy in Asthma
Library Catalog: CrossRef

Efficacy of functional relaxation in comparison to terbutaline and a placebo relaxation method in patients with acute asthma
Client-Centered Therapy vs Exercise Therapy for Chronic Low Back Pain: A Pilot Randomized Controlled Trial in Brazil

Type Journal Article
Author L. A. C. Machado
Author D. C. Azevedo
Author M. B. Capanema
Author T. N. Neto
Author D. M. Cerceau
Publication Pain Medicine
Volume 8
Issue 3
Pages 251–258
Date 2007
Short Title Client-Centered Therapy vs Exercise Therapy for Chronic Low Back Pain
Library Catalog Google Scholar

Treatment of depressive symptoms in human immunodeficiency virus-positive patients

Type Journal Article
Author J. C. Markowitz
Author J. H. Kocsis
Author B. Fishman
Author L. A. Spielman
Author L. B. Jacobsberg
Author A. J. Frances
Author G. L. Klerman
Author S. W. Perry
Publication Archives of General Psychiatry
Volume 55
Issue 5
Pages 452
Cognitive-behavioral and experiential group psychotherapy for HIV-infected homosexual men: A comparative study

**Type**: Journal Article  
**Author**: C. L. Mulder, P. M. Emmelkamp, M. H. Antoni, J. W. Mulder, T. G. Sandfort, M. J. de Vries  
**Publication**: Psychosomatic medicine  
**Volume**: 56  
**Issue**: 5  
**Pages**: 423–431  
**Date**: 1994  
**Short Title**: Cognitive-behavioral and experiential group psychotherapy for HIV-infected homosexual men

Psychologische Psychotherapie bei chronisch entzündlichen Darmerkrankungen

**Type**: Book  
**Author**: R. Sachse  
**Publisher**: Hogrefe  
**Date**: 2005


Bewertung von BPtK:

Studie von Sachse (2006); Evidenzstufe IIb  
Die Studie untersuchte die Effekte der zielorientierten Gesprächspsychotherapie bei Patienten mit chronischen entzündlichen Darmerkrankungen (CEDE). In zwei Studienphasen wurden zunächst 29, danach weitere 88 Patienten mit CEDE über Stellungnahme.  

Diese Studie wurde von der Themengruppe fälschlich ausgeschlossen, da die untersuchte

EFFECT OF PSYCHOSOCIAL TREATMENT ON SURVIVAL OF PATIENTS WITH METASTATIC BREAST CANCER

**Type** Journal Article  
**Author** David Spiegel  
**Author** Helena C. Kraemer  
**Author** Joan R. Bloom  
**Author** Ellen Gottheil

**Abstract** The effect of psychosocial intervention on time of survival of 86 patients with metastatic breast cancer was studied prospectively. The 1 year intervention consisted of weekly supportive group therapy with self-hypnosis for pain. Both the treatment (n = 50) and control groups (n = 36) had routine oncological care. At 10 year follow-up, only 3 of the patients were alive, and death records were obtained for the other 83. Survival from time of randomisation and onset of intervention was a mean 36·6 (SD 37·6) months in the intervention group compared with 18·9 (10·8) months in the control group, a significant difference. Survival plots indicated that divergence in survival began at 20 months after entry, or 8 months after intervention ended.

**Publication** The Lancet  
**Volume** 334  
**Issue** 8668  
**Pages** 888-891  
**Date** October 14, 1989  
**DOI** 10.1016/S0140-6736(89)91551-1  
**Accessed** Mittwoch, 5. September 2012 21:47:37  
**Library Catalog** ScienceDirect

Group support for patients with metastatic cancer: A randomized prospective outcome study

**Type** Journal Article  
**Author** D. Spiegel  
**Author** J. R. Bloom  
**Author** I. Yalom

**Publication** Archives of General Psychiatry  
**Volume** 38  
**Issue** 5  
**Pages** 527  
**Date** 1981  
**Short Title** Group support for patients with metastatic cancer  
**Library Catalog** Google Scholar

The effect of psychotherapy in patients with PD: A controlled study

**Type** Journal Article  
**Author** Erika Sproesser  
**Author** Maura A. Viana  
**Author** Elizabeth M. A. B. Quagliato  
**Author** Elisabete Abib Pedroso de Souza
The purpose of this study was to evaluate whether group psychotherapy was effective in improving quality of life and would decrease the symptoms of anxiety and depression in Parkinson's disease patients. Sixteen subjects, with idiopathic Parkinson's disease recruited from the school clinical Hospital/UNICAMR Were randomly divided in to two groups, experimental and control. Parkinson's Disease and Quality of Life - PDQL; Beck Depression Inventory - BDI; State-Trait-Anxiety Inventory - STAI were used to evaluate the patients. The statistical analysis showed significant effect of the interaction group vs. time in depression (0.0009), anxiety (<0.0001) and QuoL (0.0018) and positive changes in depression (0.0029), anxiety (0.0009) and QuoL (0.0047) for the treated group. (C) 2009 Elsevier Ltd. All rights reserved.
Short Title  Effectiveness of a short-term group psychotherapy program on endocrine and immune function in breast cancer patients


Library Catalog  ScienceDirect
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.11. Schizophrenie, schizotypale und wahnhafte Störungen)
Interpersonal interaction and personality change in group psychotherapy

**Type** Journal Article  
**Author** W. H. Coons  
**Author** E. P. Peacock  
**Abstract** Compared the efficacy of 3 forms of social interaction in modifying the behavior of mental hospital patients. 8 groups of 7 Ss each were randomly assigned to combinations of formal group psychotherapy (conducted by a professionally trained therapist), organized ward interaction (conducted by untrained group leaders), or random ward interaction (no planned therapy). Equal numbers of male and female groups were involved. Dependent variables were the WAIS, the Hospital Adjustment scale, and the Rorschach. Formal group psychotherapy emerged as the only treatment condition which had a significant impact, alone or in combination with other treatment, on all 3 criterion measures. It is concluded that judgment must be reserved on the contention that traditional professional training in psychotherapy is unnecessary for the promotion of therapeutic change. (French summary) (21 ref.)

**Publication** The Canadian Psychiatric Association Journal / La Revue de l’Association des psychiatres du Canada  
**Volume** 15  
**Issue** 4  
**Pages** 347-355  
**Date** 1970  
**Library Catalog** APA PsycNET  
**Rights** (c) 2012 APA, all rights reserved

BODY-EGO TECHNIQUE: AN APPROACH TO THE SCHIZOPHRENIC PATIENT

**Type** Journal Article  
**Author** VICTOR PH.D. GOERTZEL  
**Author** PHILIP R. A. M.D. MAY  
**Author** JERI SALKIN  
**Author** TRUDI SCHOOPE  
**Publication** Journal of Nervous  
**Volume** 141  
**Issue** 1  
**Pages** 53-60  
**Date** 1965  
**Short Title** BODY-EGO TECHNIQUE  
**Library Catalog** Ovid (Journals@Ovid)

Psychodrama Group Therapy, its Effects upon the Role Behavior of Schizophrenic Patients.

**Type** Journal Article  
**Author** G. Harrow  
**Publication** Group Psychotherapy  
**Volume** 5  
**Pages** 120 - 172  
**Date** 1952
Teaching mental patients to use client-centered and experiential therapeutic skills with each other.

Type: Journal Article
Author: E. Hinterkopf, L. Brunswick
Publication: Psychotherapy: theory, research & practice
Volume: 18
Issue: 3
Pages: 394
Date: 1981
Library Catalog: Google Scholar

An experimental evaluation of group psychotherapy.

Type: Journal Article
Author: Francis D. Jones, Henry N. Peters
Publication: The Journal of Abnormal and Social Psychology
Volume: 47
Issue: 2, Suppl
Pages: 345-353
Date: 1952
DOI: 10.1037/h0055781
Library Catalog: CrossRef

Influence of role playing on self-concept of schizophrenia patients--《Chinese Nursing Research》2007年35期

Type: Web Page
Author: Jin Luping, Wei Chunxiang
Abstract: Objective: To probe into the effect of psychological rehabilitation of role playing on self-concept of schizophrenia patients. Methods: A total of 40 schizophrenia patients in rehabilitation period were divided into test and control group (20 cases each). Patients of the test group were carried out role playing for four weeks. However, cases of control group were given routine nursing care in psychiatric department. And the scores were compared with each other by adopting TSCS and SES for both group cases at the beginning and four weeks later after intervention respectively. Results: There was no statistical significant difference in terms of scores of TSCS and SES between the two group cases at the beginning of intervention (P>0.05). However, there was statistical significant difference between the two groups after four weeks of intervention (P<0.05 or P<0.01).Conclusion: Role playing is helpful for eliminating inferiority of schizophrenia patients, strengthening self-concept level of them, which is profit to psychological rehabilitation of these patients.【Key Words】: schizophrenia self-concept role playing psychological rehabilitation
Date: 2007
Körperzentrierte Gruppenpsychotherapie bei akut schizophren Erkrankten

Type Journal Article
Author Y. A. Maurer-Groeli
Publication European Archives of Psychiatry and Clinical Neuroscience
Volume 221
Issue 3
Pages 259–271
Date 1976
Library Catalog Google Scholar

Movement and drama therapy with long-stay schizophrenics

Type Journal Article
Author M. Nitsun
Author Joan H. Stapleton
Author M. P. Bender
Publication British Journal of Medical Psychology
Volume 47
Issue 2
Pages 101–119
Date 1974
Library Catalog Wiley Online Library
Rights 1974 The British Psychological Society

The therapeutic relationship and its impact: A study of psychotherapy with schizophrenics.

Type Journal Article
Author C. R. Rogers
Author others
Date 1967
Short Title The therapeutic relationship and its impact
Library Catalog Google Scholar

Effect of body-oriented psychological therapy on negative symptoms in schizophrenia: a randomized controlled trial

Type Journal Article
Author Frank Röhricht
Author Stefan Priebe
Publication Psychological Medicine
Volume 36

210
Changes in the relation between self-concepts and ideal-concepts of psychotics consequent upon therapy

Type Journal Article
Author P. Satz
Author A. Baraff
Publication The Journal of General Psychology
Volume 67
Issue 2
Pages 291–298
Date 1962
Accessed Freitag, 5. Oktober 2012 17:19:54
Library Catalog Google Scholar

An experiment of Gestalt group therapy with hospitalized schizophrenics

Type Journal Article
Author Shraga Serok
Author Rivka M. Zemet
Abstract Tested the hypothesis that the use of gestalt methods in groups with schizophrenics will increase the level of reality differentiation and perception. 17 21–43 yr old schizophrenics served as Ss. Two measurements of the Rorschach were used to test reality perception. Results show a significant increase in one measurement of reality perception in the experimental group as opposed to the control group, supporting the hypothesis. (14 ref)
Publication Psychotherapy: Theory, Research & Practice
Volume 20
Issue 4
Pages 417-424
Date 1983
DOI 10.1037/h0088502
Library Catalog APA PsycNET
Rights (c) 2012 APA, all rights reserved

Intensive Gestalt group therapy with schizophrenics

Type Journal Article
Author Shraga Serok
Author Claire Rabin
Author Yehudith Spitz
Abstract Investigated the use of a model for group psychotherapy based on Gestalt therapy with hospitalized schizophrenics. Ss were 14 newly admitted schizophrenic patients (mean age 28.42 yrs) who were assigned randomly to either the experimental or control groups. The
general group process for the experimental group focused on differentiated perception and the ability to relate concrete elements of reality in organized patterns, emphasis on logical thinking, and the internalization of reality perception. Ss completed self-report measures on perception of basic elements, perception of self and others, and evaluation of self-concept 1 wk before beginning therapy and 1 wk after the last meeting. Results lend some support to the notion that a group experience that emphasizes experiential learning and development of awareness has a positive impact on the reality testing of schizophrenic patients. There was some improvement in the experimental group's perception of self and others and a significant improvement in the presentation of body image. (17 ref)

Publication International Journal of Group Psychotherapy
Volume 34
Issue 3
Pages 431-450
Date 1984

Effects of remotivation and role re-training on inpatient interview presentableness

Type Journal Article
Author I. E. Sturm
Author B. R. Stuart
Abstract Assessed the relative effects of a brief series of sessions of standard remotivation technique, psychodrama-based role retraining, and no-treatment control with chronic, regressed schizophrenic patients. Performance was evaluated by judges in a standardized interview using an inpatient interview presentableness scale. None of the items reflected change for any of the 3 groups. Results are discussed in terms of the stringent character of the test. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication Newsletter for Research in Mental Health & Behavioral Sciences
Volume 16
Issue 1
Pages 15-19
Date 1974

Two–year follow–up of cognitive–behavioral therapy and supportive counseling in the treatment of persistent symptoms in chronic schizophrenia.

Type Journal Article
Author N. Tarrier
Author C. Kinney
Author E. McCarthy
Author L. Humphreys
Author A. Wittkowski
Author J. Morris
Publication Journal of consulting and clinical psychology
Volume 68
Issue 5
Pages 917
Date 2000
Randomised controlled trial of intensive cognitive behaviour therapy for patients with chronic schizophrenia

Type Journal Article
Author N. Tarrier
Author L. Yusupoff
Author C. Kinney
Author E. McCarthy
Author A. Gledhill
Author G. Haddock
Author J. Morris
Publication BMJ
Volume 317
Issue 7154
Pages 303–307
Date 1998
Accessed Dienstag, 21. August 2012 16:06:00

Cognitive-behavioural therapy in first-episode and early schizophrenia 18-month follow-up of a randomised controlled trial

Type Journal Article
Author N. Tarrier
Author S. Lewis
Author G. Haddock
Author R. Bentall
Author R. Drake
Author P. Kinderman
Author D. Kingdon
Author R. Siddle
Author J. Everitt
Author K. Leadley
Author others
Publication The British Journal of Psychiatry
Volume 184
Issue 3
Pages 231–239
Date 2004

Suicide behaviour over 18 months in recent onset schizophrenic patients: the effects of CBT

Type Journal Article
Suicide behaviour over 18 months in recent onset schizophrenic patients
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(2.12. organische einschließlich symptomatischer psychischer
Störungen)
Effects of Psychodrama on the Elderly Patients with Dementia

Type: Journal Article
Author: Soo Dong Kim
Author: Hye Ryeon Jang
Author: Woo Kyung Lee

Abstract

OBJECTIVES: This study was to evaluate the cognitive and noncognitive effects of Psychodrama on elderly dementia patients. METHODS: The psychodrama treatment group was composed of 16 elderly dementia patients and control group was matched the psychodrama group. The psychodrama group received 8 session of psychodrama therapy every week. Cognitive function and non-cognitive function of two groups were evaluated by MMSE-KC, K-BNT, Geriatric Depression Scale, Barthel Activities of Daily Living, Self-Esteem Scale before and after Psychodrama. RESULTS: Improvement of Self esteem was observed in psychodrama group. Worsening of depression was observed in control group, but psychodrama group was not observed. CONCLUSION: Psychodrama with elderly dementia can be useful to enhance Self esteem and to prevent worsening of depression

Publication: Journal of Korean Geriatric Psychiatry
Volume: 9
Issue: 1
Pages: 57-62
Date: 2005/06/01
Library Catalog: www.komci.org
Studien zur Wirksamkeit

Humanistischer Psychotherapie

(2.13. gemischte Störungen, diagnostisch gemischte Studien)
Effects on clients of a reflective and a leading type of psychotherapy.

Type  Journal Article
Author  J. D. Ashby
Author  D. H. Ford
Author  B. G. Guerkey Jr
Author  L. F. Guerkey
Author  W. U. Snyder
Publication  Psychological Monographs: General and Applied
Volume  71
Issue  24
Pages  1
Date  1957
Library Catalog  Google Scholar

The comparative effectiveness of individual psychotherapy, group psychotherapy, and a combination of these methods

Type  Journal Article
Author  O BAEHR
Publication  Journal of consulting psychology
Volume  18
Issue  3
Pages  179-183
Date  Jun 1954
Journal Abbr  J Consult Psychol
Library Catalog  NCBI PubMed
Extra  PMID: 13174675

Klientenzentrierte Psychotherapie in Form von Teamtherapie

Type  Journal Article
Author  C. Boeck-Singelmann
Author  R. Schwab
Author  S. Tönnies
Author  M. Behr
Author  U. Esser
Author  F. Petermann
Author  W. M. Pfeiffer
Author  R. Tausch
Publication  Personzentrierte Psychologie and Psychotherapie. Jahrbuch
Pages  9–23
Date  1992
Accessed  Mittwoch, 1. August 2012 21:08:43
Library Catalog  Google Scholar
Empirische Kontrolle der Effekte und Prozesse Klienten-Zentrierter Gesprächspsychotherapie bei Psychoneurotischen Klienten.

- **Type**: Journal Article
- **Author**: H Bommert, W-R Minsel, B Fittkau, Langer, R. Tausch
- **Publication**: Zeitschrift für Klinische Psychologie
- **Volume**: 1
- **Pages**: 48 - 63
- **Date**: 1972

Zusammenhänge Zwischen Erwartungshaltungen und Psychischen Veränderungen

- **Type**: Journal Article
- **Author**: Hanko Bommert, Mann, Strauss
- **Publication**: Zeitschrift für Klinische Psychologie
- **Volume**: 4
- **Pages**: 239 - 249
- **Date**: 1975

Die Auswirkungen intensiver personenzentrierter Gesprächsgruppen bei Klienten mit seelischen Beeinträchtigungen

- **Type**: Journal Article
- **Author**: M. Bruhn, R. Schwab, R. Tausch
- **Publication**: Zeitschrift für Klinische Psychologie
- **Volume**: 9
- **Pages**: 266–280
- **Date**: 1980
- **Library Catalog**: Google Scholar

Alternative advice and counsel in psychotherapy.

- **Type**: Journal Article
- **Author**: D. G. Cross, P. W. Sheehan, J. A. Khan
- **Publication**: Journal of Consulting and Clinical Psychology; Journal of Consulting and Clinical Psychology
- **Volume**: 48
- **Issue**: 5
Stationäre Gruppenpsychotherapie: Prozesse, Effekte, Vergleiche

**Type** Book
**Author** Jochen Eckert
**Author** Eva-Maria Biermann-Ratjen
**Place** Berlin ?u.a.?
**Publisher** Springer
**Date** 1985
**Short Title** Stationäre Gruppenpsychotherapie

Therapiewechsler

**Type** Journal Article
**Author** J. Eckert
**Author** I. Frohburg
**Author** J. Kriz
**Publication** Psychotherapeut
**Volume** 49
**Issue** 6
**Pages** 415–426
**Date** 2004
**Library Catalog** Google Scholar

Gedragstherapie en client-centered therapie vergeleken.

**Type** Book
**Author** J. Eymael
**Publisher** Acco: Leuven
**Date** 1987


**Type** Journal Article
**Author** P. Figge
**Author** R. Schwab
**Publication** Gesprächspsychotherapie und Personenzentrierte Beratung
**Volume** 28
**Issue** 1
**Pages** 22–36
### Überprüfung der Effekte klientenzentrierter Gruppenpsychotherapie.

<table>
<thead>
<tr>
<th><strong>Type</strong></th>
<th>Journal Article</th>
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<tbody>
<tr>
<td><strong>Author</strong></td>
<td>A. Franke</td>
</tr>
<tr>
<td><strong>Publication</strong></td>
<td>Zeitschrift für Klinische Psychologie</td>
</tr>
<tr>
<td><strong>Volume</strong></td>
<td>28</td>
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<tr>
<td><strong>Issue</strong></td>
<td>4</td>
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<tr>
<td><strong>Pages</strong></td>
<td>244-258</td>
</tr>
<tr>
<td><strong>Date</strong></td>
<td>1977</td>
</tr>
</tbody>
</table>

### Die Berner Therapievergleichsstudie: Prozessvergleich. [The Bern therapy comparison study: Process comparison.]

<table>
<thead>
<tr>
<th><strong>Type</strong></th>
<th>Journal Article</th>
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</thead>
<tbody>
<tr>
<td><strong>Author</strong></td>
<td>Klaus Grawe</td>
</tr>
<tr>
<td><strong>Author</strong></td>
<td>Franz Caspar</td>
</tr>
<tr>
<td><strong>Author</strong></td>
<td>Hansruedi Ambühl</td>
</tr>
<tr>
<td><strong>Abstract</strong></td>
<td>Compared therapeutic processes of 3 individual psychotherapy approaches: interactional behavior therapy (IBT), broad-spectrum behavior therapy (BBT), and client-centered therapy (CCT). This analysis was part of a study on the processes and outcomes of 4 types of psychotherapy. Human subjects: 16 male and female Swiss adults (aged 23–46 yrs) (neurotic, personality, or adjustment disorders) (IBT). 16 male and female Swiss adults (aged 20–49 yrs) (neurotic, personality, or adjustment disorders) (BBT). 15 male and female Swiss adults (aged 21–46 yrs) (neurotic, personality, or adjustment disorders) (CCT). Written, audiotaped, and videotaped records of the therapy sessions were analyzed to evaluate various aspects of the therapeutic interaction. In addition, both therapists and clients completed questionnaires rating each therapy session. (English abstract)</td>
</tr>
<tr>
<td><strong>Publication</strong></td>
<td>Zeitschrift für Klinische Psychologie</td>
</tr>
<tr>
<td><strong>Volume</strong></td>
<td>19</td>
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<tr>
<td><strong>Issue</strong></td>
<td>4</td>
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<tr>
<td><strong>Pages</strong></td>
<td>316-337</td>
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<tr>
<td><strong>Date</strong></td>
<td>1990</td>
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<tr>
<td><strong>Short Title</strong></td>
<td>Die Berner Therapievergleichsstudie</td>
</tr>
<tr>
<td><strong>Library Catalog</strong></td>
<td>APA PsycNET</td>
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<td><strong>Rights</strong></td>
<td>(c) 2012 APA, all rights reserved</td>
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### Logotherapy for chronic pain

<table>
<thead>
<tr>
<th><strong>Type</strong></th>
<th>Journal Article</th>
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<tbody>
<tr>
<td><strong>Author</strong></td>
<td>Manoochehr Khatami</td>
</tr>
<tr>
<td><strong>Abstract</strong></td>
<td>Describes a 1-yr follow-up study of 23 adults who had participated in a multimodal treatment program for chronic pain. Significant decreases in pain, depression, anxiety, somatization, hostility, and analgesic ingestion were found without symptom substitution at 1 yr for full completers of the program, while partial completers showed significant reductions in only pain and depression.</td>
</tr>
<tr>
<td><strong>Publication</strong></td>
<td>International Forum for Logotherapy</td>
</tr>
<tr>
<td><strong>Volume</strong></td>
<td>10</td>
</tr>
</tbody>
</table>
The Hamburg Short Psychotherapy Comparison Experiment.

Type Journal Article
Author A. E. Meyer
Publication Psychotherapy and Psychosomatics
Date 1981
Accessed Freitag, 10. August 2012 12:10:00
Library Catalog Google Scholar

12-Year Follow-Up Study of the Hamburg Short Psychotherapy Experiment: An Overview

Type Journal Article
Author A. E. Meyer
Author U. Stuhr
Author U. Wirth
Author P. Rüster
Publication Psychotherapy and psychosomatics
Volume 50
Issue 4
Pages 192–200
Date 1988
Short Title 12-Year Follow-Up Study of the Hamburg Short Psychotherapy Experiment
Accessed Freitag, 10. August 2012 12:14:53
Library Catalog Google Scholar

Weitere Untersuchung der Auswirkungen und Prozesse klientzentrierter Gesprächspsychotherapie [Novas investigaccões em resultados e processos da psicoterapia centrada no cliente]

Type Journal Article
Author W. Minsel
Author H. Bommert
Author R. Bastine
Author I. Langer
Author H. Nickel
Author R. Tausch
Publication Zeitschrift für Klinische Psychologie
Volume 1
Pages 232–250
Date 1972
Library Catalog Google Scholar
Outcome of brief cathartic psychotherapy

**Type** Journal Article  
**Author** Michael P. Nichols  
**Abstract** Evaluated the effect of catharsis on the outcome of brief psychotherapy. 22 University Health Service patients were treated with emotive psychotherapy and compared with 21 others treated with insight-oriented analytic therapy. Outcome data consisted of change on the Minnesota Multiphasic Personality Inventory scales of Depression, Psychasthenia, and Schizophrenia; change in comfort with affect, measured by Hamsher's Test of Emotional Styles; ratings of change in personal satisfaction; and progress toward behaviorally defined goals. The emotive Ss experienced significantly more catharsis, and high-catharsis patients changed significantly more on behavioral goals and showed a trend toward greater improvement in personal satisfaction. Findings confirm the effectiveness of emotive psychotherapy in producing catharsis and tend to validate the hypothesis that catharsis leads to therapeutic improvement. (47 ref)

**Publication** Journal of Consulting and Clinical Psychology  
**Volume** 42  
**Issue** 3  
**Pages** 403-410  
**Date** 1974  
**DOI** 10.1037/h0036715

The effectiveness of transactional analysis

**Type** Journal Article  
**Author** Theodore B. Novey  
**Abstract** Compared the effectiveness of psychotherapy carried out by a group of transactional analysts as a function of therapy length to the effectiveness of groups of psychiatrists, psychologists, social workers, marriage counselors, and physicians as reported by M. Seligman (1995). 248 clients completed questionnaires evaluating the effectiveness of transactional analysis. The results confirm that therapy lasting more than six mo was considerably (40%) more effective than that lasting for less than six mo, and that therapy limits due to insurance limitations significantly decreased effectiveness. The data also determined that the effectiveness of transactional analysts was significantly higher than the effectiveness of any of the aforementioned groups.

**Publication** Transactional Analysis Journal  
**Volume** 29  
**Issue** 1  
**Pages** 18-30  
**Date** 1999

Measuring the effectiveness of transactional analysis: An international study

**Type** Journal Article  
**Author** T. B. Novey  
**Publication** Transactional Analysis Journal  
**Volume** 32  
**Issue** 1
Empirische Forschung in der Gestalttherapie am Beispiel eines praxisorientierten Forschungsprojektes

- **Type**: Journal Article
- **Author**: H. Pauls
- **Author**: M. Reicherts
- **Publication**: Handbuch der Gestalttherapie. Hogrefe: Göttingen, Bern, Toronto, Seattle
  - **Pages**: 1137–1160
  - **Date**: 1999
- **Library Catalog**: Google Scholar

Wirksamkeit Integrativer Therapie in der Praxis–Ergebnisse einer Evaluationsstudie im ambulanten Setting

- **Type**: Journal Article
- **Author**: H. G. Petzold
- **Author**: W. Hass
- **Author**: M. Märtens
- **Author**: A. Steffan
- **Publication**: Integrative Therapie
  - **Volume**: 2
  - **Issue**: 3
  - **Pages**: 277–355
  - **Date**: 2000
- **Library Catalog**: Google Scholar

Personenzentrierte Gruppenpsychotherapie: Prozesse und Auswirkungen nach 1 Jahr bei 87 Klienten

- **Type**: Journal Article
- **Author**: G. Pomrehn
- **Author**: R. Tausch
- **Author**: S. Tönnies
- **Publication**: Zeitschrift für personenzentrierte Psychologie und Psychotherapie
  - **Issue**: 5
  - **Pages**: 19–31
  - **Date**: 1986
- **Short Title**: Personenzentrierte Gruppenpsychotherapie
- **Library Catalog**: Google Scholar

Psychodrama im Einzel- und Gruppensetting (Evaluationsbericht)

Prüfung der psychischen Auswirkungen und Bedingungen von personenzentrierter Einzel-Psychotherapie

Type Journal Article
Author J. Rudolph
Author R. LANGER4 L & TAU SCH
Publication Zeitschrift für Klinische Psychologie
Volume 9
Pages 23–33
Date 1980
Library Catalog Google Scholar

Gesprächspsychotherapie bei 73 psychoneurotischen Klienten mit alternierenden Psychotherapeuten ohne Abwahlmöglichkeit.

Type Journal Article
Author K Sander
Author I Langer
Author R Bastine
Author A. M. Tausch
Author R. Tausch
Author W. Wieczerkowski
Publication Zeitschrift für Klinische Psychologie und Psychotherapie
Volume 21
Pages 218-229
Date 1973

Wirkung und Wirkfaktoren von Gestalttherapie aus katamnestischer Sicht der KlientInnen Ausgewählte Ergebnisse einer evaluativen Untersuchung
Evaluationsstudie zur Integrativen Gestalttherapie: Wirkung und Wirkfaktoren

Type: Journal Article  
Author: B. Schigl  
Publication: Endbericht zum Forschungsprojekt der Fachsektion für Integrative Gestalttherapie im ÖAGG  
Date: 1998  
Short Title: Evaluationsstudie zur Integrativen Gestalttherapie  
Library Catalog: Google Scholar

Positive changes in depression, anxiety, and assertion following individual and group cognitive behavior therapy intervention

Type: Journal Article  
Author: Carolyn S. Shaffer  
Author: Joan Shapiro  
Author: Lawrence I. Sank  
Author: Donna J. Coghlan  
Publication: Cognitive Therapy and Research  
Volume: 5  
Issue: 2  
Pages: 149-157  
Date: 1981  
DOI: 10.1007/BF01172523  
Library Catalog: SpringerLink

COMPARISON OF RESULTS WITH DIFFERENT FORMS OF PSYCHOTHERAPY.

Type: Journal Article  
Author: J. M. Shlien  
Publication: American journal of psychotherapy  
Volume: 18  
Pages: SUPPL–1  
Date: 1964  
Library Catalog: Google Scholar
Effect of time limits: A comparison of two psychotherapies.

Type: Journal Article
Author: J. M. Shlien, H. H. Mosak, R. Dreikurs
Publication: Journal of Counseling Psychology
Volume: 9
Issue: 1
Pages: 31
Date: 1962
Short Title: Effect of time limits
Library Catalog: Google Scholar

Ergebnisse der ambulanten Gesprächspsychotherapie

Type: Journal Article
Author: G.-W. Speierer
Publication: Fortschritte der Medizin
Volume: 35
Pages: 1527-1533
Date: 1979

Effectiveness of cognitive-behavioural, person-centred and psychodynamic therapies as practised in UK National Health Service settings

Type: Journal Article
Author: W. B. Stiles, M. Barkham, E. Twigg, J. Mellor-Clark, M. Cooper
Publication: Psychological Medicine
Volume: 36
Issue: 4
Effektstärken: CBT 1.27
PCT 1.32
PDT 1.23

Ergänzende Therapie-Methoden erhöhen die Effektivität der Gesprächspsychotherapie nicht.

Die Autoren werten ihre Ergebnisse als weiteren Beleg für das Äquivalenz-Paradoxon der Psychotherapie, nach dem Behandlungen trotz verfahrensspezifischer Theorien und Methoden quantitativ gleichwertige positive Resultate erzielen („Dodo-Bird-Verdict“).

Fazit: Geeigneter Nutzenachweis: b.

Using transactional analysis to enhance adjustment in Filipino college students

**Type** Journal Article
**Author** E. R. C. Talob
**Abstract**
Abstract This empirical study explores the main interactive effects of Transactional analysis (TA) and mental ability on the adjustment patterns of 146 Filipino college students using the Randomized Solomon Four-Group Experimental Design. Adjustment scores were obtained from a standardized psychological instrument and were statistically treated with the two-way analysis of variance. A significant difference existed between the mean adjustment scores obtained by the TA and the non-TA groups, further validating that the TA treatment group is a better instructional model of homeroom guidance than are traditional homeroom guidance approaches. However, no marked differences in the means of the adjustment scores resulted between the high and low-mental ability groups and between the interactive groupings of TA theory, mental ability level, and pretesting procedures. This study concludes that TA is more effective than the traditional homeroom approach in enhancing better adjustment among selected Filipino college students regardless of pretesting and mental ability variables.

**Publication** Transactional Analysis Journal
**Volume** 24
**Pages** 197–197
**Date** 1994
**Library Catalog** Google Scholar

Effektivität personzentrierter stationärer Psychotherapie an der Hochgrat-Klinik: Ein Überblick zur Qualitätssicherung bei 1550 Patienten

**Type** Journal Article
**Author** D. Tscheulin
**Author** C. Walter-Klose
**Author** G. Wellenhöfer
**Publication** Gesprächspsychotherapie und Personzentrierte Beratung
**Volume** 1
**Pages** 35–44
**Date** 2000
**Short Title** Effektivität personzentrierter stationärer Psychotherapie an der Hochgrat-Klinik
**Library Catalog** Google Scholar

Wirksamkeit psychodramatischer Gruppenpsychotherapie
Zusammenfassung: Die PAGE-Studie untersuchte die Wirkungen von ambulanten analytischen/tiefenpsychologisch-fundierten und psychodramatischen Gruppenpsychotherapien im Rahmen einer naturalistischen Studie. 40 erfahrene niedergelassene Gruppenpsychotherapeuten – davon 12 PsychodramatikerInnen – kooperierten in der Studie, die vollständige Datensätze (Prä-Post) von 244 PatientInnen analytischer/tiefenpsychologisch fundierter und von 91 PatientInnen psychodramatischer Gruppenpsychotherapien umfasst. Die Effektstärken beider Therapierichtungen sind im internationalen Vergleich überdurchschnittlich hoch (ES = 1.33 und ES = 1.01) und unterstreichen die Bedeutung von psychotherapeutischen Langzeitbehandlungen bei einer psychisch schwerer belasteten PatientInnen-Klientel. Ein direkter Vergleich beider Therapiekonzepte ist aufgrund unterschiedlicher Inanspruchnahme-Klientelen und unterschiedlicher Therapie-Laufzeiten nicht möglich. Ebenfalls erhobene Therapieziele summieren sich über alle PatientInnen auf fast 2.000 und geben Aufschlüsse über das Verhältnis von intrapsychisch versus interpersonal-sozial verortbaren Zielen. Effectiveness of Psychodrama group therapy The PAGE study underlines the effectiveness of long-term psychodynamic and psychodramatic outpatient group therapies in a naturalistic setting. 40 experienced group therapists cooperated—12 of them psychodramatists. Complete outcome data of 244 patients from psychodynamic groups and of 91 patients from psychodramatic groups (pre-post) were obtained. The effect sizes are considerably high (ES = 1.33 and ES = 1.01) compared to internationally reported effect sizes of psychotherapeutic treatments.

They highlight the importance of long-term therapeutic treatments with a severely and chronically disturbed clientele. A direct comparison between both approaches—psychodynamic and psychodramatic group therapy—is not possible due to significant differences in treatment lengths and patient demands. Approximately 2.000 treatment goals were obtained from all participating patients and provide information regarding the relationship between intrapsychic and interpersonal treatment goals of patients undergoing group psychotherapy.
The Efficacy of Rational Emotive Behavioral Group Therapy and Psychodrama in Modifying Emotional Expression Styles

Type: Journal Article
Author: Mehdi Zare
Author: Abdohllah Shafiabadi

Abstract: The present study compared the effectiveness of rational-emotive behavioral group therapy (REBT) and psychodrama in altering emotional expression styles. 36 clients were assigned to the experiment (REBT and Psychodrama) groups and control group. Group members were evaluated before and after 12 group counseling sessions using the Emotional Expressiveness Questionnaire (King & Emmons, 1990), Ambivalence over Emotional Expression Questionnaire (King & Emmons, 1990), and the Emotion Control Questionnaire (Roger & Najarian, 1989). The results showed that both methods of rational emotive behavioral group therapy and Psychodrama increased emotional expressiveness and decreased inhibition and emotional ambivalence in clients. However, psychodrama was more effective than REBT in increasing emotional expressiveness.

Date: 2007
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.1. Affektive Störungen Kinder und Jugendliche)
Clinical outcome after short-term psychotherapy for adolescents with major depressive disorder

Type: Journal Article
Author: B. Birmaher
Author: D. A. Brent
Author: D. Kolko
Author: M. Baugher
Author: J. Bridge
Author: D. Holder
Author: S. Iyengar
Author: R. E. Ulloa

Abstract: Background Cognitive behavioral therapy has been shown to be more efficacious than alternative psychosocial interventions for the acute treatment of adolescents with major depressive disorder. However, the long-term impact of brief psychosocial interventions on the course of adolescent depression is not well established. Methods One hundred seven adolescents with major depressive disorder randomly assigned to 12 to 16 weeks of cognitive behavioral therapy, systemic behavioral family therapy, or nondirective supportive therapy were evaluated for 2 years after the psychotherapy trial to document the subsequent course and predictors of major depressive disorder. Results There were no long-term differential effects of the 3 psychotherapies. Most participants (80%) recovered (median time, 8.2 months from baseline), and 30% had a recurrence (median time, 4.2 months from recovery). Twenty-one percent were depressed during at least 80% of the follow-up period. Severity of depression (at baseline) and presence of self-reported parent-child conflict (at baseline and during the follow-up period) predicted lack of recovery, chronicity, and recurrence. Despite the similarity to clinically referred patients at baseline, patients recruited via advertisement were less likely to experience a recurrence.

Publication: Archives of General Psychiatry
Volume: 57
Issue: 1
Pages: 29
Date: 2000

Library Catalog: Google Scholar

A Clinical Psychotherapy Trial for Adolescent Depression Comparing Cognitive, Family, and Supportive Therapy

Type: Journal Article
Author: D. A. Brent
Author: D. Holder
Author: D. Kolko
Author: B. Birmaher
Author: M. Baugher
Author: C. Roth
Author: S. Iyengar
Author: B. A. Johnson

Publication: Archives of General Psychiatry
Volume: 54
Issue: 9
Pages: 877-885
The prevalence and impact of large sudden improvements during adolescent therapy for depression: A comparison across cognitive-behavioral, family, and supportive therapy.

Type: Journal Article
Author: S. T. Gaynor
Author: V. R. Weersing
Author: D. J. Kolko
Author: B. Birmaher
Author: J. Heo
Author: D. A. Brent
Abstract: This study assessed the treatment specificity and impact on outcome of large, abrupt symptomatic improvements occurring prior to and during cognitive-behavioral, family, and supportive therapy. Eighty-seven depressed adolescents receiving at least 8 therapy sessions were included. Abrupt large decreases in depressive symptoms were identified by changes in weekly Beck Depression Inventory scores. Overall, 28% experienced a pretreatment gain and 39% a sudden within-treatment gain. Both types of gains were associated with superior outcome on self-report and interviewer ratings of depression. Among those participants failing to experience a pretreatment or sudden within-treatment gain, cognitive-behavioral therapy produced the superior outcomes. These findings suggest pretreatment and sudden within-treatment gains are important therapeutic events worthy of further investigation. (PsycINFO Database Record (c) 2012 APA, all rights reserved)
Publications: Journal of Consulting and Clinical Psychology
Volume: 71
Issue: 2
Pages: 386
Date: 2003
Short Title: The prevalence and impact of large sudden improvements during adolescent therapy for depression
Library Catalog: Google Scholar

Cognitive and family therapies for adolescent depression: Treatment specificity, mediation, and moderation

Type: Journal Article
Author: David J. Kolko
Author: David A. Brent
Author: Marianne Baugher
Author: Jeffrey Bridge
Author: Boris Birmaher
Abstract: The specificity of cognitive and family therapies, and potential treatment mediators and moderators, was examined in a randomized clinical trial for adolescent depression. After acute treatment, cognitive-behavioral therapy (CBT) exerted specific effects on cognitive distortions relative to either systemic-behavioral family therapy (SBFT) or nondirective supportive therapy (NST). At 2-year follow-up, SBFT was found to impact family conflict and parent–child relationship problems more than CBT; NST and CBT tended to show a greater reduction in
anxiety symptoms than SBFT. Nonspecific therapist variables qualified few outcome analyses. No measures of cognitive distortion or family dysfunction mediated or moderated treatment outcome. As in adult studies, relatively few areas of treatment specificity or mediation were identified. The implications of these findings for clinical treatment and research in adolescent depression are discussed.

Publication
Journal of Consulting and Clinical Psychology
Volume 68
Issue 4
Pages 603-614
Date 2000
DOI 10.1037/0022-006X.68.4.603
Short Title Cognitive and family therapies for adolescent depression

Gestalttherapie zur Prävention von Depression. Ein Programm zur Gestaltgruppenarbeit mit kreativen Medien für Jugendliche in der Schule

Type Thesis
Author Jeong Sook Lee
Abstract Abstract (ENG) In this research, the attempt was made to develop a program for indicative prevention of depression among adolescents, based on Gestalt group therapy with creative media, and to examine its effect in case of depressions, as well as supporting experiences during the process of therapy. The program GPD-J (Gestalt therapeutical indicative prevention of depression in adolescents) was, on Gestalt therapeutical and emotion-focussed foundations, combined with the methodical implementation of creative media. The treatment program against depression was taken from manual EFT. It consists of 10 therapeutical sessions, in which the participants, for 2 hours each, spend time with creative media. For the implementation of the program, 44 female school students ranging between 16 and 18 years of age, who had volunteered, were selected for subclinical depressive symptomatic under the criteria DSM- IV and after the grades of BDI (Beck’s Depression Inventory). The students were randomly allocated to one of two groups, test group and control group. In respect to depressive symptomatic, both groups were homogenous. In order to establish the effectivity of the program GPD-J, both test and control group were tested psychologically before intervention, then 3 months after and again 6 months after. Summarizing, in regard to the effectivity of the program GPD-J with the support of psychometric tests, a significant reduction of depressive symptoms and psychical complaints, and a significant increase of psychical well-being could be observed. Based on the results it can be stated that the test group, during intervention, made clear progress, and that, by comparison to control group, clear improvements in the areas of depression, depressivity, psychical complaints and psychical well-being were achieved. Further, a significant improvement of test group at the time of both follow-up tests was observed in all areas befoementioned, while no improvement was observed in control group. The long-term effects after three and six months proved to be coherently statistically significant. The strongest impact in test group was to be observed immediately after intervention. During the program the strongest effect appeared in test group in the fifth session, when the BDI values sank dramatically. Further, during therapy it was examined, which experience during the program was useful for participants. The experiences selected by the participants were analyzed qualitatively to establish the effective factors. During process analysis, four separate auxiliary factors were established. Three phase-dependent auxiliary factors – during the initial phase, in the middle phase and in the final phase – and one phase-independent factor, which proved supporting throughout the program. The experiences were categorized after qualitative analysis, by “expression” (category I), “contact with others” (category II), “problem” (category III) and “self-perception” (category IV). The auxiliary experiences were sorted by category, and the frequency of their occurrence analyzed. Results show that “self-perception” (category IV) was regarded most useful by the participants, followed in that order by “expression” (category I), “contact with others” (category II) and “problem” (category III). Category I (“expression”) was

**Type** Text:PhDThesis

**University** Göttingen

235
Generating nonnegative attitudes among parents of depressed adolescents: The power of empathy, concern, and positive regard

**Type** Journal Article

**Author** Galia Moran

**Author** Gary Diamond

**Abstract** Abstract Parental negativity is associated with the onset and maintenance of adolescent depression. Reducing parental negativity is a primary focus of family-based treatments for this clinical population. This study examined the association between therapist relationship-facilitating and attachment-oriented interventions and the valence (i.e., positivity–negativity) of parents’ attitudes toward their depressed adolescent in a sample of 13 sessions of attachment-based family therapy. Lag sequential analyses revealed that in good alliance sessions relationship-facilitating interventions, such as empathy and positive regard for the parent, were associated with parents’ nonnegative attitudes toward their adolescent in the five speech turns subsequent to the intervention. Attachment-oriented interventions, such as relational reframes, addressing core relational themes, and highlighting vulnerable emotions, were also intermittently associated with nonnegative parental attitudes in good alliance sessions. No such effects were evident for the comparison interventions. This study represents a first step in the process of testing specific strategies for reducing parental negativity in family therapy.

**Publication** Psychotherapy Research

**Volume** 18

**Issue** 1

**Pages** 97-107

**Date** 2008

**DOI** 10.1080/10503300701408325

**Short Title** Generating nonnegative attitudes among parents of depressed adolescents


**Library Catalog** Taylor and Francis

Play therapy with children exhibiting symptoms of attention deficit hyperactivity disorder.

**Type** Journal Article

**Author** D. C. Ray

**Author** A. Schottelkorb

**Author** M. H. Tsai

**Publication** International Journal of Play Therapy

**Volume** 16

**Issue** 2

**Pages** 95

**Date** 2007

**Accessed** Donnerstag, 23. August 2012 23:15:09

**Library Catalog** Google Scholar
Randomized trial of a brief depression prevention program: An elusive search for a psychosocial placebo control condition

Type  Journal Article
Author  E. Stice
Author  E. Burton
Author  S. Kate Bearman
Author  P. Rohde
Publication  Behaviour research and therapy
Volume  45
Issue  5
Pages  863–876
Date  2007
Short Title  Randomized trial of a brief depression prevention program
Library Catalog  Google Scholar
Studien zur Wirksamkeit Humanistischer Psychotherapie
(3.2. Angststörungen Kinder und Jugendliche)
Therapeutisches Klettern in Kombination mit gestalttherapeutischen Gruppen- sowie mit
Elternarbeit. Noch laufende Dissertation/ Uni. Dortmund (Prof. Dr. N. Katz-Bernstein)
bei abgeschlossenem experimentellen Teil über einen Zeitraum von 8 Jahren,
einschließlich der Vorläufer und Pilotprojekte 14 Jahre.

Type Thesis
Author M Lehmann
Abstract D: Angststörungsbilder. - Evidenzstufe II b. Setting: Ambulantes, gestalttherapeutisches
Behandlungsprogramm für männliche Jugendliche von 13- 16 Jahren mit verschiedenen
Angststörungsbildern, Selbstunsicherheit, sozialer Phobie – im SPZ (Soziales Psychiatrie-
Zentrum) Traunstein. Behandlungsangebot pro Patient: 2 Jahre lang Gruppentherapie-Sitzungen
(1 x wchtl.) mit 2 x 1 Woche Klettern integriert. Parallel dazu alle 6 Wo. ein Eltern treffen mit
Kontrollgruppe altersgemäß parallelisiert, aber nicht randomisiert. Prozeßerfahrung orientiertes
Vorgehen; Behandlungs-Ausrichtung: gestalttherapeutisches Menschbild mit
selbststabilisierendem, potentialentfaltenden Schwerpunkt und Training von fairer,
respektvoller, direkter und konfrontativer Beziehungsklärung. Testinstrumentarium: Angst- und
Depressions-Fragebogen (auszugsweise), Diagnostischer Elternfragebogen (DEF), Fragebogen
zur Beurteilung der Behandlung (FBB) von Mattejat und Remschmidt (für Eltern und für
Therapeuten). - Meßzeitpunkte: anfangs, alle halbe Jahre Zwischenbilanz,- Katamnesen nach 6
und 12 Monaten. Klinische Ergebnisse: beeindruckend große, zeitstabile Erfolge (dieses
Angebot habe den Ruf der Klinik weit über ihre Einweisungsgrenzen erhöht; die Berechnungen
laufen noch).

Date 2010
Call Number 0000
Date Added Dienstag, 31. Juli 2012 20:40:36

Impact of child-centered play therapy on the self-esteem, locus of control, and anxiety of
at-risk 4th, 5th, and 6th grade students

Type Journal Article
Author Phyllis Post
Abstract Addresses the impact of child-centered play therapy on the self-esteem, locus of control, and
anxiety level of at-risk 4th, 5th, and 6th grade children. The two groups of students, those who
participated in play therapy and those who did not participate in play therapy, were
administered the Coopersmith Self-Esteem Inventory, Intellectual Achievement Responsibility
Scale—Revised, and State-Trait Anxiety Inventory for Children. While the results indicate that
children participating in play therapy did not change, the students not participating in play
therapy demonstrated a decrease in both self-esteem and locus of control over the course of the
school year. These findings indicate that an intervention, such as play therapy, may be needed
to prevent at-risk children from developing lower self esteem and from reducing their sense of
responsibility for their academic successes and failures.

Publication International Journal of Play Therapy
Volume 8
Issue 2
Pages 1-18
Date 1999
DOI 10.1037/h0089428
ISSN 1939-0629(Electronic);1555-6824(Print)
Library Catalog APA PsycNET
Call Number 0055

239
Tags:

Attachments
- APA PsycNET Snapshot
- Post_1999_Impact of child-centered play therapy on the self-esteem, locus of control, and.pdf
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.3. verhaltens- und emotionale Störungen mit Beginn in Kindheit und Jugend)
Videotaped improvisational drama with emotionally disturbed adolescents a pilot study

**Type** Journal Article  
**Author** Elizabeth R. Dequine  
**Author** Susan Pearson-Davis  
**Abstract** This pilot study examines effects of videotaped improvisational drama on social attitudes of emotionally disturbed adolescents, emphasizing locus of control. Researchers hypothesized that subjects who created and acted in improvised dramas would increase in a sense of control over both the dramas and their own lives. Subjects were 12ndash;17-year-old students at a residential school for emotionally disturbed children. Seven were selected for a videotodrama class (treatment), seven for a control group. The class met three times weekly for nine weeks as part of the school's curriculum. To prevent subject bias, all secondary students at the school were pre- and posttested on the Nowicki-Strickland Personal Reaction Survey: A Locus of Control Scale for Children. Scores of the control group became more external on the post-test while treatment subjects' scores became more internal as hypothesized. Results were significant at the .05 level. In posttreatment interviews, teachers, caseworkers, and subjects reported increased prosocial behaviors and attitudes among subjects. Despite methodological limitations, the study is a promising step toward defining the benefits of drama with emotionally disturbed adolescents.

**Publication** The Arts in Psychotherapy  
**Volume** 10  
**Issue** 1  
**Pages** 15-21  
**Date** Spring 1983  
**DOI** 10.1016/0197-4556(83)90014-X  
**Accessed** Dienstag, 22. Mai 2012 16:30:09  
**Library Catalog** ScienceDirect

Social decentration: Its measurement and training in emotionally disturbed institutionalized children

**Type** Thesis  
**Author** Esther Gelcer  
**University** ProQuest Information & Learning  
**Place** US  
**Date** 1978  
**Short Title** Social decentration  
**Library Catalog** APA PsycNET

Investigating the Effects of Group Practice Performed Using Psychodrama Techniques on Adolescents' Conflict Resolution Skills

**Type** Journal Article  
**Author** Zeynep Karatas  
**Abstract** The aim of this study is to examine the effects of group practice which is performed using psychodrama techniques on adolescents' conflict resolution skills. The subjects, for this study, were selected among the high school students who have high aggression levels and low problem solving levels attending Haci Zekiye Arslan High School, in Nigde. They were divided into three groups, the experimental, placebo and control groups. Each group consisted of 12 high school students, 6 boys and 6 girls. The Scale for Identification of Conflict 242 Resolution Behavior, developed by Koruklu, was used to collect data. Psychodrama group
practices one of which lasted for 90-120 minutes were applied to the experimental group once a week for 10 weeks. Inventory was administered to experimental and control groups before and after treatment and 12 weeks after the treatment, it was administered to the experimental group once again. Data were analyzed with Kruskal Wallis, Mann-Whitney U and Wilcoxon tests. The findings show that aggression levels of the students who were in the experimental group were dropped significantly and problem solving levels were increased compared to the placebo and control groups. The effect could also be seen 12 weeks later after the treatment. The results have shown that group practices which are performed using psychodrama techniques have favorable effects on adolescents' conflict resolution skills.

The Effect of Group-Based Psychodrama Therapy on Decreasing the Level of Aggression in Adolescents

Type Journal Article
Author Zeynep Karatas
Author Zafer Gokcakan
Abstract Purpose: This study aimed to examine the effect of group-based psychodrama therapy on the level aggression in adolescents. Method. The study included 23 students from Nezihe Yalvac Anatolian Vocational High School of Hotel Management and Tourism that had high aggression scores. Eleven of the participants (6 female, 5 male) constituted the experimental group and 12 (6 male, 6 female) were in the control group. The 34-item Aggression Scale was used to measure level of aggression. We utilized mixed pattern design including experiment-control, pre-test and post test and follow up. The experimental group participated in group-based psychodrama therapy once a week for 90 minutes, for 14 weeks in total. The Aggression Scale was administered to the experimental and control groups before and after treatment; it was additionally administered to the experimental group 16 weeks after treatment. Data were analyzed using ANCOVA and dependent samples t tests. Results: Our analysis shows that group-based psychodrama had an effect on the experimental group in terms of total aggression, anger hostility, and indirect aggression scores (F = 65.109, F = 20.175, F = 18.593, F = 40.987, respectively, P < .001). There was no effect of the group-based treatment on verbal or physical aggression scores. Follow-up indicated that the effect of the therapy was still measurable 16 weeks after the cessation of the therapy. Discussion: Results of the present study indicate that group-based psychodrama therapy decreased the level of aggression in the experimental group. Current findings are discussed with reference to the literature. Recommendations for further research and for psychiatric counselors are provided.
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.4. Belastungs- und Anpassungsstörungen (Kinder und Jugendliche))
The Effects of Child-Centered Group Play Therapy on Self-Concept, Depression, and Anxiety of Children Who Are Homeless.

**Type** Journal Article  
**Author** J. Baggerly  
**Publication** International Journal of Play Therapy  
**Volume** 13  
**Issue** 2  
**Pages** 31  
**Date** 2004  
**Accessed** Donnerstag, 23. August 2012 21:49:47  
**Library Catalog** Google Scholar

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The effects of play therapy on the social and psychological adjustment of five-to nine-year old children.

**Type** Thesis  
**Author** D. Barrett  
**University** ProQuest Information & Learning  
**Date** 1976  
**Accessed** Donnerstag, 23. August 2012 21:53:41  
**Library Catalog** Google Scholar

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An Investigation of the Efficacy of Play Therapy with Young Children

**Type** Journal Article  
**Author** Marielle Aloyse Brandt  
**Abstract** This study was designed to determine the effectiveness of play therapy as a method of intervention for children with a variety of emotional and behavioral problems. Specifically, the study was aimed at determining the effectiveness of play therapy in: (a) improving self-concepts of children with adjustment difficulties; (b) reducing internalizing behavior problems, such as withdrawal, somatic complaints, anxiety, and depression; (c) reducing externalizing behavioral problems such as aggression and delinquent behaviors; (d) reducing overall behavior problems, social problems, thought problems, and attention problems of children with adjustment difficulties; and (e) reducing parenting stress of parents of children who were experiencing adjustment difficulties. The experimental group consisted of 15 children who were experiencing a variety of adjustment difficulties and received play therapy once per week for 7 to 10 weeks. The control group consisted of 14 children who were experiencing a variety of adjustment difficulties and who were on a waiting list to receive intervention, and therefore, did not receive any treatment during the time of data collection. Experimental and control group children were administered the Joseph Pre-School and Primary Self-Concept Screening Test and parents of all participants completed the Child Behavior Checklist and the Parenting Stress Index at pretest and posttest data collection times. A gain scores analysis revealed that children in the experimental group demonstrated a significant improvement on internalizing behavior problems. Also, a reduction in externalizing behavior problems and parenting stress was observed. No improvement in self-concept was demonstrated. This study provides evidence that play therapy is a viable intervention for treating a variety of emotional and behavioral difficulties in young children, particularly children who are experiencing internalizing behavior problems.

**Publication** UNT Digital Library  
**Date** 05/1999
This study was designed to determine the effectiveness of play therapy as a method of intervention for children with a variety of emotional and behavioral problems. Specifically, the study was aimed at determining the effectiveness of play therapy in: (a) improving self-concepts of children with adjustment difficulties; (b) reducing internalizing behavior problems, such as withdrawal, somatic complaints, anxiety, and depression; (c) reducing externalizing behavioral problems such as aggression and delinquent behaviors; (d) reducing overall behavior problems, social problems, thought problems, and attention problems of children with adjustment difficulties; and (e) reducing parenting stress of parents of children who were experiencing adjustment difficulties. The experimental group consisted of 15 children who were experiencing a variety of adjustment difficulties and received play therapy once per week for 7 to 10 weeks. The control group consisted of 14 children who were experiencing a variety of adjustment difficulties and who were on a waiting list to receive intervention, and therefore, did not receive any treatment during the time of data collection. Experimental and control group children were administered the Joseph Pre-School and Primary Self-Concept Screening Test and parents of all participants completed the Child Behavior Checklist and the Parenting Stress Index at pretest and posttest data collection times. A gain scores analysis revealed that children in the experimental group demonstrated a significant improvement on internalizing behavior problems. Also, a reduction in externalizing behavior problems and parenting stress was observed. No improvement in self-concept was demonstrated. This study provides evidence that play therapy is a viable intervention for treating a variety of emotional and behavioral difficulties in young children, particularly children who are experiencing internalizing behavior problems.

Treating sexually abused children: 1 year follow-up of a randomized controlled trial

Type Journal Article
Author J. A. Cohen
Author A. P. Mannarino
Author K. Knudsen
Publication Child Abuse & Neglect
Volume 29
Issue 2
Pages 135–145
Date 2005
Short Title Treating sexually abused children
Library Catalog Google Scholar

A follow-up study of a multisite, randomized, controlled trial for children with sexual abuse-related PTSD symptoms

Type Journal Article
Author E. Deblinger
Author A. P. Mannarino
Author J. A. Cohen
Author R. A. Steer
Publication Journal of the American Academy of Child & Adolescent Psychiatry
Volume 45
Issue 12
Treating sexually abused children with posttraumatic stress symptoms: A randomized clinical trial

Type: Journal Article
Author: N. J. King
Author: B. J. Tonge
Author: P. Mullen
Author: N. Myerson
Author: D. Heyne
Author: S. Rollings
Author: R. Martin
Author: T. H. Ollendick
Publication: Journal of the American Academy of Child & Adolescent Psychiatry
Volume: 39
Issue: 11
Pages: 1347–1355
Date: 2000
Short Title: Treating sexually abused children with posttraumatic stress symptoms
Library Catalog: Google Scholar

Intensive child-centered play therapy with child witnesses of domestic violence

Type: Journal Article
Author: Sarina Kot
Author: Garry L. Landreth
Author: Maria Giordano
Abstract: Examined the effectiveness of child-centered play therapy sessions every day for 2 wks as an intervention for child witnesses of domestic violence. 22 children (aged 4–10 yrs) participated. The analyses of covariance indicated that children in the experimental group experience a significant increase in self-concept, a significant decrease in external and total behavior problems, a significant increase in the play behavior of physical proximity to the therapist, and a significant increase in the play behavior of nurturing and creative play themes. The results support utilizing intensive play therapy to treat child witnesses of domestic violence.
Publication: International Journal of Play Therapy
Volume: 7
Issue: 2
Pages: 17-36
Date: 1998
DOI: 10.1037/h0089421
Library Catalog: APA PsycNET
Rights: (c) 2012 APA, all rights reserved
Effects of individual client-centered play therapy on sexually abused children's mood, self-concept, and social competence.

**Type** Journal Article  
**Author** T. A. Scott  
**Author** G. Burlingame  
**Author** M. Starling  
**Author** C. Porter  
**Author** J. P. Lilly  
**Publication** International Journal of Play Therapy  
**Volume** 12  
**Issue** 1  
**Pages** 7  
**Date** 2003  
**Accessed** Donnerstag, 23. August 2012 21:32:47  
**Library Catalog** Google Scholar

Short-term group play therapy with Chinese earthquake victims: Effects on anxiety, depression and adjustment.

**Type** Journal Article  
**Author** Y. J. Shen  
**Publication** International Journal of Play Therapy  
**Volume** 11  
**Issue** 1  
**Pages** 43  
**Date** 2002  
**Short Title** Short-term group play therapy with Chinese earthquake victims  
**Accessed** Donnerstag, 23. August 2012 21:33:49  
**Library Catalog** Google Scholar

Effects of individual client-centered play therapy on sexually-abused children's mood, self-concept, and social competence

**Type** Thesis  
**Author** Terri Ann Zion  
**Abstract** The purpose of this study was to ascertain the effects of individual client-centered play therapy on sexually-abused children's mood, self-concept, and social competence. Several theories have been proffered that attempt to explain the effects of trauma on children along with attendant treatment approaches. However, current published literature on individual client-centered play therapy outcome is severely lacking. To study the effects of play therapy on sexually-abused children, a single group pre-post research design using an active treatment group was utilized. A client-centered play therapy protocol was used with 26 cases of sexually-abused children, ages 3 to 9 years, referred from the Division of Child & Family Services. All children were assessed via a standardized intake procedure. Ten play therapists in the Inter-mountain region volunteered to provide weekly individual play-therapy treatment for 12 weeks to sexually-abused clients. The identification of the play therapy as "client-centered" in orientation was verified utilizing a video taping and therapist-rating checklist procedure. All subjects and parents completed an outcome battery (Joseph Preschool and Primary Self-Concept Screening Test, Behavior Assessment System for Children-Parent form, and Abuse Behavior Checklist).
before, immediately after treatment, as well as two months following treatment. Analyses focused on differences before and after play therapy on the measures. Results indicated no pre-to post treatment group improvement; however, 8 children demonstrated reliable clinical improvement, 4 deteriorated, 4 improved with follow-up deterioration, and 8 cases indicated no significant reliable change. Discussion of clinical change, patient and therapist characteristics, impact on current practice and research limitations follows.

University ProQuest Information & Learning
Place US
Date 1999

Library Catalog APA PsycNET
Rights (c) 2012 APA, all rights reserved
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.5. Essstörungen Kinder und Jugendliche)
Emotionally focused family therapy for bulimia: Changing attachment patterns

**Type** Journal Article  
**Author** Susan M. Johnson  
**Author** Cindy Maddeaux  
**Author** Jane Blouin  
**Abstract** This article provides an overview of an emotionally focused family therapy intervention for bulimic adolescents referred to an outpatient hospital clinic. The article attempts to integrate theory, practice, and preliminary research results. Bulimia is viewed from the theoretical perspective of attachment theory as described by Bowlby (1969). The emotionally focused approach to creating more secure attachment in families is described, outcome on a small number of adolescents is noted, and the implications of these theoretical and empirical points are discussed.

**Publication** Psychotherapy: Theory, Research, Practice, Training  
**Volume** 35  
**Issue** 2  
**Pages** 238-247  
**Date** 1998  
**DOI** 10.1037/h0087728  
**Short Title** Emotionally focused family therapy for bulimia  
**Library Catalog** APA PsycNET  
**Rights** (c) 2012 APA, all rights reserved
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.6. Quellen zum Abschnitt psychische und soziale Faktoren bei somatischen Krankheiten (Kinder und Jugendliche)
The efficacy of intensive individual play therapy for children diagnosed with insulin-dependent diabetes mellitus

<table>
<thead>
<tr>
<th>Type</th>
<th>Thesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Author</td>
<td>E. M. Jones</td>
</tr>
<tr>
<td>University</td>
<td>University of North Texas</td>
</tr>
<tr>
<td>Date</td>
<td>2000</td>
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<td>Library Catalog</td>
<td>Google Scholar</td>
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</tbody>
</table>
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.7. Quellen zum Abschnitt psychische und soziale Faktoren bei Intelligenzminderung Kinder und Jugendliche)
Child-Centered Group Play Therapy with Children with Speech Difficulties

Type: Journal Article
Author: Suzan Danger

Abstract: The problem with which this investigation was concerned was that of determining the efficacy of child-centered group play therapy with pre-kindergarten and kindergarten children with speech difficulties as an intervention strategy for improving specific speech problems in the areas of articulation, receptive language, and expressive language. A second purpose was that of determining the efficacy of child-centered group play therapy in improving self-esteem, positive social interaction, and in decreasing anxiety and withdrawal behaviors among pre-kindergarten and kindergarten children with speech difficulties. The experimental group consisted of 11 children who received 25 group play therapy sessions one time a week in addition to their directive speech therapy sessions. The comparison group consisted of 10 children who received only their directive speech therapy sessions. The Goldman Fristoe Test of Articulation, the Peabody Picture Vocabulary Test - Revised, and the Clinical Evaluation of Language Fundamentals - 3 were used to measure receptive and expressive language skills. The Burks' Behavior Rating Scale was used to measure symptoms of anxiety, withdrawal, poor self-esteem, and poor social skills as observed by parents and teachers. Twelve hypotheses were tested using ANCOVA and Eta Squared. Child-centered group play therapy was shown to have a large practical significance in helping children improve their expressive language skills. Child-centered group play therapy was shown to have a medium practical significance in increasing children's receptive language skills. Small sample size may have contributed to the lack of statistical significance as calculated by the analysis of covariance. Child-centered group play therapy was shown to have a small yet positive impact upon children's articulation skills and anxiety. Although not significant at the .05 level, these results indicate a slightly larger increase in articulation skills and a slightly larger decrease in symptoms of anxiety among those children who received group play therapy as compared to those who did not. Child-centered group play therapy was shown to have a mixed effect upon children's self-esteem, withdrawal behaviors, and positive social interactions. This study supports the use of child-centered group play therapy as an effective intervention strategy for children with speech difficulties to improve expressive and receptive language skill development.

Publication: UNT Digital Library
Date: 08/2003
Library Catalog: digital.library.unt.edu
Rights: Public

Extra: The problem with which this investigation was concerned was that of determining the efficacy of child-centered group play therapy with pre-kindergarten and kindergarten children with speech difficulties as an intervention strategy for improving specific speech problems in the areas of articulation, receptive language, and expressive language. A second purpose was that of determining the efficacy of child-centered group play therapy in improving self-esteem, positive social interaction, and in decreasing anxiety and withdrawal behaviors among pre-kindergarten and kindergarten children with speech difficulties. The experimental group consisted of 11 children who received 25 group play therapy sessions one time a week in addition to their directive speech therapy sessions. The comparison group consisted of 10 children who received only their directive speech therapy sessions. The Goldman Fristoe Test of Articulation, the Peabody Picture Vocabulary Test - Revised, and the Clinical Evaluation of Language Fundamentals - 3 were used to measure receptive and expressive language skills. The Burks' Behavior Rating Scale was used to measure symptoms of anxiety, withdrawal, poor self-esteem, and poor social skills as observed by parents and teachers. Twelve hypotheses were tested using ANCOVA and Eta Squared. Child-centered group play therapy was shown to have a large practical significance in helping children improve their expressive language skills. Child-centered group play therapy was shown to have a medium practical significance in increasing children's receptive language skills. Small sample size may have contributed to the lack of statistical significance as calculated by the analysis of covariance. Child-centered group play therapy was shown to have a small yet positive impact upon children's articulation skills and anxiety. Although not significant at the .05 level, these results indicate a slightly larger increase in articulation skills and a slightly larger decrease in symptoms of anxiety among those children who received group play therapy as compared to those who did not. Child-centered group play therapy was shown to have a mixed effect upon children's self-esteem, withdrawal behaviors, and positive social interactions. This study supports the use of child-centered group play therapy as an effective intervention strategy for children with speech difficulties to improve expressive and receptive language skill development.
increase in articulation skills and a slightly larger decrease in symptoms of anxiety among those children who received group play therapy as compared to those who did not. Child-centered group play therapy was shown to have a mixed effect upon children's self-esteem, withdrawal behaviors, and positive social interactions. This study supports the use of child-centered group play therapy as an effective intervention strategy for children with speech difficulties to improve expressive and receptive language skill development.

Effects of directive vs. nondirective play therapy with institutionalized mentally retarded children

Type Journal Article  
Author T L Morrison  
Author B L Newcomer  
Abstract Institutionalized retarded children were randomly assigned to 11 sessions of directive play therapy (N = 5), nondirective play therapy (N = 5), or no treatment (N = 4). Student nurses were therapists. The Denver Developmental Screening Test was administered before and after treatment. For the Fine Motor and Personal-Social scales, a significant interaction effect (p smaller than .05) was found between treatment group and measurement period (pre vs. post). The interactions tended to support the hypothesis that play therapy was effective in increasing developmental level but not the hypothesis that directive therapy was more effective than nondirective therapy.

Publication American journal of mental deficiency  
Volume 79  
Issue 6  
Pages 666-669  
Date May 1975  
Journal Abbr Am J Ment Defic  
Library Catalog NCBI PubMed  
Extra PMID: 1146857
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.8. hyperkinetische Störungen und Störungen des Sozialverhaltens Kinder und Jugendliche)
A cultural sensitive therapeutic approach to enhance emotional intelligence in primary school children

**Type** Thesis
**Author** Magdalena Gertruide Calitz

**Abstract** The difficulties experienced by children in their middle school age resemble problems with emotional intelligence. It is increased by cultural differences between the child, therapist and social environment. This research problem led to a culturally sensitive Gestalt play therapy intervention programme, to enhance primary school children's emotional intelligence. An intervention was developed, applied and the outcomes thereof studied. The outcomes relate to play therapy techniques, emotional intelligence and cultural sensitivity. The researcher made use of applied research, and thus focused on solving the social problem as stated above, and making a contribution to real life issues. A literature study, related to the concepts of the unit of analysis showed the following: The primary school child has high energy levels and presents concrete reasoning abilities. His self-esteem is based on good interpersonal relationships and achieving tasks. Emotions and other physical and cognitive systems are interdependent. Emotional intelligence is the awareness, management and control of emotions, relate to the functions of the frontal lobes and also to the requirements of a healthy individual according to Gestalt therapy. Culture is connected to the field in Gestalt theory. Cultural sensitivity in this research study meant an attitude of acceptance of cultural differences. Gestalt therapy is based on holism, which includes the environment or field. Gestalt play therapy in a group context was found to be an effective way to teach emotional intelligence skills in a culturally sensitive way to primary school children. The intervention programme was applied to pilot- and research groups, compiled from children who were assessed with the Das-Naglieri Cognitive Assessment System (Naglieri and Das, 1997a) and who presented weaker frontal lobe processes in relation to their other cognitive skills. The outcomes of the research study identified the most effective Gestalt play therapy techniques, which are: The healing therapeutic relationship The use of experiential learning The Gestalt principle of "biding one's time" The study also delivered some unsuspected outcomes namely a relation between right-hemisphere processes and emotional intelligence. This study is still open for further research relating to the concepts discussed above, the intervention programme as well as the unsuspected outcomes.

**Date** 2009

A study of psychological intervention of children with aggressive conduct disorder

**Type** Journal Article
**Author** Archana Dogra
**Author** V. Veeraraghavan

**Abstract** Compared the effectiveness of psychological intervention on 2 groups of 10 children (aged 8–12 yrs) with aggressive conduct disorder. The children were given the Rosenzweig Picture-Frustration Study and parents completed the Child Behavior Rating Scale before and after the experimental group underwent an 8-wk intervention consisting of play therapy and parental counseling. The intervention produced improvements in aggressive conduct, overall adjustment, and family environment.

**Publication** Indian Journal of Clinical Psychology
**Volume** 21
**Issue** 1
**Pages** 28-32
**Date** 1994

**Library Catalog** APA PsycNET

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Type: Journal Article  
Author: M. Döpfner  
Author: S. Schlüter  
Author: E. R. Rey  
Publication: Zeitschrift für Kinder- und Jugendpsychiatrie und Psychotherapie  
Date: 1981  
Library Catalog: Google Scholar

Teaching Teenagers Group Counseling Can Work in the Classroom

Type: Journal Article  
Author: Gary S. Felton  
Author: Harry R. Davidson  
Publication: Intervention in School and Clinic  
Volume: 8  
Issue: 4  
Pages: 461-468  
Date: 06/01/1973  
Journal Abbr: Intervention in School and Clinic  
DOI: 10.1177/105345127300800414  
Library Catalog: isc.sagepub.com

Developmental-play Group Counseling with Early Primary Grade Students Exhibiting Behavioral Problems

Type: Book  
Author: Gary Lloyd Gaulden  
Publisher: UMI  
Date: 1975  
# of Pages: 108  
Library Catalog: Google Books

Gestalt Therapy with Parents When a Child Is Presented as the Problem

Type: Journal Article  
Author: Linda F. Little  
Abstract: Findings from this study suggest that parents (N = 23) who sought therapy because of "problematic" children differed in valuing styles (e.g., rejection, extrinsic valuing, overprotection) from two samples of parents from normal populations. Parents who participated in Gestalt therapy groups made significant changes in their reported parenting styles. Parents who chose not to participate in the therapy (N = 8) showed no similar improvements in parenting styles, and provided behavioral data which suggested deterioration of those relationships over the same period of time. Gestalt therapy is discussed.
An Experimental Study of the Effects of the Gestalt Two-chair Experiment with Conflicted Adolescent Offenders

Type: Thesis
Author: Carol Maxwell Miller
University: University of Wisconsin--Madison
Date: 1980
# of Pages: 226

Play therapy with children exhibiting symptoms of attention deficit hyperactivity disorder.

Type: Journal Article
Author: D. C. Ray
Author: A. Schottelkorb
Author: M. H. Tsai
Publication: International Journal of Play Therapy
Volume: 16
Issue: 2
Pages: 95
Date: 2007

Effects of child-centered play therapy and curriculum-based small-group guidance on the behaviors of children referred for aggression in an elementary school setting

Type: Thesis
Author: B. R. Schumann
University: University of North Texas
Date: 2004

Library Catalog: Google Scholar
Therapeutic Bonding in Group as an Explanatory Variable of Progress in the Social Competence of Students With Learning Disabilities.

**Type** Journal Article  
**Author** Z. Shechtman  
**Author** E. Katz  
**Abstract** This study, conducted in Israel, explores the efficacy of an expressive-supportive group psychotherapy in helping adolescents with learning disabilities (LD) and attention deficits (ADD and ADHD) to increase social competence and friendship. Bonding with the therapist and group members was tested as an explanatory variable of outcomes. The study included 87 students with LD from seven different schools who had been referred to school counseling centers because of social, emotional, and behavior difficulties. The students in each school were randomly divided into experimental and wait-list conditions. Children in the experimental conditions (n = 42) participated in seven small groups, in 15 weekly sessions of group therapy conducted by trained school counselors. Results indicated gains on the social competence measure, but not on the friendship-intimacy measure. Therapist-related bonding was more frequently related to outcomes than member-related bonding. (PsycINFO Database Record (c) 2012 APA, all rights reserved)  
**Publication** Group Dynamics: Theory, Research, and Practice  
**Volume** 11  
**Issue** 2  
**Pages** 117  
**Date** 2007  
**Accessed** Mittwoch, 1. August 2012 09:48:01  
**Library Catalog** Google Scholar

Developmental Model Using Gestalt-Play Versus Cognitive-Verbal Group with Chinese Adolescents: Effects on Strengths and Adjustment Enhancement

**Type** Journal Article  
**Author** Yih-Jiun Shen  
**Abstract** This study compared the effectiveness of short-term developmental group counseling applying Gestalt-play versus cognitive-verbal approaches with Taiwanese adolescents. On a measure of behavioral and emotional strengths, teachers reported significant changes in students' overall behavioral and emotional strengths measured via total scores. Specific areas measured via subscores, included (a) family involvement which was enhanced primarily by the Gestalt-play approach and (b) affective strength which was enhanced primarily by the cognitive-verbal approach. In contrast, parents reported no significant changes. On a measure of school and social adjustment, teachers and students' peers reported weak intervention impacts.  
**Publication** The Journal for Specialists in Group Work  
**Volume** 32  
**Issue** 3  
**Pages** 285-305  
**Date** 2007  
**DOI** 10.1080/01933920701431784  
**Short Title** Developmental Model Using Gestalt-Play Versus Cognitive-Verbal Group with Chinese Adolescents  
**Library Catalog** Taylor and Francis
Studien
zur Wirksamkeit
Humanistischer Psychotherapie
(3.9 tiefgreifende Entwicklungsstörungen Kinder und Jugendliche)
Personzentrierte Gruppenpsychotherapie für Jugendliche mit Autismus-Spektrum-Störungen - das KOMPASS-Training

Type: Journal Article
Author: Bettina Jenny
Author: Camille Schär
Publication: Person
Volume: 14
Issue: 1
Pages: 5-20
Date: 2010
ISSN: 1028-6837
Date Added: Freitag, 10. August 2012 15:37:46
Modified: Freitag, 10. August 2012 15:37:46

Notes:
Weitere Publikationen zum Thema:


weitere Schriften:


**Attachments**

- Jenny_Schär_2010_Personzentrierte Gruppenpsychotherapie für Jugendliche mit.pdf
- ZPID Datenbank PSYNDEX - Zugang ZPID-Retrieve PSYNDEX Direct
Studien
zur Wirksamkeit

Humanistischer Psychotherapie

(3.10. gemischte Störungen, diagnostische gemischte Studien
Kinder und Jugendliche)
Further Psychodrama with Delinquent Adolescents

Type  Journal Article  
Author  P. Carpenter  
Author  S. Sandberg  
Publication  Adolescence  
Volume  20  
Issue  79  
Pages  599-604  
Date  1985  
Journal Abbr  Adolescence  
Language  English  
ISSN  0001-8449  
Library Catalog  ISI Web of Knowledge  
Call Number  0016  
Extra  WOS:A1985AVH1200011  
Date Added  Donnerstag, 10. Mai 2012 16:54:35  
Modified  Donnerstag, 10. Mai 2012 16:54:37  
Attachments  
○ Carpenter and Sandberg - 1985 - Further Psychodrama with Delinquent Adolescents.pdf  
○ ISI Web of Knowledge Record  

Analytical psychodrama with adolescents suffering from psycho-behavioral disorder:  
Short-term effects on psychiatric symptoms

Type  Journal Article  
Author  Michela Gatta  
Author  Dal Zotto Lara  
Author  Del Col Lara  
Author  Spoto Andrea  
Author  Testa Costantino Paolo  
Author  Ceranto Giovanni  
Author  Sorgato Rosaria  
Author  Bonafede Carolina  
Author  Battistella PierAntonio  
Publication  The Arts in Psychotherapy  
Volume  37  
Issue  3  
Pages  240-247  
Date  7/2010  
DOI  10.1016/j.aip.2010.04.010  
ISSN  01974556  
Short Title  Analytical psychodrama with adolescents suffering from psycho-behavioral disorder  
URL  http://linkinghub.elsevier.com/retrieve/pii/S0197455610000614  
Library Catalog  CrossRef  
Date Added  Dienstag, 1. Mai 2012 17:33:27
Comparative Effectiveness of Behavior Modification and Transactional Analysis Programs for Delinquents

**Type**: Journal Article  
**Author**: Carl F. Jeness  
**Abstract**: The Youth Center Research Project studied the effectiveness of two different treatment programs with 983 adjudicated delinquents assigned by random procedures to two institutions, one of whose programs was based on transactional analysis (O. H. Close School) and the other on the principles of behavior modification (Karl Holton School). The results summarized here suggest that institutions can be run so that most residents change for the better. Improvement on psychological measures favored the transactional analysis program; the behavior ratings slightly favored the behavioral program. Parole follow-up showed no differences in the revocation rates of the two programs, but subjects from both were doing significantly better than comparison groups of the same age assigned to other institutions. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication**: Journal of Consulting and Clinical Psychology  
**Volume**: 43  
**Issue**: 6  
**Pages**: 758-779  
**Date**: 1975  
**DOI**: 10.1037/h0078109  
**ISSN**: 1939-2117(Electronic);0022-006X(Print)

**Library Catalog**: APA PsycNET  
**Call Number**: 0106  
**Date Added**: Dienstag, 22. Mai 2012 17:25:12  
**Modified**: Dienstag, 22. Mai 2012 17:25:14

**Tags**: behavior modification, comparative effectiveness, delinquent youth, Karl Holton School, O. H. Close School, transactional analysis programs, treatment programs

**Attachments**
- Jeness - 1975 - Comparative Effectiveness of Behavior Modification.pdf
- Ovid: Externer Link

Effekte von klientenzentrierter Spieltherapie

**Type**: Journal Article  
**Author**: S. Schmidtchen  
**Publication**: Zeitschrift für klinische Psychologie  
**Volume**: 2  
**Pages**: 49 - 63  
**Date**: 1973  
**Date Added**: Freitag, 10. August 2012 13:37:58
Neue Forschungsergebnisse zu Prozessen und Effekten der klientenzentrierten Kinderspieltherapie

Type: Book Section
Author: S. Schmidtchen
Book Title: Personenzentrierte Psychotherapie mit Kindern und Jugendlichen
Date: 1996
Pages: 99–139

Effektivitätsüberprüfung der klientenzentrierten Spieltherapie bei Kindern aus Erziehungsberatungsstellen

Type: Journal Article
Author: S. Schmidtchen
Author: B. Hobrücker
Publication: Praxis der Kinderpsychologie und Kinderpsychiatrie
Volume: 27
Issue: 4
Pages: 117 - 125
Date: 1978

Zwei Fliegen mit einer Klappe? Evaluation der Hypothese eines zweifachen Wirksamkeitsanspruches der klientenzentrierten Spieltherapie

Type: Journal Article
Author: S. Schmidtchen
Author: S. HENNIES
Author: H. ACKE
Publication: Psychologie in Erziehung und Unterricht
Volume: 40
Pages: 34–42
Date: 1993
Short Title: Zwei Fliegen mit einer Klappe?
Heilende Kräfte im kindlichen Spiel!-Prozessanalyse des Klientenverhaltens in der Kinderspieltherapie

Type Journal Article
Author S. SCHMIDTCHEN
Author S. HENNIES
Author H. ACKE
Publication GwG Zeitschrift
Volume 99
Pages 25–30
Date 1995

Library Catalog Google Scholar
Date Added Freitag, 10. August 2012 13:47:47
Modified Freitag, 10. August 2012 13:47:47

Delinquenzprophylaxe durch klientenzentrierte Spiel- und Familientherapie in der Schule

Type Book Section
Author M. Veith
Author S. Schmidtchen
Book Title Problemkinder - Kinderprobleme
Publisher Juventa
Date 1999
Pages 1 - 24
Date Added Freitag, 10. August 2012 14:01:32
Modified Freitag, 10. August 2012 14:03:01