Introduction to Psychotherapy Research
2 ECTS

Teacher: Ueli Kramer, PD
Level: Introductory
Pre-requisites: none

Objectives
This introductory course will inform the participants about research designs which test the efficacy
and effectiveness of psychotherapy, types of assessment of change, and will provide a headstart into
the diversity of psychotherapy models from an integrative perspective and the different
methodologies to assess them. The course will discuss candidate variables explaining the
effectiveness of psychotherapy and differentiate between predictors, moderators and mechanisms.
Further, the utility of neuroimaging methods to highlight brain-level changes correlating with
treatment changes will be discussed.

Assessment
Participants are expected to be present to all course sessions, and to actively participate.
Participants should become familiar with the literature on the topic by reading the materials listed
below before each course session. Those materials will be made available on Moodle (please see
below).
As final course assessment, participants will have to provide a 1-2 page term paper after the course
discussing one of the questions below:
1. Discuss at least two research designs testing the efficacy and effectiveness of psychotherapy.
2. Discuss three candidate variables explaining the effects of psychotherapy.
3. Discuss at least two methodological problems in the demonstration of mechanisms of
change.
4. Discuss the relevance of neuroscience methods to explain psychotherapeutic changes.
Essays resulting in a “pass” should a) respect formal APA guidelines (7th edition, APA, 2020), b)
provide a clear response to the question, c) use methodological details from at least one empirical
study to illustrate the response.

Course sessions

Session 1: (October 29th, 2021, 08:00-12:00)

Introduction, design, outcome research and integration practice-research

Readings:

research: approaches and applications. In M. J. Lambert (Ed.), Bergin and Garfield’s
Handbook of Psychotherapy and Behavior Change (pp. 85-133; Sixth Edition). Hoboken, NJ:
Wiley.
Bergin and Garfield’s Handbook of Psychotherapy and Behavior Change (pp. 167-168; Sixth
Session 2: (November 12th, 2021, 08:00-12:00; Journal club 11:30-12:00)

Systems of psychotherapy: theories, models, psychotherapy integration

Readings:


Session 3: (November 26th, 2021, 08:00-12:00; Journal club 11:30-12:00)

Assessment of effects of psychotherapy

Readings:


Session 4: (December 3rd, 2021, 08:00-12:00; Journal club 11:30-12:00)

Predictors of psychotherapy outcome and qualitative research

Readings:


Session 5: (December 10th, 2021, 08:00-12:00; Journal club 11:30-12:00)

Mechanisms of change and process research

Readings:


Session 6: (December 17th, 2021, 08:00-12:00; Journal club 11:30-12:00)

Use of neurobiology in psychotherapy research

Readings:

Course location
Lausanne, Institute of Psychotherapy/General Psychiatry, Place Chauderon 18, 1003 Lausanne

Registration
The course is limited to 12 participants. Register before October 5, 2021, by writing a mail to lndscourses@gmail.com (with your supervisor in copy) and stating the course title as subject.

Reading materials on Moodle
For accessing the course materials, please do the following:
- go to "https://moodle2.unil.ch"
- log in with your institutional/university address
- click on "Faculté de Biologie et de Médecine" > "Ecole doctorale / doctoral school" > "Lemanic Neuroscience Doctoral School"
- the materials will be stored under "Introduction to Psychotherapy Research in Neuroscience"

Please make use of the “self-enrollment” method. The access key to use is “Kramer2021”. In case of persisting problems please contact the LNDS coordinator: Ulrike.toepel@unil.ch.