

Die Abteilung Klinische Psychologie und Psychotherapie der Universität Bern, die Schweizerische Gesellschaft für den Personzentrierten Ansatz und die Schweizerische Gesellschaft für Emotionsfokussierte Therapie (EFT-CH) laden zum Vortrag ein:

The Evidence Base for Person-Centered, Emotion-focused, and Other Humanistic-Experiential Psychotherapies: 2018 Update

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Building on previous meta-analytic studies (e.g., Elliott et al., 2004, 2013), I summarize the results of an ongoing update (being carried out in collaboration with Jeanne Watson, Jason Sharbanee and Laco Timulak) on the most recent outcome evidence evaluating humanistic-experiential psychotherapies (HEPs), including person-centered, emotion-focused and other approaches. Beginning with a data set of nearly 30,000 possible HEP outcome studies published between 2009 and 2018, we identified approximately 100 new studies. Consistent with previous versions of this meta-analysis, we expect to find the following: (1) Clients in HEPs experience large amounts of pre-post change. (2) Posttherapy gains are maintained over early and late follow-ups. (3) In controlled studies, clients experience large gains relative to untreated groups. (4) In general, HEPs in general and PCT and EFT in particular appear to be statistically and clinically equivalent when compared to non-HEPs including CBT. These results are consistent with complementary lines of evidence relating empathy to outcome (Elliott et al., 2018). Taken together, this body of evidence coupled with previous meta-analyses, clearly indicates that HEPs are evidence-based treatments that are an essential part of mental health service provision.

Dr. Robert Elliott is Professor of Counselling in the Counselling Unit at the University of Strathclyde, where he directs its research clinic and teaches emotion-focused therapy and psychotherapy research. A professor Emeritus of Psychology at the University of Toledo (Ohio), he is co-author of *Facilitating emotional change* (1993), *Learning process-experiential psychotherapy* (2004), *Research methods in clinical psychology* (2002), and *Developing and Enhancing Research Capacity in Counselling and Psychotherapy* (2010), as well as more than 120 journal articles and book chapters. He is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research* and *Person-Centered Counseling and Psychotherapies*. He is a Fellow in the Divisions of Humanistic Psychology, Psychotherapy, and Clinical Psychology of the American Psychological Association. He has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association. He regularly teaches EFT in Scotland, the Netherlands, and Belgium and is currently doing research on EFT for social anxiety.