## Contents

### Part I Outcome Research

1. **Commentary: Research on Short- and Long-Term Psychoanalytic Treatment – The Current State of the Art** .................................................. 3  
   Jeremy D. Safran and Alexandra G. Shaker

2. **The Efficacy of Psychodynamic Psychotherapy** ............................................................ 9  
   Jonathan Shedler

3. **Effectiveness of Long-Term Psychodynamic Psychotherapy: First Meta-Analytic Evidence and Its Discussion** ......................................................... 27  
   Sven Rabung and Falk Leichsenring

4. **Must All Have Prizes? The Munich Psychotherapy Study** ............................................ 51  
   Dorothea Huber, Gerhard Henrich, Judith Gastner, and Guenther Klug

5. **The Helsinki Psychotherapy Study: Effectiveness, Sufficiency, and Suitability of Short- and Long-Term Psychotherapy** ........................................... 71  
   Paul Knekt, Maarit A. Laaksonen, Tommi Härkänen, Timo Maljanen, Erkki Heinonen, Esa Virtala, and Olavi Lindfors

6. **Psychoanalytic and Psychodynamic Therapies for Depression: The Evidence Base** ........................................................................................................... 95  
   David Taylor

7. **Evidence-Based Psychodynamic Treatments for Anxiety Disorders: A Review** ................................................................. 117  
   Jenelle Slavin-Mulford and Mark J. Hilsenroth

8. **An Update and Overview of the Empirical Evidence for Transference-Focused Psychotherapy and Other Psychotherapies for Borderline Personality Disorder** ................................................................. 139  
   Kenneth N. Levy, Kevin B. Meehan, and Frank E. Yeomans

9. **What Happens After Treatment: Can Structural Change be a Predictor of Long-Term Outcome?** ................................................................. 169  
   Tilman Grande, Wolfram Keller, and Gerd Rudolf
Part II  The Neurobiology of Psychotherapy

10 Commentary: Neurobiology of Psychotherapy – State of the Art and Future Directions ................................................................. 187
Andrew J. Gerber

11 Neural Models of Psychodynamic Concepts and Treatments: Implications for Psychodynamic Psychotherapy ........................................ 193
Joshua L. Roffman, Andrew J. Gerber, and Debra M. Glick

12 Toward Molecular Psychotherapy of Depression? ........................................ 219
Johannes Lehtonen, Jari Tiihonen, Mikko Martti Oskari Joensuu, Soili M. Lehto, Pasi Olavi Ahola, Pirjo Irmeli Saarinen, Minna Valkonen-Korhonen, Tommi Tolmunen, and Jyrki T. Kuikka

13 Psychotherapy Increases the Amount of Serotonin Receptors in the Brains of Patients with Major Depressive Disorder .......................... 233
Hasse Karlsson

14 Neural Correlates of Emotion, Cognition, and Attachment in Borderline Personality Disorder and Its Clinical Implications .............. 239
Anna Buchheim, Roberto Viviani, Carol George, Horst Kächele, and Henrik Walter

15 Neurobiologically Informed Psychotherapy of Borderline Personality Disorder .................................................................................... 257
Glen O. Gabbard

16 Foundations of Psychodynamic Therapy: Implicit Emotional Learning .............................................................. 269
Philip S. Wong and Dana M. Haywood

17 Neurobiological Correlates of the Psychotherapy Relationship and E.M.P.A.T.H.Y.: The Role of Biomarkers in Psychotherapy ..................... 283
Helen Riess

18 Bridging Technology and Psychotherapy: Toward Investigating Psychological and Neural Correlates of Psychodynamic Psychotherapy ........ 301
Sharmin Ghaznavi, Janet M. Witte, Raymond A. Levy, and Joshua L. Roffman

19 The Neurobiological Foundations of Psychotherapy .................................................................................................................. 313
George I. Viamontes

Part III  Theory, Technique, and Process

20 Commentary: The Coming of Age of Psychoanalytic Treatment Research ........................................................................................................ 337
Patrick Luyten

21 Process and Outcome in Psychoanalytic Psychotherapy Research: The Need for a (Relatively) New Paradigm .............................................. 345
Patrick Luyten, Sidney J. Blatt, and Linda C. Mayes

22 How to Make Practical Use of Therapeutic Alliance Research in Your Clinical Work ............................................................... 361
Mark J. Hilsenroth, Thomas D. Cromer, and Steven J. Ackerman
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
<td>The Contributions of the Psychotherapy Process Q-set to Psychotherapy Research</td>
<td>381</td>
</tr>
<tr>
<td></td>
<td>Lotte Smith-Hansen, Raymond A. Levy, Carolina Seybert, Ingrid Erhardt, and J. Stuart Ablon</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Attachment Theory and Research: Implications for Psychodynamic Psychotherapy</td>
<td>401</td>
</tr>
<tr>
<td></td>
<td>Kenneth N. Levy, Kevin B. Meehan, Christina M. Temes, and Frank E. Yeomans</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Accuracy of Defense Interpretation in Three Character Types</td>
<td>417</td>
</tr>
<tr>
<td></td>
<td>J. Christopher Perry, Jonathan Petraglia, Trevor R. Olson, Michelle D. Presniak, and Jesse A. Metzger</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Per Høglend and Glen O. Gabbard</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Single-Case Research: The German Specimen Case Amalia X</td>
<td>471</td>
</tr>
<tr>
<td></td>
<td>Horst Kächele, Joseph Schachter, and Helmut Thomä</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Combining Idiographic and Nomothetic Approaches to Single-Case Research</td>
<td>487</td>
</tr>
<tr>
<td></td>
<td>Tai Katzenstein, Nnamdi Pole, J. Stuart Ablon, and Carrie Olsen</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>A Session of Psychoanalysis as Analyzed by the Psychotherapy Process Q-set: Amalia X, Session 152</td>
<td>509</td>
</tr>
<tr>
<td></td>
<td>Raymond A. Levy, J. Stuart Ablon, Helmut Thomä, Horst Kächele, Julie Ackerman, Ingrid Erhardt, and Carolina Seybert</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Ten Diverse Outcome Measures for Psychodynamic Psychotherapy Research</td>
<td>529</td>
</tr>
<tr>
<td></td>
<td>Caleb J. Siefert and Jared A. DeFife</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Empirically Informed Clinical Interviewing for Personality Disorders</td>
<td>553</td>
</tr>
<tr>
<td></td>
<td>Jared A. DeFife and Drew Westen</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>The Structured Interview of Personality Organization (STIPO): An Instrument to Assess Severity and Change of Personality Pathology</td>
<td>571</td>
</tr>
<tr>
<td></td>
<td>Susanne Hörz, John F. Clarkin, Barry L. Stern, and Eve Caligor</td>
<td></td>
</tr>
</tbody>
</table>

**Appendices**

**Appendix IA** Psychotherapy Process Q-Set Coding Manual (Adult) | 593  |
| Originally Developed by Enrico E. Jones and Revised Herewith by the Psychotherapy Research Program at Massachusetts General Hospital (J. Stuart Ablon, Raymond A. Levy, John M. Kelley, Ira Lable, Helen Riess, Robert S. Abernethy III, Jeremy P. Nahum, Carolina Seybert, Ingrid Erhardt, Julie Ackerman) |
Appendix IB  Child Psychotherapy Q-Set Coding Manual .................................................. 611
    Celeste Schneider and Enrico E. Jones

Appendix IIA  Introduction to Manualized Treatments
for Psychodynamic Psychotherapy Research ................................................................. 627
    Carolina Seybert, Ingrid Erhardt, Raymond A. Levy, and Horst Kächele

Appendix IIB  Listing of Psychodynamic Manualized Treatments ................................. 631
    Compiled by Carolina Seybert, Ingrid Erhardt, Raymond A. Levy, and Horst Kächele

Index ...................................................................................................................................... 635
Psychodynamic Psychotherapy Research
Evidence-Based Practice and Practice-Based Evidence
Levy, R.A.; Ablon, J.S.; Kächele, H. (Eds.)
2012, XXXIII, 646 p., Hardcover
ISBN: 978-1-60761-791-4
A product of Humana Press