
About the program: The SPR/CRN was initiated and led by professor David Orlinsky in collaboration with Professor Michael Helge Rønnestad who is the European coordinator.

The overall aim of the program is to map and conceptualize psychotherapists’ work and development throughout the professional life-span. The program also studies the relationship between therapists’ self-perceptions and the processes and outcomes of psychotherapy as assessed by clients and external observers. As of today data have been collected from more than 11,000 psychotherapists from more than 40 countries in Europe, North and South America, Asia and Oceania.

Further objectives: The program also maps current and retrospected experiences of development/decline for therapists across professions, nationalities, theoretical orientations, experience levels and gender, and investigates commonalities and variations in numerous potentially formative experiences. The program also contributes to the conceptualization of therapist effects in the treatment process.

Method: The instrument used in all data-collections is the Development of Psychotherapist Common Core Questionnaire (DPCCQ), which consists of 20 pages of mostly structured response-formatted questions, and which takes 1 to 2 hours to complete. A variety of other instruments are used to assess therapists, clients and their relationships from other observational perspectives in particular sub-projects (e.g., client-rated Working Alliance Inventory or Outcome-Questionnaire-45).

Therapists of various professions, nationalities, experience levels and theoretical orientations have participated in the SPR/CRN project.

Researchers: (Norway and Scandinavia only): Michael Helge Rønnestad and Anna von der Lippe serve as the national (Norwegian) coordinators. Scandinavian collaborators who have used all or parts of the DPCCQ include: Steinar Lorentzen (study of Norw. Psychiatrists), Hanne Strømme (study of Oslo U. psychology trainees), Tor Fjeldstad (study of clinical social-workers), Claus-Haugaard Jacobsen (study of supervision among Danish therapists), Peter Elsass (study of Tibetan lamas), Siri Gullestad (study of Beijing trainees), and two Ph.D. fellows, Helene Amundsen Nissen-Lie (process/outcome study of Norw. psychotherapists), Anne Cecilie Larsen (study of burnout of Norw. practitioners), Erik Friis Jørgensen (survey of Danish therapists), and Dan Stiwne (survey of Swedish therapists).

Procedure: Varied strategies for data-collection are used (e.g., random sampling of professional society membership, attendees at conferences and training courses, collegial networks, etc.).

Financing: The program is supported largely by researchers’ institutions and professional associations.