

Report on PAL-Study: Psyche and Research

Effectiveness and Process Evolution in Long-Term Psychotherapies Based on C.G. Jung's Method

In a conference on September 27, 2003, held in the Psychiatrische Universitätsklinik Burghölzli (Psychiatric Clinic of the University of Zurich) the results of an empirical research study on the effectiveness and process evolution of Jungian psychotherapies have been presented to the public. The therapies have been evaluated in the context of free practice, thus in a naturalistic study design. The study clearly shows that long-term psychotherapies are necessary and effective for the achievement of long-lasting changes in the psychic structure.

During the years 1900 to 1909 Carl Gustav Jung worked in the Psychiatric Clinic of the University of Zurich (Burghölzli); there he developed the fundamentals of his later method of psychotherapy. Today about 260 Jungian psychotherapists are active in Switzerland; they are affiliated to the Swiss Society for Analytical Psychology (SGAP). Around the world about 2500 psychotherapists are practicing on the basis of Jung's findings. The C.G. Jung Institute Zurich (now located in Küsnacht on Lake Zurich) was founded in 1948; since then 1050 candidates from all over the world have finished its five-year post-graduate training and received their diploma. Practical experience gained in several decades has shown Jungian psychotherapy to be a possible and effective treatment for a broad range of psychic disturbances and diseases. Because of the increasing financial pressure on public health care systems the requirements towards acceptance of therapeutic methods have become more specific during the last years. Laws on public health care thus now request all therapeutic methods to provide a scientific proof of their effectiveness, expediency and efficiency (WZW), if they want their patients to receive third party payment for their treatment. To answer this request and to secure the further existence of Jungian psychotherapy in future – e.g. recognition and granting of a licence to its professionals within the federal law on public health care that will soon be applicable and possible third party payment granted by the health insurances – the SGAP (Swiss Association of Analytical Psychology) and the Jung Institute already took measures years ago: In 1994 they recorded a basic documentation for the whole of Switzerland, including 3000 cases treated by about 200 therapists; this made it possible to get a first overview of the real contribution of Jungian psychotherapy to basic psychotherapeutic care.

Later, the possibility arose to participate in a psychotherapy research project that was to examine analytical psychotherapies – or else psychotherapies based on depth psychology – in the naturalistic framework of free practice. Most research studies are done under artificially restricted conditions, e.g. with regard to one symptom of disease only; this research design hardly ever corresponds to the reality of the people who are sick, as in most cases they suffer simultaneously from several disturbances. The Naturalistic Study of Long-Term Analytical Psychotherapies

(PAL), done under the responsibility of Prof. Dr. med. Gerd Rudolf (University of Heidelberg), is a naturalistic process-outcome-study examining the effectiveness of psychotherapies; it has opened up the possibility for an interesting model of cooperation between several groups of researchers in Heidelberg (Prof. Dr. med. G. Rudolf, Dr. phil. T. Grande), Berlin (Dr. med. W. Keller) and Zurich (Dr. med. G. Mattanza). The Swiss version of the PAL-Study has been financed by private funds provided by SGAP and the C.G. Jung Institute Zurich.

For the first time in Switzerland the study empirically and systematically examines the effectiveness of Jungian psychotherapies based on the observation of treatment in free practice. The study should cause a minimum of intrusion and disturbance to the treatment. In contrast to so-called experimental study designs ("gold standard"), in free practice professional ethics make it impossible to leave a group of patients without treatment simply to get a control group. The process of treatment has been examined at the very beginning, every six months and in the end, and this on three different levels: on the level of self-evaluation of the patient, in an evaluation given by the psychotherapist and through the evaluation of a member of the research team. The examination was done through questionnaires, freely written texts and video interviews. The core piece of research consisted in an analysis of psychodynamics using the criteria of Operationalized Psychodynamic Diagnostics (OPD) and the continuous measurement of certain patterns of disturbances by the research team. The study of newly begun psychotherapies started in autumn 1997. The recruiting of cases met with more difficulties than expected; the recruiting phase thus had to be extended to two and a half years. 37 patients treated by 26 psychotherapists could finally be included in the study. After the exclusion of dropouts, 28 cases were evaluated. The survey was closed for a first evaluation in February 2003. The catamneses done one and three years after the end of treatment are now being worked on.

We may nevertheless present some results of the study: Jungian psychotherapy is effective in the treatment of patients with a large range of disturbances and different degrees of suffering. The methods, the setting (e.g. frequency) and duration of therapy can be adapted to the needs of the patients and thus are variable. – The average number of hours of treatment is 100 for women and 74 for men. Evaluation of the outcome of treatment was positive (90 % in the opinion of the patients, 75 % in the opinion of the therapists); these results have been completed by the core piece of the PAL-Study, the evaluation of the outcome of treatment given by the external researchers on the basis of the Heidelberg Scale of Change of Structure (Heidelberger Umstrukturierungsskala). The inquiry into psychodynamic aspects was done according to axis II (patterns of relationships), axis III (coping with conflicts) and axis IV (evaluation of psychic structure) of OPD; the measurement of changes observed by the research team gives an average change of structure of 2,7 points for all patients and all foci (on a scale of 7 points). This means that a process has taken place towards raised consciousness, better coping strategies and resolving core difficulties of the patients. (Foci are e.g. the dimension of dependence vs. autonomy; for some foci there has been seen a degree of 6 in change of structure, for other foci less than 4).

To get a better understanding for the therapeutic processes, patients have been classified into three types of course of development, according to the highest degree of change of structure they have reached. For Group I the medium degree of change of structure attained during psychotherapy is 2.5, for Group II 2.7, and for Group III 3.0 points on the Heidelberg Scale of Change of Structure. Group I achieved its result in 57 sessions over 25 months, Group II in 87 sessions over 38 months and Group III

in 120 sessions over 42 months. The results show clearly that a longer duration of the psychotherapy leads to a higher degree of change of structure. Long-lasting changes in the quality of relationships, of coping strategies and of the patients' psychic structure can only be achieved with long-term therapies and corresponding effort by both the patient and the therapist.

During the last years the financial pressure within the public health care system has tended to favour pharmaceutical treatment, short-term psychotherapies and following therapy manuals since all of these seem to be cheaper. This tendency does not give account of the fact that as social beings humans need exchange and confrontation within a relationship, both in psychotherapy and in the context of coping with every day life. Long-term psychotherapy is thus indispensable for correcting emotional experiences of relationship. Disturbed patterns of relationship cannot be modified sustainably with the medication or short-term therapies that may help coping with an acute crisis or a single symptom.

In the conference at the Psychiatrische Universitätsklinik Burghölzli (Psychiatric Clinic of the University of Zurich) the results of the PAL-Study were presented extensively by the members of the Zurich research team: Guido Mattanza, Jacqueline Hurt and Sigrid Schwandt. Furthermore Prof. Daniel Hell (Zurich) gave a paper on "The Lost Soul in Psychiatry and Psychotherapy"; Prof. Gerd Rudolf (Heidelberg) spoke about "Empirical Approach to an Impossible Object: The Naturalistic Study of Long-Term Analytical Psychotherapies (PAL)", Prof. Joachim Küchenhoff (Basel) about "Analytical Psychology and its Empirical Exploration – a Critical Assessment", and Prof. Verena Kast (Zurich) tried to answer the following question: "Why Does Psychotherapy Need the Jungian Approach?" – The report on the PAL-study can be ordered at the Jung Institute to a price of CHF. 25.-

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