


Research in Transference



CCRT-LU

Understanding
Rating
Analyzing

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Zusammen mit Dan Pokorny, Cornelia Albani und Gerd Blaser

Ways of Measuring

- 1. Systematic clinical formulations**
- 2. Rating methods on quantity of transference**
- 3. Q-Sorts, Questionnaires & the Kelly-Grid-Technique**
- 4. Methods to Identify Relationship Patterns**

Ways of Measuring

- 5. CCRT standard category system**
- 6. Category system CCRT-LU (Leipzig-Ulm)**
- 7. Research case Amalia X - relationship patterns by CCRT and CCRT-LU**

1. Systematic clinical formulations

- Menninger Project:
Team discussion at the end of treatment
[Wallerstein, 1956]
- Menninger Project:
Systematic analysis of childhood memories
[Mayman & Faris, 1960]
- Chicago consensus project
[Seitz, 1966]

2a. Rating methods on quantity of transference

- Rating instruments to catch therapist's technique, transference & countertransference and patient's behavior and feeling
- Description and prediction of the therapeutic process
[Bellak, 1956]
- Therapeutic interaction
[Cutler, 1958]
- Therapeutic technique, transference and countertransference
[Strupp, Ewing, Chassan, 1966]

2b. Rating methods on quantity of transference

- Session questionnaire for transference, resistance
[Graff & Luborsky, 1977]
- Working alliance, transference, and anxiety themes
[Grünzig, Kächele, Thomä 1978]
- The concept of transference space & the 5-minutes samples
[Luborsky et al, 1973]

3a. Q-Sorts, questionnaires & the Kelly-Grid-Technique

Q-Sort Methods

- Similarity between "significant parent" and "therapist"
- Similarity between "ideal person" and "therapist"
- Expectations of patients about therapists,
- Expectations of patients about therapists,
- Similarity in behavior towards parents and therapists before and after
- [see for a review Meltzoff & Kornreich, 1970]

3b. Q-Sorts, questionnaires & the Kelly-Grid-Technique

- Questionnaires
- Remembered parental behavior
[Albani et al. 2000]
- Interaction in a therapeutic group
[Baguet, 1984; Tschuschke, 1994]
- Giessen-Test -
transference and countertransference
[Beckmann, 1974; 1978]

3c. Q-Sorts, questionnaires & the Kelly-Grid-Technique

Kelly-Grid-Technique

- transference in group analysis [Catina & Tschuschke, 1993]

4a. Methods to identify Relationship Patterns

- 4.1 CCRT the Core Conflictual Relationship Theme
[Luborsky, 1991, 1998, 1999]
- 4.2 CRP the Central Relationship Pattern.
An extended procedure for the CCRT data analysis
[Albani et al 1994]
- 4.3 FRAME
[Dahl, 1988, 1993]
- 4.4 Configurational Analysis
[Horowitz, 1991]

4b. Methods to Identify Relationship Patterns

- 4.5 Dynamic Focus CMP
[Schacht & Binder, 1984]
- 4.6 Plan Analysis
[Weiss & Sampson, 1986]
- 4.7 Idiographic Conflict Summary
[Perry, 1991]
- 4.8 PERT Patient's Experience
of the Resisted Aspects of the Transference
[Gill & Hoffman, 1982]

The Discovery

*Lester Luborsky
presented
in 1976 on Tuesday at 2 pm in 1976
at the Downstate Medical Center in New York
on the conference
„Communicative structures and psychic structures“
a paper with the title*

*„Measuring a pervasive psychic structure
in psychotherapy:
the core conflictual relationship theme“.*

Lester Luborsky



Three basic dimensions of the CCRT

W - Wish
 RO - Reaction of the Object
 RS - Reaction of the Self

The basic structure of the CCRT

verbatim protocol
 ↓
 relationship episodes
 core stories with a relationship object
 ↓
 tailor-made categories W, RO, RS
 ↓
 standard categories W, RO, RS
 ↓
 frequency counting

Category systems for the CCRT

- **standard CCRT categories and clusters** (Luborsky, Barber et al.)
- **QUAINT** (Crits-Christoph et al.)
- **alternative CCRT Clusters** (Körner et al.)
- **revised CCRT categories** (Barber)
- **CCRT-LU** (Albani, Blaser, Grüniger, Pokorny)

CCRT – list of wish standard categories

01 to be understood	19 to have control over others
02 to be accepted	20 to be controlled by others
03 to be respected	21 to have self-control
04 to accept others	22 to achieve
05 to respect others	23 to be independent
06 to have trust	24 to feel good about myself
07 to be liked	25 to better myself
08 to be opened up to	26 to be good
09 to be open	27 to be like other
10 to be distant from others	28 to be my own person
11 to be close to others	29 to not be responsible or obligated
12 to help others	30 to be stable
13 to be helped	31 to feel comfortable
14 to not be hurt	32 to feel happy
15 to be hurt	33 to be loved
16 to hurt others	34 to assert myself
17 to avoid conflict	35 to compete with somebody for someone's attention
18 to oppose others	

Responses of the objects – standard categories

01 they are understanding	17 they oppose me
02 they are not understanding	18 they are co-operative
03 they are accepting	19 they are out of control
04 they are rejecting	20 they are controlling
05 they respect me	21 they give me independence
06 they don't respect me	22 they are dependent
07 they don't trust me	23 they are independent
08 they are not trustworthy	24 they are strong
09 they like me	25 they are bad
10 they dislike me	26 they are strict
11 they are open	27 they are angry
12 they are distant	28 they are anxious
13 they are helpful	29 they are happy
14 they are unhelpful	30 they love me
15 they hurt me	
16 they are hurt	

Responses of the self – standard categories

01 I understand	17 I am helpless
02 I don't understand	18 I feel self-confident
03 I feel accepted	19 I am uncertain
04 I feel respected	20 I feel disappointed
05 I like others	21 I feel angry
06 I dislike others	22 I feel depressed
07 I am open	23 I feel unloved
08 I am not open	24 I feel jealous
09 I am helpful	25 I feel guilty
10 I hurt others	26 I feel ashamed
11 I oppose others	27 I feel anxious
12 I am controlling	28 I feel comfortable
13 I am out of control	29 I feel happy
14 I am self-controlled	30 I feel loved
15 I am independent	31 I have symptoms
16 I am dependent	

The cluster solution - based on expert ratings (Barber)

	1 to assert self and be independent	
	2 to oppose, hurt, and control others	
Wish-Clusters.	3 to be controlled, hurt and not responsible	
<i>I wish ... →</i>	4 to be distant and avoid conflicts	
	5 to be close and accepting	
	6 to be loved and understood	
	7 to feel good and comfortable	
	8 to achieve and help others	
Responses of Objects. Clusters.		Responses of Self. Clusters.
<i>The others (are)</i>		<i>I (am, feel) ...</i>
↓		↓
1 strong		1 helpful
2 controlling		2 unreceptive
3 upset		3 respected and accepted
4 bad		4 oppose and hurt others
5 rejecting and opposing		5 self-controlled and self-confident
6 helpful		6 helpless
7 like me		7 disappointed and depressed
8 understanding		8 anxious and ashamed

The basic procedure of the CCRT

Identify at least 10 relationship episodes (RE)

Determine the degree of episode completeness

Identify the three components W, RO & RS

Determine the most frequent Wish

Determine the most frequent RO

Determine the most frequent RS

This is the CCRT

Freud's Observations and the CCRT Evidence

- | | |
|--|----|
| 1. Wishes toward people are prominent | + |
| 2. Wishes conflict with responses from other and of self | + |
| 3. Especially evident in erotic relationships | +? |
| 4. Partly out of awareness | +? |
| 5. Originates in early parental relationships | + |

Freud's Observations and the CCRT Evidence

- | | |
|---|----|
| 6. Comes to involve the therapist | + |
| 7. May be activated
by the therapist's perceived characteristics | R |
| 8. May distort perception | R |
| 9. Consists of one main pervasive pattern | +? |
| 10. Subpatterns appear for family members | +? |

Freud's Observations and the CCRT Evidence

- | | |
|--|----|
| 11. Distinctive for each person | +? |
| 12. Remains consistent over time | + |
| 13. Changes slightly over time | + |
| 14. Shows short-term
fluctuations in activation | R |
| 15. Accurate interpretation changes
expression of pattern | + |

Freud's Observations and the CCRT Evidence

16. Insight into pattern can benefit patient	+0?
17. Can serve as resistance	R
18. Symptoms may emerge during its activation	+?
19. Is expressed in and out of therapy	+
20. Positive vs. negative patterns are distinguishable	+
21. Is expressed in multiple modes (dreams and narratives)	+

Homage to the CCRT

27 years
of exciting CCRT applications
and
continuing developments

26 years CCRT – the Ulm thread

1976 | 17-jan-1976, 2:00pm: LL presents CCRT | Kächele & Grünzig visit LL in Philly |
 1984 | Gill-LL: project in Amalia X. |
 1985 | LL in Ulm: CCRT analysis of Mr. C. |
 1987 | first CCRT master theses in Ulm (Kächele) → |
 1988 | → children at age 3 years (Dengler) | LL-Kächele: CCRT working book Ulm |
 1989 | → depressive patients (Eckert) | Psychoanalytic Process Research Strategies |
 1990 | LL et al: Understanding Transference, 1st ed. |
 1991 | the case of "Student", pattern search (Albani) |
 1992 | LL Albani Eckert: German CCRT manual |
 1993 | female students Ulm (n=40) Ulm CCRT-group |
 1994 | male students Ulm (n=50) Ulm CCRT-group |
 1995 | multicenter study Leipzig-Ulm-Göttingen |
 1996 | (n=266 neurotically disturbed young female patients) |
 1997 | daydream psychotherapy, single case study Lausanne-Ulm |
 1998 | LL et al: Understanding Transference, 2nd ed. |
 1999 | project CCRT-LU starts |
 2000 | CCRT-LU n=32 clinical interviews | CCRT-LU single case study Amalia X |
 2001 | presentation CCRT-LU Euro-SPR Leiden | world-SPR Montevideo |
 2002 | June panels at SPR Santa Barbara |
 2003 | June CCRT+LU international workshop Weimar, Germany |
 2004 | June CCRT-conference Roma |

26 years CCRT – worldwide

territories in the world
where at least
one CCRT relationship episode
was rated

Brazil
Bulgaria
Canada
Colombia
Czech rep.
Germany
Israel
Italy
Portugal
Russia
Spain
Sweden
Switzerland
Ukraine
U.S.A.
Uruguay

Ulm-Leipzig Studies

Implementation of a German Manual

[Luborsky & Kächele 1988]

Single pt case evaluation pre & post

[Kächele et al. 1990]

Central Relationship Pattern (CRP)

[Albani et al. 1994]

Critique of the category structure of the CCRT

[Albani et al. 1999]

Single psa case evaluation pre & post

[Albani et al. 1999]

Affective evaluation and severity

[Albani et al. 1999]

CRP with different objects

[Albani et al (2001)]

Problems

Standardized CCRT categories empirically based on a small sample
n=16

→ occurring rating problems:

■ 1. no fitting standard categories

RO: are offended, disappointed, insulted, envy, threaten me...

■ 2. similar categories

W1 to be understood, comprehended, empathized with, seen accurately,

W2 to be accepted, approved of, not to be judged, to be affirmed

■ 3. "overloaded" categories

RO 27 are angry, irritable, resentful, frustrated

■ 4. lengths of the category lists led to "personal rating preferences"

■ 5. just partial correspondence between W, RO, RS

partial correspondence between the CCRT dimensions

W, related to RO	W, related to RS	RO	RS
to be hurt	to hurt others	hurt me	hurt others
to be respected	to respect others	respect me	feel respected
to be understood		are understanding	understood
	to feel happy	are happy	feel happy
	to be open	are open	am open
	to feel comfortable		feel comfortable
		are angry	feel angry
		are anxious	feel anxious
	to achieve		
	to be close to others		
		are rejecting	
		are co-operative	
			feel self-confident

CCRT-cluster paradox

W-02 to be accepted	→	W-Cluster-6: to be loved and understood
W-03 to be respected	→	W-Cluster-6: to be loved and understood
		6=6
W-05 to accept others	→	W-Cluster-5: to be close and accepting
W-06 to respect others	→	W-Cluster-5: to be close and accepting
		5=5
RS-03 feel accepted	→	RS-Cluster-3: I am respected and accepted
RS-04 feel respected	→	RS-Cluster-3: I am respected and accepted
		3=3
BUT:		
RO-03 others are accepting→		RO-Cluster-8: others are understanding
RO-05 others respect me →		RO-Cluster-7: others likes me
		8≠7 !!!

The Leipzig-Ulm Redesign: CCRT-LU

Reformulation of the **CCRT** Category System:

↓

The **CCRT-LU** Category System

DFG-Project Leipzig-Ulm:
Horst Kächele, Michael Geyer

Realization Team:
Cornelia Albani, Gerd Blaser, Sonja Grüninger, Dan Pokorny

Supported by:
 numerous collaborating **clinicians** and **researchers**

Grant:
Deutsche Forschungs-Gemeinschaft DFG

The Leipzig-Ulm Redesign: CCRT-LU

The reformulation project:

started as an attempt to resolve known rating problems of the CCRT category system

continued as a radical reconsideration of the category-system structure

trying to preserve valuable fundamental ideas of the CCRT system

„CCRT-LU“: *Leipzig-Ulm = LU = logically unified*

The Leipzig-Ulm Redesign: CCRT-LU

See:

Albani C, Pokorny D, Blaser G, Grüninger S, König S, Marschke F, Geißler I, Körner A, Geyer M, Kächele H (2002) Reformulation of the Core Conflict Relationship Theme (CCRT) Categories: The CCRT-LU Category System. Psychotherapy Research 12: 319-338

Requirements – Sources

1. large empirical base
 (usage of the existing CCRT-studies)
 ☺☺ >16 studies, >400 test persons, >800 sessions
22. empirically based,
 hence preserving the CCRT "nominal-category" character;
 no reduction to e.g. just 2 theoretically based axes
 ☺☺☺ given by the system design: category lists
33. reflecting relevant psychotherapeutic theories
 ☺☺ >17 theoretical approaches reflected

Requirements – Categories

44. each tailor made formulation should fit to one, but not to more categories
 ☺☺? improvement shown by the better reliability
55. minimal necessary number of categories and clusters
 ☺ slightly more categories than by CCRT
 ☺ hierarchical organization simplifies the rater decisions
66. distribution should be as far as possible uniform
 ☺☺ clusters nearly equally frequent in the population – most likely a principally impossible task
 ☺ at least: no “pervasively predominating” clusters (like RO-C5 they are rejecting and opposing)

Requirements – Structure

77. full correspondence of categories across dimensions (WO, WS, RO, RS..)
 ☺☺☺ by the system design: same categories
88. no "cluster paradoxes"
 ☺☺☺ by the system design: the hierarchical structure
99. easy navigation within the hierarchical system; rating „top down“
 ☺☺☺ by the system design

Requirements – Properties

110. system should be easy to learn
 ☺☺? logical structure, unified category system
11. use of the system should be more economic
 ☺ slight improvement – the text rating by a human is likely to remain a time consuming task
12. system should be nice
 ☺☺☺ because of its
 - logical structure
 - inner symmetries
 - closeness to the “real-life”

Empirical and theoretical sources for categories

- E+T: CCRT-Categories Editions 2, 3**
 (Barber, Crits-Christoph & Luborsky, 1990)
- E: Results of our CCRT-User Questionnaire**
 (not fitting tailor-made formulation)...
- E: CCRT-studies**
- T: theoretical systems**

Empirical sources – CCRT-user questionnaire

Ad: Results of our CCRT-User Questionnaire (not-fitting tailor-made formulation)...

We asked the CCRT users to list the tailor-made formulations that could be assigned either to none of the standard categories or to more than one of the categories.

The number of returned questionnaires was unfortunately low.

Nevertheless, we found tailor-made formulations:

- 29 for Wishes,
- 80 for Responses from Others,
- 109 for Responses of Self

Empirical sources – CCRT studies

Psychodyn. Short Therapies

3 short therapies (each 25 sessions)	Saarbrücken	T.Anstadt
different short therapies (single s.)	Saarbrücken	T.Anstadt
Patient (f) with eating disorder (20 s.)	Frankfurt	A.Stirn
Patient (f) with anxiety disorder (10 s.)	Leipzig	K.Stolzenburg
Patientin with marital conflict (15 s.)	Leipzig	P.Gerhard
"The student" (compul. disord., 23 s.)	Ulm/Leipzig	C.Albani

Psychoanalytic Therapies

"Christian" (anxiety neurosis, 10 s.)	Ulm/Leipzig	G.Plöttner
"Amalia" (Depression, 95 s.)	Ulm/Leipzig	C.Albani

RAP

Subject-couples (64 Int.)	Göttingen	H.Staats
Patient-couples (120 Int.)	Göttingen	H.Staats
Subjects (30 Int.)	Leipzig	M.Möckel
Psychotherapy patients (198 Int.)	Leipzig	A.Körner, C.Albani
Interviews with medicines (33 Int.)	München	B.Waldvogel

Curriculum Vitae

Psychotherapy patients (12)	Leipzig	D.Bannier
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Intake Interviews

Psychotherapy patients (32 Int.)	Ulm	G.Messer
Psychotherapy patients (40 Int.)	Leipzig	A.Körner, C.Albani

a rough estimation: $\Sigma \approx 400$ test persons, 800 sessions/interviews exploited

Theoretical sources

- "Understanding transference" (Luborsky et al.)
- Affective dictionary (Dahl, Hölzer)
- Central Relationship Questionnaire (Barber, Foltz, & Weinryb, 1998)
- Inventory of Interpersonal Problems (Horowitz, 1988)
- Freiburg Personality Inventory (Fahrenberg, Hampel, & Selg, 1984)
- NEO-PI-FFI (Costa, & McCrae, 1989)
- Attachment Questionnaire (Griffin & Bartholomew, 1994)
- Clinical Motivation Inventory (Deneke, et al., 1996)
- Relationship Pattern Questionnaire BeMus (Kurth & Pokorny, 1999)
- Categories of OPD (OPD working group, 1996)
- Categories of SASB (Benjamin, 1974)
- wishes and fears of "Ideographic Conflict Formulation" (Perry, 1997)
- wishes of "Reiss-Profiles" (Reiss & Haverkamp, 1998)
- CCRT-wish categories (Thorne & Klohn, 1993)
- "Anxiety Dictionary" (Grünzig, 1980)
- "Circumplex model" (Leary, 1957, Kiesler, 1983)
- Attachment theory (Bowlby, 1969, 1973, 1980)
- "Motivation Systems" (Lichtenberg, 1983)
- "Big-five Factor Structure" (Goldberg, 1992)

It was a long way...

1. creating and reduction of lists of tailor-made formulations
2. rating of similarity and 1st hierarchical cluster analysis
3. rating of similarity and 2nd hierarchical cluster analysis
4. sexual categories
5. development of the final list of predicates
6. checking reliability and validity
7. translations

It was a long way 1-3

1. Creating and reduction of lists of tailor-made formulations

- 1.1 creating 3 lists of tailor-made-formulations from empirical and theoretical sources: 806 W + 1158 RO + 1363 RS items
- 1.2 merging of the 3 lists together
- 1.3 assignment of each tailor-made-formulation to one predicate
- 1.4 discharge of synonymous tailor-made-formulations
(→ list of 232 predicates)

2. rating of similarity and 1st hierarchical cluster analysis

- 2.1 independent rating of predicate similarity (2 raters)
- 2.2 1st hierarchical cluster analysis
- 2.3 creating a list of → 101 groups of predicates

3. rating of similarity and 2nd hierarchical cluster analysis

- 3.1 independent rating of similarity (5 raters)
- 3.2 2nd hierarchical cluster analysis
- 3.3 creating a preliminary category system (119-34-11 categories)

It was a long way 4-6

4. sexual categories

- 4.1 list of tailor-made-formulations with "sexual content" (83 items)
- 4.2 assignment 83 items to one predicate (→ 34 predicates)
- 4.3 independent rating of similarity (2 raters) and 1st cluster analysis
- 4.4 creating a list of 10 groups of predicates
- 4.5 independent rating of similarity (5 raters) and 2nd cluster analysis
- 4.6 creating of 3 groups of predicates with 9 subcategories

5. development of the final list of predicates

- 5.1 repeated reworking of the list of predicates, adding the sexual categories, final hierarchical list with 119 – 30 – 13 categories.

6. checking reliability and validity

- 6.1 test of the reformulated categories
on one cross section sample and one single case study
- 6.2 ongoing trial applications
by independent psychotherapy researchers

Design choices 1

Symmetry rule 1:

**What the other can do I can do as well.
What I can do the other can do as well.**

→ consequent correspondence
between RO and RS categories.

Design choices 2

Symmetry rule 2:

**Whatever what can happen I can wish.
Whatever what I can wish can happen.**

→ consequent correspondence between
RO and RS categories on the one side
and W categories on the other side.

→ two kinds of W:
Object-related wishes WO and subject-related wishes WS

→ four (!) basic dimensions: WO, WS, RO, RS.

Four basic dimensions of CCRT-LU

Instead of three CCRT-dimensions W, RO, RS we have:

WO	= wish concerning the object	= „the other should ...“
WS	= wish concerning the subject	= „I want to ...“
RO	= response concerning the object	= „the other does ...“
RS	= response concerning the subject	= „I do ...“

Detailed dimensions of CCRT-LU

WOO = [less important in the CCRT context]

WOS = wish	object → subject	= „the others should ... me“
WSO = wish	subject → object	= „I want to ... the other“
WSS = wish	subject → subject	= „I want to ... myself“

ROO = [less important in the CCRT context]

ROS = response	object → subject	= „the others does ... me“
RSO = response	subject → object	= „I do ... the other,,“
RSS = response	subject → subject	= „I do ... myself“

Unique category system: casting predicates

Symmetry rules →

Same categories for all dimensions:

13 "cluster" – 30 "standard categories" – 119 "subcategories"

predicate:

components:

B23 „helping“

WOS-B23	„the other should help me“
WSO-B23	„I want to help the other“
ROS-B23	„the other is helping me“
RSO-B23	„I am helping the other,,“

Unique category system - 13 main clusters

harmonious	A attending to
	B supporting
	C loving, feeling well
	D being self-determined
disharmonious	E being depressed, resigning to sth.
	F being dissatisfied, being scared
	G being determined by others
	H being angry, unlikable
	I being unreliable
	J rejecting
	K subjugating
	L annoying, attacking
	M withdrawing

Cluster C loving, being well		
C loving, being well	C1 being close	C11 being close, accepting, intimate, providing for, good
		C12 consoling, comforting
		C13 liking, being liked, likeable, having friends, getting along
	C2 loving, having relationship	C21 falling in love, being attractive
		C22 loving
		C23 having children, having a relationship
	C3 confident, satisfied, experiencing pleasure	C31 trusting, being certain, believing, being confident, secure
		C32 being relieved
		C33 letting oneself go, being spontaneous, having scope to develop, being happy, feeling well, enjoying, having fun
		C34 being glad, being (happily) surprised, being satisfied
	C4 being sexually active, interested	C41 being romantic
		C42 making a pass, flirting
		C43 touching, kissing, cuddling, being affectionate
		C44 desiring, being aroused, wanting, being sexually attractive
		C45 having sex, being instinctual, potent, passionate, sexually experienced
	C5 being healthy, living	C51 being healthy
		C52 living

Cluster L: annoying, attacking		
L annoying, attacking	L1 annoying someone	L11 hurting, offending, embarrassing, making ridiculous, humiliating
		L12 being malicious, being cynical, laughing at someone
		L13 annoying, harassing, inhibiting, bothering someone
		L14 disturbing, distracting
	L2 attacking	L21 scaring, threatening, attacking, provoking
		L22 tormenting, injuring, hostile, breaking
		L23 punishing, taking revenge, destroying, being violent
		L24 abusing, raping

Cluster M: withdrawing		
M with- drawing	M1 Retreating, being reserved	M11 leaving, distancing, demarcating
		M12 keeping one's distance, retreating, withdrawing
		M13 being distrustful
		M14 avoiding conflict, being complaisant, giving in, being submissive
		M15 being withdrawn, keeping quiet
		M16 being reserved, being shy
		M17 being compulsive
		M18 having no children, not having a relationship
	M2 being sexually inactive	M21 being disinclined, being acquiescent
		M22 being inhibited, not being aroused, being impotent
		M23 being sexually inexperienced
	M3 being ill	M31 being exhausted, being tired
		M32 having symptoms
		M33 being physically ill, being mentally ill
		M34 dying, killing oneself

Valence	
Positive, negative responses ... <i>unchanged definition:</i>	
response "positive":	wish satisfied
response "negative":	wish not satisfied
<p><i>Note 1:</i> <i>"positive/negative"</i> <i>not equivalent with</i> <i>"harmonious/disharmonious"</i></p>	
<p><i>Example:</i> PRSO-M12 „I am keeping them on distance“ <i>(It was my wish, finally I have managed it!)</i> NRSO-M12 „I am keeping them on distance“ <i>(It was <u>not</u> my wish, why I am so alone?)</i></p>	

Positivity index

Positive, negative responses RO, RS, ROS, RSO, RSS:
relative proportion of positive responses
in the considered dimension

$$P / (P + N)$$

or: $100 * P / (P + N)$ (value in percents)

values range between

0 = quite negative ... 0.5 = fifty fifty ... 1 = quite positive

Note 2:
"positive / negative"
not equivalent with
"healthy / sick"

Positivity index

A 1000000-hrvnas question:

Positivity index

A 1000000-hrvnas question:

Even narratives of healthy people contain
more **negative**
than **positive**
responses.

Why?

Reliability of CCRT and CCRT-LU rating

Kappa values for scoring the tailor-made formulations (Leipzig).

CCRT	clusters	standard categories	CCRT-LU	high level	middle level
kappa 2 judges	8 W 8 RO 8 RS	34 W 30 RO 30 RS	kappa 3 judges	13 clusters	30 categories
W n=187	.48	.42	WO+WS n=345	.66	.60
RO n=228	.47	.37	RO n=459	.65	.58
RS n=216	.65	.52	RS n=489	.63	.56

It was a long way 7

7. translations

(running:)

- 7.1 independent translations from German by 2-4 experts
- 7.2 comparison and creating of the consensus version

(next future:)

- 7.3 back translation to German
- 7.4 project „intercultural reliability of the CCRT-LU“

It is a long way

 **German**
(the original)

↓ ↓ ↓

 **Bulgarian**

 **Czech**

 **English**

 **French**

 **Greek**

 **Italian**

 **Portuguese**

 **Russian**

 **Slovak**

 **Spanish**

 **Ukrainian**

Cornelia Albani (Leipzig), Dan Pokorny (Ulm),
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Sara Bottino (Sao Paulo), Fernando Silva (Lisboa)

Alexander Filtz (Lwiw), Dmitrij Velikovskiy (Moscow)

Dora Uhrová (Bratislava) et al.

Denise Defey (Montevideo),

Yolanda Lopez-del-Hoyo, Alejandro Avila-Espada (Salamanca)

Oxana Kulyk, Alexander Filtz (Lwiw)

Clinical case Amalia X.

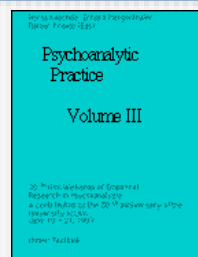
Patient:

- a 32-year old woman, teacher, living alone
- dysthymia
- hirsutism, feeling of being stigmatized
- low self-esteem, especially in personal relationships
- inhibition of closer heterosexual friendships

Treatment:

- experienced male therapist
- psychoanalytic treatment
- 3 sessions a week
- total of 517 sessions
- evaluated as successful
based on clinical evaluation and psychological testing

Research case Amalia X.



http://sip.medizin.uni-ulm.de/abteilung/buecher/Band_III/Cont.html

<http://sip.medizin.uni-ulm.de>



[publications](#)

[books](#)

[Psychoanalytic Practice Vol. 3](#)



Horst Kächele & Helmut Thomä (Eds.)

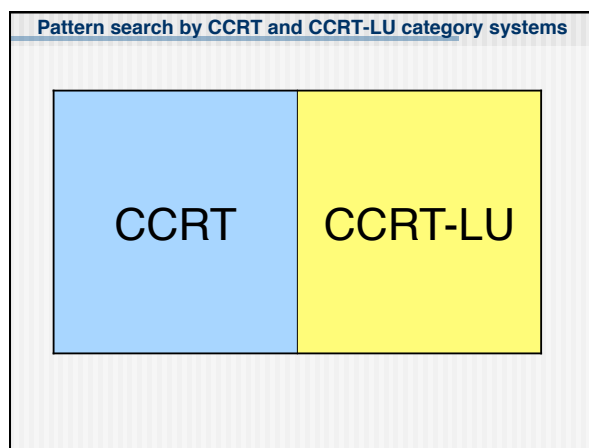
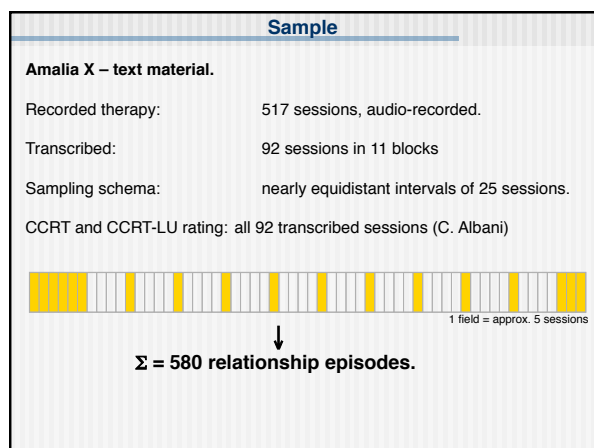
Lehrbuch der psychoanalytischen Therapie. Band 3 Forschung. Ulm.

Psychoanalytic Practice. Volume 3 Research. New York.

Tratado de terapia psicoanalítica. Tomo 3 Investigación. Buenos Aires.

La ricerca in psicoanalisi. Lo studio del "caso clinico".

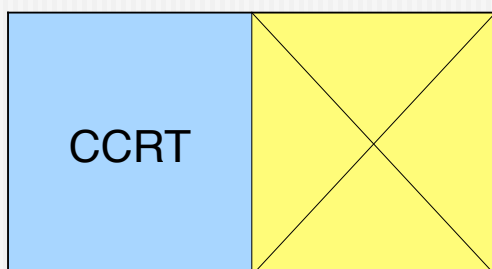
Sovremennij psychoanaliz. Tom 3 Issledovanie. Sankt Peterburg.



Episode with the partner		
RE: Partner, Session 446	CCRT	CCRT-LU
P: ...and then he said, 'hey listen, in the end, I mean, our relationship doesn't justify something like this, you basically have no right, ah, hm, to hold me back from other relationships. It would be different if you wanted to start a family and have kids, then it's bad, if you sleep around with other women', something like that,	NRO 17, c5: he is rejecting, opposing IW 6, c5: to be close	N ROS 112: he is irresponsible I WOS D16: he should be trustworthy
and that really shocked me, looking back. And then when he called me on Monday,	NRS 20, c7: I'm disappointed, depressed	N RSO H14: I'm offended
I thought, I won't call him until Thursday, if he wants something, he should call,	NRS 08, c2: I'm unresponsive	N RSO M12: I'm retreating
and then when he called on Monday,	PRO 09, c7: he likes me	P ROS B11: he is communicating
what I kind of expected, T: he originally wanted to break up on Monday. P: Monday was the absolute low. T: hm		
P: I thought, I really have to end it.	IW 10, c4: to be distant	I WSO M11: I want to demand
And I was completely cold to him on the phone and kept it really short	NRS 11, c4: I oppose	N RSO J22: I'm judging
then he called again about the pills, then it was OK.	PRO 09, c7: he likes me	P ROS B11: he is communicating
And then he must have got the impression, that I was, he maybe sensed the break-up.	PRO 01, c8: he's understanding	P ROS A23: he is showing interest
I don't know, I don't know, I never really said, 'I'm going to break up with you'. Or I never said, 'Don't touch me again' or,	NRS 19, c6: I'm helpless IW 33, c6: to be loved	N RRS F22: I'm indecisive I WSO C23: I want to have relationship

Central relationship theme		
CCRT	abs.	rel.
W c6 I wish to be loved and understood	283/788	.359
RO c5 The others are rejecting and opposing	406/942	.431
RS c7 I am disappointed and depressed	345/1054	.327

Pattern search by the CCRT category system



CCRT – global patterns

COMPONENT		abs.	rel.
W	WISH	788	1.000
W-c6	to be loved and understood	283	.359
W-c6	to be close and accepting	146	.185
W-c4	to be distant and avoid conflicts	102	.129
RO	RESPONSE OF OTHERS	942	1.000
RO-c5	rejecting and opposing	406	.431
RO	positivity index		0.152
RS	RESPONSE OF SELF	1054	1.000
RS-c7	disappointed and depressed	345	.327
RS-c6	helpless	249	.236
RS	positivity index		0.240

CCRT phase specific patterns for BEGINNING/END

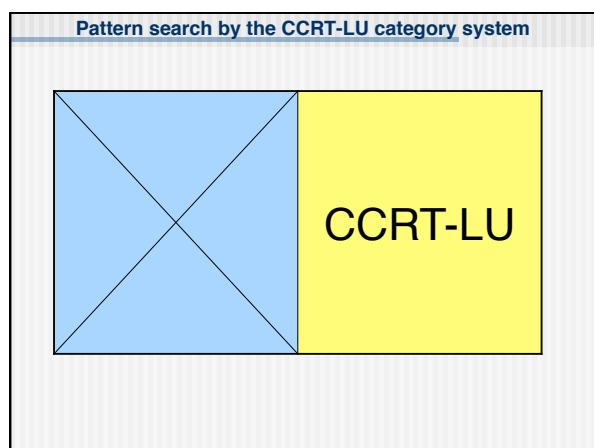
CCRT AT THE BEGINNING frequency Fisher	CCRT AT THE END frequency Fisher
W - WISH at the beginning	W - WISH at the end
W c4-17 to avoid conflict 10 **	W C2 to oppose, hurt, control o. 25 ***
W c6-02 to be accepted 25 *	W c2-18 to oppose others 12 **
	W c2-19 to have control over others 11 *
	W c5-11 to be close to others 16 **
	W C1 to assert self, be independent 18 *
	W c1-23 to be independent 18 *
RO - at the beginning	RO - RESPONSE OF OTHERS at the end
RO c3-27 are angry 15 *	RO C4 bad 30 **
RO c5-06 don't respect me 26 *	RO c4-25 are bad 22 *
	RO C7 likes me 18 *
	RO c7-09 likes me 14 *
	RO c5-17 oppose me 14 *
RO-positivity-index 0.137	RO-positivity-index 0.168
RS - at the beginning	RS - RESPONSE OF SELF at the end
RS c8-25 feel guilty 22 *	RS C5 self-controlled self-confident 37 ***
RS c7-23 feel unloved 25 *	RS c5-12 am controlling 8 ***
RS c6-16 am dependent 43 *	RS c5-15 am independent 13 **
	RS c7-21 feel angry 40 **
	RS C4 oppose and hurt others 23 *
	RS c4-11 oppose others 22 *
RS-positivity-index 0.182	RS-positivity-index 0.380

CCRT - object specific patterns for PARTNER

W wishes	frequency Fisher
W c6-33 to be loved	18 ***
W C5 to be close and accepting	30 **
W c5-11 to be close to others	14 **
RO responses of partner	frequency Fisher
RO C8 he is understanding	13 **
RO c8-01 he is understanding	6 **
RO C4 he is bad	20 *
RO c4-08 he is not trustworthy	8 *
RO C7 he likes me	14 *
RO c7-09 he likes me	11 *
RO-positivity-index	0.219
RS responses of self	frequency Fisher
RS c3-29 I feel happy	5 **
RS c1-07 I am open	8 *
RS-positivity-index	0.306

CCRT - object specific patterns for CHIEF			
W wishes		frequency Fisher	
W C3	to be controlled, not responsible	9	**
W c3-13	to be helped	9	***
RO responses of the chief		frequency Fisher	
RO-positivity-index		0.132	
RS responses of self		frequency Fisher	
RS C4	oppose and hurt the chief	9	**
RS c4-11	oppose the chief	9	**
RS-positivity-index		0.250	

CCRT - object specific patterns for PUPILS			
W wishes		frequency Fisher	
W C8	to achieve and help pupils	11	***
W c8-22	to achieve	7	***
W c8-12	to help pupils	4	**
RO responses of pupils		frequency Fisher	
RO C3	pupils are upset	13	**
RO c3-22	pupils are dependent	3	*
RO-positivity-index		0.085	
RS responses of self		frequency Fisher	
RS C1	I am helpful	9	**
RS c1-09	I am helpful	7	***
RS c5-12	I am controlling	3	*
RS-positivity-index		0.319	



CCRT-LU global patterns			
WISHES		RESPONSES	
WOS others should ... to me	518 1.000	ROS the others are...to me	884 1.000
A attending to	240 .463	J rejecting	188 .213
B supporting	138 .266	I unreliable	182 .206
C loving, feeling well	74 .143	K subjugating	133 .150
D being self-determined	52 .100	M withdrawing	79 .089
		L annoying, attacking	72 .081
		ROS positivity index	0.155
WSO I want to be ... others	241 1.000	RSO I am ... (to) others	718 1.000
D being self-determined	54 .224	H angry, unlikable	167 .233
M withdrawing	50 .207	G determined by others	125 .174
C loving, feeling well	40 .166	M withdrawing	103 .143
A attending to	30 .124	F dissatisfied, scared	89 .124
J rejecting	25 .104	J rejecting	64 .089
		RSO positivity index	0.271
WSS I want to be...(myself)	47 1.000	RSS I am ... (myself)	385 1.000
D being self-determined	24 .511	F dissatisfied, scared	178 .462
C loving, feeling well	17 .362	E depressed	69 .179
A attending to	6 .128	G determined by others	44 .114
		C loving, feeling well	38 .099
		D self-determined	33 .086
		RSS positivity index	0.181

CCRT-LU phase specific responses for BEGIN/END			
CCRT-LU RESPONSES BEGINNING		CCRT-LU RESPONSES END	
freq Fisher		frequency Fisher	
ROS - the others are _ to me BEGINNING			
J rejecting	81 **	R1 being bad	11 ***
J1 unerving, disheartening	42 *	R11 being bad, cheating, exploiting	11 ***
H14 being hurt, offended	8 *	H2 being disliked	5 **
		H24 being unfriendly, impolite	3 *
		I2 being selfish	23 *
		I23 being selfish, greedy	9 *
		B11 explaining, communicating	9 *
		A2 accepting, understanding	11 *
roso positivity index		roso positivity index	
0.195		0.175	
RSO - I (am) _ (to) others BEGINNING			
G1 being dependent	21 **	D being self-determined	23 ***
G12 being dependent, clinging	11 *	D2 being proud, autonomous	21 ***
G13 not being self-sufficient	6 *	D25 being independent, self-sufficient	10 ***
H14 being hurt, offended	20 **	D22 being capable, successful	3 *
M withdrawing	47 *	J rejecting	23 *
M1 retreating, being reserved	47 *	J2 opposing, competing	22 **
B23 helping	7 *	J22 declining, excluding, rejecting	8 **
		H17 hating	6 **
		H16 being angry, enraged	34 *
roso positivity index		roso positivity index	
0.243		0.386	
RSS - I am _ (myself) THERAPY BEGINNING			
F being dissatisfied, scared	86 **	D being self-determined	14 ***
F11 feeling guilty, regretting	20 *	D2 being proud, autonomous	12 **
G being determined by others	25 *	D22 being capable, successful	12 **
G2 being weak	24 *	E1 being disappointed	12 *
		E11 being unhappy, depressed	12 *
rss positivity index		rss positivity index	
0.088		0.343	

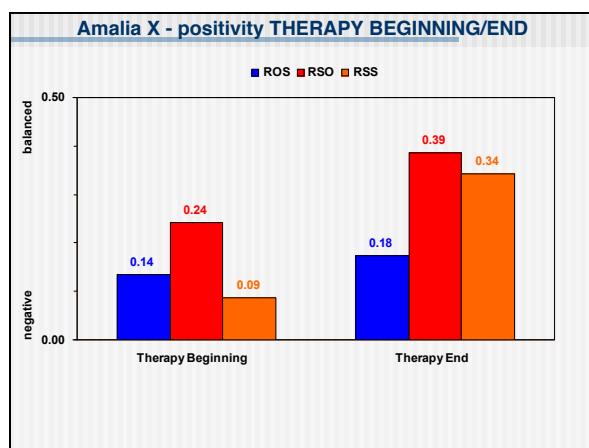
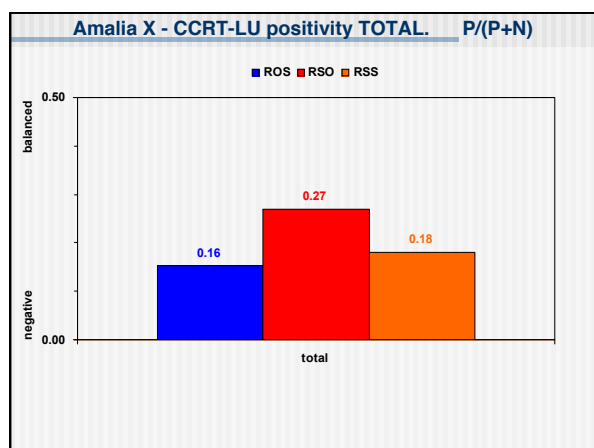
CCRT-LU object specific patterns for PARTNER			
WISHES		RESPONSES	
	frequency Fisher		frequency Fisher
WOS - the PARTNER should be _ (to/with) me			
C loving / feeling well	18 ***	A attending to me	14 **
C2 loving	7 ***	A2 accepting	12 ***
C23 having a relationship	6 ***	A24 perceiving feelings, b. sensitive	4 **
C4 being sexually active	5 ***	A23 approaching, noticing	6 *
C43 touching, kissing	4 **	E11 explaining, stating	6 *
A24 perceiving feelings, b. sensitive	5 *	M withdrawing	19 *
		M12 retreating, keeping distance	8 *
		M2 being sexually inactive	3 *
		E1 being bad	7 *
		E11 exploiting, betraying	7 *
		I23 being selfish	7 *
ros positivity index		ros positivity index	
0.175		0.175	
RSO - I (am) _ (to) the PARTNER			
C loving / feeling well	18 ***	A2 accepting	7 *
C2 loving	7 ***	M withdrawing	23 *
C23 having a relationship	7 ***	M1 retreating, being reserved	22 *
C4 being sexually active	5 ***	M13 being distrustful	7 *
C45 having sex, being potent	3 **	J22 declining, excluding	5 *
M11 leaving, distancing	4 *		
roso positivity index		roso positivity index	
0.374		0.374	
RSS - I am _ (myself)			
		M withdrawing	8 ***
		M2 being sexually inactive	5 **
		M22 being inhibited, impotent	5 ***
		E1 being disappointed	13 **
		E11 being unhappy, depressed	13 **
rss positivity index		rss positivity index	
0.180		0.180	

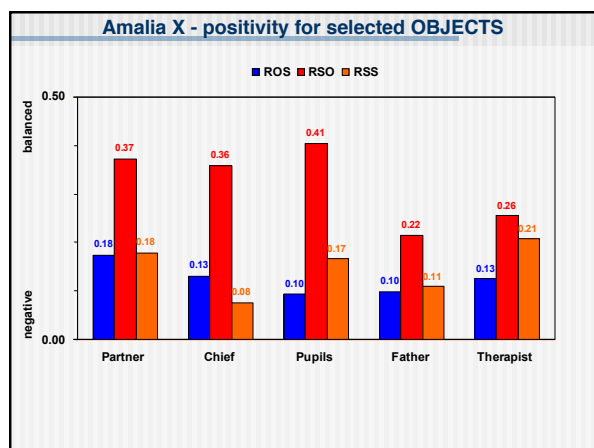
CCRT-LU object specific patterns for CHIEF			
WISHES		RESPONSES	
Fisher	frequency	Fisher	frequency
WOS - the CHIEF should be ..(to) me		ROS - the CHIEF is .. to me	
B supporting	13 **	I being unreliable	17 ***
B2 helping/giving independence	5 *	I2 being selfish	8 **
B21 protecting	3 *	I22 being dishonest, unfair	6 **
B12 praising, agreeing	7 *	I1 neglecting	9 *
D being self-determined	7 *	I12 neglecting, abandoning	6 *
D1 being moderate out of strength	6 *		
D16 being trustworthy, honest	6 **		
		ros positivity index	0.132
		RSO - I (am) ... the CHIEF	
		J rejecting	6 *
		J2 opposing, criticizing	6 *
		J21 competing, disputing	5 *
		roso positivity index	0.360
		RSS - I am ... (myself)	
		E21 giving up	3 *
		rss positivity index	0.077

CCRT-LU object specific patterns for PUPILS			
WISHES		RESPONSES	
	frequency Fisher		frequency Fisher
WOS - the PUPILS should be (to/with) me			
A21 <u>accepting, respecting</u>	5 *	ROS - the PUPILS are ... me	
		L <u>annoying /attacking</u>	8 *
		L1 <u>annoying someone</u>	5 *
		J21 <u>competing, disputing</u>	3 **
		G <u>being determined by others</u>	5 *
ros positivity index		0.098	
WSO - I want to be (to/with) the PUPILS			
B <u>supporting</u>	4 *	RSO - I (am) ... (to) the PUPILS	
B2 <u>helping/giving independence</u>	4 **	B <u>supporting</u>	5 **
B23 <u>helping</u>	4 **	B2 <u>helping/giving independence</u>	5 ***
D21 <u>being strong, superior</u>	3 *	B23 <u>helping</u>	5 ***
		K <u>subjugating</u>	3 *
		K2 <u>dominating</u>	3 *
		H14 <u>being hurt, offended</u>	4 *
roso positivity index		0.408	
WSS - I should feel myself			
D22 <u>being capable, successful</u>	5 *	RSS - I am ... (myself)	
		F11 <u>feeling guilty, regretting</u>	6 **
rss positivity index		0.167	

CCRT-LU object specific patterns for FATHER			
WISHES Fisher	frequency	RESPONSES Fisher	frequency
WOS - the FATHER should be ... (to/with) me		ROS - the FATHER is ... me	
C11 being close, intimate, loving	4 *	G23 disappointing, overstrained, failing	3 *
A23 approaching, noticing, interested	6 *	H14 being hurt, offended	3 *
D16 being trustworthy, honest	5 *	J1 ignoring, reproaching	10 *
		M12 retreating, keeping one's distance	4 *
		ros positivity index	0.100
WSO - I want to be ... (to/with) the FATHER		RSO - I (am) ... (to) the FATHER	
C1 being close	4 *	H being angry, unlikable	16 **
A2 accepting, understanding	3 *	H1 feeling disgust, being angry	16 **
		H17 hating	3 **
		L annoying, attacking	3 *
		rao positivity index	0.216
		RSS - I am ... (myself)	
		E being depressed, resigning	7 *
		E2 resigning oneself to sth.	5 **
		E21 giving up, resigning	5 **
		rss positivity index	0.111

CCRT-LU object specific patterns for THERAPIST			
WISHES Fisher	frequency	RESPONSES Fisher	frequency
WOS - the THERAPIST should be ... (to/with) me		ROS - the THERAPIST is ... me	
C1 being close	17 **	M withdrawing	22 **
C13 liking	15 ***	M1 retreating, being reserved	22 ***
B supporting	33 **	M15 being withdrawn, keeping quiet	16 ***
B1 explaining, confirming	30 **	H being angry, unlikable	13 **
B11 explaining, communicating, expressing	19 ***	H1 feeling disgust, being angry	13 **
		H16 being angry, enraged, frustrated	7 *
		H15 not liking	3 *
		J1 ignoring, reproaching	22 *
		J11 unswerving, disheartening, ignoring	17 **
		ros positivity index	0.126
WSO - I want to be ... (to/with) the THERAPIST		RSO - I (am) ... (to) the THERAPIST	
M15 being withdrawn, keeping quiet	4 *	E being dissatisfied, scared	23 ***
		F2 being scared, anxious	23 ***
		F22 being unsure, confused, indecisive	14 ***
		G2 being weak	19 *
		G23 disappointing, overstrained, failing	5 **
		G22 being incapable, inexperienced	5 *
		D being self-determined	12 **
		D2 being proud, autonomous	12 **
		D25 being independent, self-sufficient	8 ***
		C3 confident, satisfied, pleased	6 *
		C31 trusting, being confident, secure	6 ***
		rao positivity index	0.256
WSS - I should feel myself		RSS - I am ... (myself)	
A1 exploring, admiring	3 **	F13 feeling unwell, dissatisfied	14 *
		rss positivity index	0.208





the end is coming ...

the end is coming ...

the end