

## Castor & Pollux

J. Safran's talk about „psychoanalysis, research & the construction of scientific knowledge“

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Discussion

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## A Scientist's Task

- „In his day work it is necessary for a **scientist** to exercise a high degree of criticism and selfcriticism: and in the world he inhabits neither the data nor the theories of a leader, however admired personally he may be, are exempt from challenge and criticism. There is no place for authority.

## The Practice of a Profession.

- The same is not true in the **practice of a profession**.
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- If he is to be effective a **practitioner** must be prepared to act as though certain principles and certain theories were valid; and in deciding which to adopt he is likely to be guided by those with experience from whom he learns.
- Since, moreover, there is a tendency in all of us to be impressed whenever the application of a theory appears to have been successful, practitioners are at special risk of placing greater confidence in a theory than the evidence available may justify.
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- (Bowlby 1979, p. 4)

## Treatment-theories and Research-theories (Orlinsky 1990)

- These two types of theories are different because they have different uses and operate in different contexts.
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- Treatment-theories operate in the clinical context, and their function is to help therapists understand and intervene responsibly, and one hopes also helpfully, in the lives, thoughts and emotions of their patients.
- Research-theories of psychotherapy, on the other hand, operate in the context of scientific inquiry, and their function is to help researchers design interesting studies and understand the meaning of cumulative research findings.

### Clinical Theories

- Are innovative
- Are holistic
- Are contextual
- Are based on private data
- Are crazy (some of them)
- Are quasi-hermeneutic

### Scientific Theories

- Are modest
- Are local
- Are circumscribed
- Are public data driven
- Are evidence-based

### How to Build a Bridge

- Agree on areas of shared interest
- Support case-studies where clinical competence meets researcher's measurements