

Thursday, May 4. 2006

David Orlinsky über den Stand der Psychotherapieforschung

David Orlinsky, einer der bekanntesten Psychotherapieforscher der Welt und früherer Präsident der "North American Society for Psychotherapy Research", hat sich unlängst im Newsletter dieser Gesellschaft von Januar 2006 über den gegenwärtigen Stand der Psychotherapieforschung geäußert. systemmagazin freut sich über die Erlaubnis des Autors, diesen Text (der leider nur in englischer Sprache vorliegt) dem deutschen Publikum in der systemischen Bibliothek zugänglich machen zu können. Orlinsky, der seit über 40 Jahren Psychotherapieforschung betreibt, äußert sich in diesem lesenswerten Text alles andere als optimistisch über den Stand der Dinge: "I must start by confessing that I don't really read psychotherapy research when I can help it. Why? The language is dull, the story lines are repetitive, the characters lack depth, and the authors generally have no sense of humor. It is not amusing, or at least not intentionally so. What I do instead of reading is scan or study. I do routinely scan the abstracts of articles as issues of journals arrive to assure myself there is nothing I need or want to know in it, and if the abstract holds my interest then I scan tables of results. Also, at intervals of years, I have agreed to study the research on psychotherapy systematically, usually with a specific focus on studies that related process and outcome (...). I have been doing this for 40 years more or less, and on that basis (for what it is worth) here is what I think about the state of psychotherapy research."

An der gegenwärtigen Psychotherapieforschung kritisiert Orlinsky ihre Kontext- und Kulturvergessenheit, ihr Verständnis von Psychotherapie als einem unidirektionalen Prozess, ihre Störungs- statt Klientenorientierung, ihre Missachtung der PsychotherapeutInnen als Personen zugunsten abstrakter therapeutischer Skills, ihre Trennung von Soma und Psyche usw. Er schreibt hierzu: "The reality of psychotherapy, as I see it, is that it involves (a) an intentionally-formed, culturally-defined social relationship through which a potentially healing intersubjective connection is established (b) between persons who interact with one another in the roles of client and therapist (c) for a delimited time during which their life-course trajectories intersect, (d) with the therapist acting on behalf of the community that certified her (e) to engage with the patient in ways that aim to influence the patient's life-course in directions that should be beneficial for the patient. Neither of these realities seems to me to be adequately addressed by the dominant paradigm or standard research model followed in most studies of psychotherapeutic process and outcome". Der Link zum vollständigen Text

Posted by Tom Levold in Bibliothek at 00:01

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Anonymous on May 4 2006, 19:07

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Anonymous on May 7 2006, 17:24