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## EVIDENCE-BASED PSYCHOANALYTIC CASE STUDY-PRIZE

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*That Don't Make It Junk*

I know that I'm forgiven, But I don't know how I know; I don't trust my inner feelings, Inner feelings come and go  
Leonard Cohen

The Association for Child Psychotherapy (ACP) & Association for Psychoanalytic Psychotherapy Education Trust (APP) have agreed to set up two new annual Prizes for:

1. The best research proposals for an evidence-based psychoanalytic case study (2 prizes @ £250)
2. An evidence-based psychoanalytic case study carried out to a research plan, and written up for publication in *Psychoanalytic Psychotherapy* and/or *The Journal of Child Psychotherapy* (£1,500)

### Competition 1: Case Study Research Proposals

Submissions for research proposals should contain a research plan that meets criteria below. Entries that do not meet the criteria will be returned with advice about how to re-submit, if so wished.

### Competition 2: Evidence-Based (Empirical) Psychoanalytic Case Studies

To be eligible for the 2<sup>nd</sup> stage prize (£1,500) the proposal must either have been approved at 1<sup>st</sup> stage (it does not have to be a winner) or ensure it meets essential criteria below. If the former the case study must be completed and accepted for publication within 4 years of initial entry at 1<sup>st</sup> stage.

### Who can enter & how?

Both competitions are open to all ACP & APP members, as this is a Joint Prize. However, we want to encourage others to enter. Therefore, anyone who is not an ACP or APP member can pay an entry fee of £40, which entitles them to APP membership for 1 year, with access to both Journals. USA, European or International practitioners can enter via entry fee. Groups entries are via membership / entry fee. Trainees can enter. (All existing ACP/APP members do not need to pay any entry fee). Entries should be submitted to the Prize Chair ([therapy@practice.demon.co.uk](mailto:therapy@practice.demon.co.uk)) [at any time]. Award of prize winners will be announced at the *Annual Phil Richardson Memorial Research Lecture*.

### The Aim of the New Prizes

The aim is to stimulate practitioner-led research that contributes to building a database of empirical cases testifying about effectiveness of psychoanalytic interventions for application in the NHS. We hope to balance rigour and practicality to set up a progressive and feasible research programme.

### Criteria for an Evidence Based Psychoanalytic Case Study (detailed guidance forthcoming)

A wide range of established and innovative designs will be acceptable providing they seek to address the recognised weaknesses of traditional, non-empirical psychoanalytic case reports. Studies can include individual therapy with adults, children or adolescents; couples, group or family therapy.

### Essential requirements are:

- A 'working causal model' or theory of change that draws centrally on psychoanalytic ideas
- An explicit strategy for tracing how the *actual* process of change links to outcomes, for example, use of a time series method of outcomes measurements to track symptom change and 'recovery' (e.g. based on a shared understanding / formulation and agreed goal)

### Desirable requirements could include any or all of the following:

- An explicit strategy for how evidence will be tested to show a) *predicted* psychoanalytic components caused the changes b) alternative explanations have been credibly ruled out
- Audio-taping sessions (clinical and supervision) to provide verifiable data open to evaluation and further analysis from both sceptical as well as positively predisposed perspectives
- Obtaining the client's explanation for what changed (both during therapy and after)
- Recording the therapist's and supervisor's predictive, observational and reflective comments on *in-vivo* clinical material, separately and contemporaneously, notating each in sequence

**Panel of Judges** The panel is drawn from clinicians and experts who are closely involved in developing manualised interventions and NICE guidelines, as well as scientific evaluation including single case methods. The kinds of case studies we want to encourage will contribute to building an empirical evidence base, as was envisaged in the original APA criteria. The panel is intentionally inter-disciplinary. As well as bringing diverse disciplines together we want the Prize output to influence ongoing science, policy and practice in NHS and social care settings and to help in regenerating our discipline.

**Professor Nancy Cartwright FBA**

Professor of Philosophy, University of California, San Diego & Professor of Philosophy & Co-Director, Centre for Humanities Engaging Science & Society, Durham University  
Member 'Methods of evaluating evidence group', Academy of Medical Sciences & President, Philosophy of Science Association  
Co-Author (with Angus Deaton, Nobel Prize for Economics) *Understanding and Misunderstanding RCTs* (CHES) & author *How to Learn About Causes in the Single Case* in *The Case for Case Studies* (eds) Widner, Woolcock & Nieto (forthcoming)

**Dr Jocelyn Catty**

Research Lead, doctoral training in Child Psychotherapy, Tavistock Centre and Child and Adolescent Psychotherapist, CAMHS, South London. Formerly Senior Research Fellow in Mental Health, St. George's, University of London.  
Co-Author (with Emanuel, Anscombe & Muller) *Implementing an aim-based outcome measure in a psychoanalytic child psychotherapy service: Insights, experience and evidence* *Clinical Child Psychology and Psychiatry* (2013)

**Chair for Prize and Co-Chair for APP Education Trust: Jeremy Clarke CBE FBACP**

Research Lead, Association for Psychoanalytic Psychotherapy in the NHS; Research Fellow, Centre for Philosophy of Natural and Social Science, London School of Economics and Political Science & Research Associate, Centre for Humanities Engaging Science & Society, Durham University  
Expert member NICE Guideline for Depression, 2009 & 2017 (forthcoming), & Expert adviser, NICE Centre for Guidance; Former National Professional Adviser, IAPT & National Clinical Lead for the Audit of Psychological Therapies in the NHS  
Author *The Blind Guideline-Maker: why NICE keeps missing what matters*, *The Psychotherapist* 51, Summer 2012; Co-Author (with Barkham) *Evidence de rigueur: the shape of evidence in psychological therapies and the modern practitioner as teleo-analyst* *Clinical Psychology Forum*, 2009, 202, 7-10; Co-Author (with Crawford et al) Patient preference in psychological treatment and associations with self-reported outcome: national cross-sectional survey in England and Wales. (2016) *BMC Psychiatry*, 16(4) 1-8

**Professor Peter Fonagy OBE FMedSci FBA**

Professor of Contemporary Psychoanalysis and Developmental Psychology, University College London & Chief Executive, Anna Freud National Centre for Children and Families  
National Clinical Adviser, Children & Young People's IAPT & Chair, NICE Guideline for Depression in Children & Young People, 2005 & 2015; Member UCL Partners Academic Board  
Correspondent in Wolpert, L., & Fonagy, P. (2009). *There is no place for the psychoanalytic case report in the British Journal of Psychiatry*. *British Journal of Psychiatry*, 195, 483–487. Co-Author (with Moran) 'Psychoanalysis and diabetic control: a single-case study'. (1987) *British Journal of Medical Psychology*, 60: 357–72 & (1993) 'Selecting single case research designs for clinicians'. In Miller, Luborsky., Barber and Docherty. (eds) *Psychodynamic Treatment Research: A Handbook for Clinical Practice*. New York: Basic Books.

**Professor Alessandra Lemma**

Clinical Director, Psychological Interventions Research Centre, University College London & Co-Director, Young People Therapy & Consultation Service, Group Analytic Practice, Harley Street  
Former Editor, *Psychoanalytic Psychotherapy*; Regional Editor, *International Journal of Psychoanalysis* & General Editor New Library of Psychoanalysis Book Series; Co-Author (with Fonagy & Target) *Dynamic Interpersonal Therapy*

**Co-Chair for ACP: Dr Nick Midgley**

Association of Child Psychotherapists & Co-Director, Child Attachment & Psychological Therapies Research Unit, Anna Freud National Centre for Children and Families & University College London  
Academic Director, PsychD in Child and Adolescent Psychotherapy, UCL & Director, MSc in Developmental Psychology and Clinical Practice  
Author: The 'inseparable bond between cure and research': clinical case study as a method of psychoanalytic inquiry *Journal of Child Psychotherapy* 2006; Co-Author (with Simon Cregeen, Carol Hughes, Maria Rhode & Margaret Rustin) *Short-Term Psychoanalytic Psychotherapy for Adolescents with Depression*

**Dr Eleanora Montuschi**

Senior Research Fellow, Centre for Philosophy of Natural and Social Science, London School of Economics and Political Science; Associate Professor, Department of Philosophy and Cultural Heritage, University of Venice Ca' Foscari  
Author *Ordering knowledge by methodical doubt: Francis Bacon's constructive scepticism* (2012, Order: God's, Man's and Nature's: Discussion Paper, CPNSS, LSE)  
Co-Editor (with Cartwright) (2014). *Philosophy of Social Science: a new introduction*. Oxford University Press

**Professor Mary Target**

Professor of Psychoanalysis University College London & Director MSc in Theoretical Psychoanalytic Studies & Associate Clinical Professor, Yale University, New Haven, USA  
Expert member, NICE Guideline for Depression in Children & Young People, 2005  
Joint Editor, Karnac, Series on Psychoanalysis & Yale, on Developmental Science and Psychoanalysis; Co-Editor (with Leuzinger-Bohleber) (2002) *Outcomes of Psychoanalytic Treatment perspectives for therapists and researchers*

**Jeremy Clarke, Research lead & Trustee, APP & Research Fellow, Centre for Philosophy of Natural & Social Science, LSE**