

EDITORIAL

European Psychotherapy is published in the 16th year now. It arose from surveys of psychotherapy organisations of nearly all European states.

Christian Algermissen & Serge K. D. Sulz

This scientific journal for psychotherapy is published once a year, so it can also be described as a yearbook. Authors can contact the editorial team to submit an article for publication. Your contribution will undergo a peer review process and can then be published. As this is an online-only journal, there is no need to wait for a fixed publication date; articles are made available immediately. The journal is an open access publication that preserves the copyright of the authors but is available free of charge. Those who register will automatically receive the next issue/yearbook. Each year, the majority of invited publications focus on a specific topic. In 2024, the topic was Emotion and Mentalization Supporting Therapy (EMST), formerly known as Mentalization Supporting Therapy. However, the old name caused too much confusion with Mentalization Based Therapy (MBT) (Fonagy et al.). The new name also does justice to the actual weighting of the constructs and concepts and at the same time shows the big difference to MBT, which also identifies affect modification and affect regulation as the core of its therapeutic efforts, but is significantly less focused on the very personal and individual promotion of emotionality than EMST. The article by Lars Theßen, Christian Algermissen, and Serge Sulz, which bridges the gap between the topic of MST from 2024 and the topic of PKP (Psychiatric and Psychological Brief Psychotherapy), highlights this point succinctly. This particular emphasis on patient and sensitive support for momentary feelings and their triggers characterizes the intervention of “emotion tracking.” In addition, this article turns to group therapy – as EMST-G. This has many similarities with PKP-G, as practiced by Algermissen and his colleagues over many years and evaluated in almost 2000 patients.

After this bridge we find an introduction and overview “ “A transdiagnostic approach to Psychiatric and Psychological Brief Psychotherapy PKP“ von Lars Theßen, Stephanie Backmund-Abedinpour and Serge K. D. Sulz . Der PKP-Ansatz wird zunächst im Allgemeinen vorgestellt, quasi als transdiagnostische Psychotherapie – noch bevor PKP sich den einzelnen Störungen zuwendet. Auf diese Weise wird deutlich, dass das Konzept auf quasi alle Achse-I-Störungen angewandt werden kann. Zunächst als Psychiatrische Psychotherapie im 25-Minuten-Setting konzipiert (Sprechstunde und Klinik-Visite) wurde PKP bald von Psychologischen PsychotherapeutInnen im 50-Minuten-Setting der Richtlinien-Psychotherapie angewandt, weshalb der Name sich um „Psychologisch“ erweiterte. Zugleich ist es eine Modulare Psychotherapie, die nicht einem starren

Therapiemanual folgt, sondern den individuellen Patienten mit seiner einmaligen Persönlichkeitsstruktur und Problemlage fokussiert, so dass eine auf ihn zugeschnittene Therapie erfolgt. Dies geschieht als individuelle Submodule im Rahmen der drei großen Module (Säulen) Symptomtherapie – Fertigkeitentraining / Emotions-Exposition und schemaanalytische Arbeit mit der dysfunktionalen Überlebensregel.

Die häufigste und am gründlichsten beforschte störungsspezifische PKP-Variante ist die Depressionsbehandlung: „Psychiatric and psychological brief psychotherapy for depression PKP“ (Lars Theßen, Beate Deckert and Serge K. D. Sulz). Hier wird insbesondere auf die Emotions-Vermeidungs-Funktion der Depression eingegangen. Depression ist ein Vermeidungsverhalten und durch Freude-, Angst-, Wut- und Trauer-Exposition wird dieses Vermeidungsverhalten reduziert, so dass der Patient immer weniger depressiv ist.

Es folgt eine umfassende Darstellung der Verhaltenstherapie von Angst und Zwang: „Psychiatric and psychological brief psychotherapy PKP for anxiety and obsessive-compulsive disorders“ (Lars Theßen, Miriam Sichort-Hebing, Petra Jänsch & Serge K. D. Sulz). Um alle wichtigen und häufigen Angstkrankheiten zu erfassen ist der störungsspezifische Teil der Symptomtherapie besonders umfangreich. Lege artis-Behandlungen (evidenzbasiert und leitlinienkonform) von Panikattacken, Agoraphobie, Generalisierter Angststörung, sozialer Phobie und Zwängen wird von der Zielformulierung, über die Therapieplanung bis zur Durchführung dargestellt.

Mit die häufigste psychische Erkrankung ist der chronische Alkoholismus (Alkoholkrankheit). PKP stellt dafür ein mächtiges Therapieinstrument zur Verfügung „Psychiatric and psychological brief psychotherapy PKP for chronic alcoholism“ (Lars Theßen, Julia Antoni, Richard Hagleitner and Serge K. D. Sulz). Dem kaum zu stillenden Craving wird eine mühsame erarbeitete Abstinenzmotivation entgegengestellt und zugleich pathogene Lebens- und Beziehungsgestaltung reduziert, in die Fähigkeit mündend, sich helfen zu lassen und ein soziales Netzwerk aufzubauen. Daruntergelegt wird die Entwicklung der Affektregulierung und Selbstwirksamkeit.

Die erste Evaluationsstudie „Psychiatric & psychological brief psychotherapy PKP for depression - an empirical outcome study (Lars Theßen, Thomas Kaufmayer and Serge K.D. Sulz) zeigte im Vergleich zu einer Wartelistenkontrollgruppe hochsignifikante Abnahme der Depressivität bei hoher Effektstärke.

Die zweite Evaluationsstudie „Psychiatric & psychological brief psychotherapy (PKP) proves to be on a par with long-term therapy - results of a comparative study (Lars Theßen, Manuel Peters and Serge K. D. Sulz) verglich Kurzzeittherapie mit Langzeittherapie und bestätigte die Hypothese, dass Langzeittherapien oft nicht notwendig sind. Dies kann dazu führen, dass sorgfältigere Differentialindikationen eingeleitet werden.

Die dritte Evaluationsstudie „Psychiatric Short-term psychotherapy PKP of depression in combined group and single-therapy for psychiatric departments – Consistent effects.“ (Christian Algermissen, Nina Rösser & Serge K. D. Sulz) ist für die psychiatrische Versorgung von depressiven Menschen von größter Bedeutung. ... v. Es handelt sich um die Übertragung von

PKP in ein Gruppentherapiekonzept, das einerseits so einfach ist, dass es in jeder psychiatrischen Klinik angewandt werden kann und das andererseits zu hochsignifikante Verbesserungen bei hoher Effektstärke führt

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And here an overview about the history of our EUROPEAN PSYCHOTHERAPY (source: Editorial EP 2024):

In the first issue in 2000 we introduced the most recent psychotherapeutic developments of that time (Dialectic Behavior Therapy DBT, Acceptance and Commitment Therapy ACT, Functional Behavior Therapy FBT). It was followed by the consistent and radical accentuation of Davanloo's Short-term Dynamic Psychotherapy. In 2003 we dealt extensively with presenting the treatment of Posttraumatic Stress Disorder as it was developed in the work with war victims in the former Yugoslavia by Willi Butollo and coworkers. After this followed the Existential Analysis of Viktor Frankl, published by Alfried Längle, and Pesso Therapy PBSP which is on its way to become better-known in Europe only for a short time. Also not so well-known has been that since the beginnings of the 90th a third wave therapy has developed in Europe: Strategic Brief Therapy SBT which puts the work with emotions and the development of personality in the foreground. From here it is only a small step to the Emotion Focussed Therapy of Leslie Greenberg (2007) as a scientific further development of Gestalt Therapy and Client Centered Psychotherapy.

Next we had the pleasure to introduce Jeremy Holmes as a guest publisher. He is a topclass representative of Psychoanalysis himself and he succeeded in getting contributions of real value about the presence and the future of Psychoanalysis from authors who instigate a lively development of Psychoanalysis. In his Editorial 'towards a secure theoretical and evidential base for psychoanalytic psychotherapy' he gives an introduction and an outline of this collection of psychoanalytic writings which are not written for psychoanalysts but for all psychotherapists who want to know more about today's Psychoanalysis, who want to do notional steps towards it, maybe for to break with old prejudices, to become more open again for psychodynamic ideas or to ascertain similarities that are much bigger then assumed until now. We as the publishers of this periodical had to see thereby that not only communication between the schools of therapy are essential but also communication between the national groups of psychotherapists in Europe. And that exactly is our European project.

2010-2011, psychotherapists from all over Europe reported on psychotherapy training in their country:

Gerhard Lenz, Rafael Rabenstein, Vivian Görden Austria

Martine Bouvard France

Serge Sulz and Stefan Hagspiel Germany

Evrinomy Avdi Greece

Bernardo Nardi and Emidio Arimatea Italy

Susan van Hooren Netherlands

Andrzej Kokoszka Poland

Celia Avila Fernández Spain

Bo Erik Sigrell & Rolf Sandell Sweden and

Jan McGregor Hepburn Great Britain.

2012-2013, body psychotherapy became a topic. Concentrative Movement Therapy CMT (KBT) was used for this purpose - an evaluated Body Psychotherapy for psychosomatic and psychic disorders.

2014-2015 topic, Austria – Home of the World's Psychotherapy – most of the great psychotherapists in the early 20th century lived in Vienna or their career began there: Sigmund Freud, Melanie Klein, Michael Balint, Wilhelm Reich, Alfred Adler, Victor Frankl, Paul Watzlawick and Fred Kanfer.

2016-2017, Embodiment in Psychotherapy was topic (edited by Gernot Hauke) with absolutely innovative contributions – looking in the future of psychotherapy:

Wolfgang Tschacher, Mario Pfammatter: Embodiment in psychotherapy – A necessary complement to the canon of common factors?

Marianne Eberhard-Kaechele: Emotion is motion: Improving emotion regulation through movement intervention

Rosemarie Samaritter and Helen Payne: Being moved: Kinaesthetic reciprocities in psychotherapeutic interaction and the development of enactive intersubjectivity

Tania Pietrzak, Gernot Hauke, Christina Lohr: Connecting Couples Intervention: Improving couples' empathy and emotional regulation using embodied empathy mechanisms.

Andrea Behrends, Sybille Müller, Isabel Dziobek: Dancing supports empathy: The potential of interactional movement and dance for psychotherapy

Susanne Bender: The meaning of movement rhythm in psychotherapy

Gernot Hauke, Christina Lohr, Tania Pietrzak: Moving the mind: Embodied cognition in Cognitive Behavioral Therapy (CBT)

Lily Martin, Valerie Pohlmann, Sabine C. Koch, Thomas Fuchs: Back into life: Effects of Embodied therapies on patients with Schizophrenia.

And now 2023-2024, the latest integrative psychotherapeutic development - first published in 2021 - has not yet entered the evidence-based evaluation phase: Mentalization Supporting Therapy MST. That's exactly what it's about with EP: new important impulses, which of course only become evidence-based a few years after the approach was developed. Nevertheless, MST can build on a surprisingly broad empirical basis.

We can draw on more than thirty years of research tradition on the behavioral diagnostic system, strategic brief therapy and strategic-behavioral therapy. Because MST is actually not a new therapeutic approach. Similar to Fred Kanfer's self-management approach, it is a variant of cognitive-behavioral therapy, consisting of the evidence-based intervention strategies of behavioral therapy. However, the cognitive aspect focuses much more than Aaron T. Beck on metacognitions (thinking about thoughts, feelings and needs), so one can speak of metacognitive behavioral therapy. In addition, emotions have come to the fore. It's about the ability to regulate emotions - to be able to control one's emotions in such a way that they lead to stable and satisfying relationships. The third focus is needs orientation, based on John Bowlby's attachment theory. Insecure attachment in childhood as an elementary disposition for mental and psychosomatic illnesses. And therefore the bond between patient and therapist is an indispensable condition for successful psychotherapy.

The impetus for the development of MST came from Peter Fonagy and his working group with their Mentalization Based Therapy MBT, whose perspective Daniel Barth presents in the first article. This is followed by two articles by Lars Theßen and Serge Sulz, in which they describe the theoretical background, therapeutic conception and practical approach. The special type of emotion exposure in MST (Emotion Tracking), which was adopted by Albert Pesso, is described very clearly and impressively by Serge Sulz and Maria Schreiner.

This is followed by reports on previous research in the MST research laboratory by Lars Theßen, Serge Sulz and colleagues. Finally, there is an article by Annette Richter-Benedikt in which the use of MST in young people is described. All articles are peer reviewed.

MST was only one example of innovative therapeutic development that others will follow.

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