The MATRIX, a novel tool exploring dynamic psychotherapy: Preliminary psychometric properties

Shlomo Mendlovic a,b,⁎, Adiel Doron b,c, Amit Saad b,d, Dana Atzil-Slonim e, Saed Mar'ī b, Yuval Bloch d, Ariel Ben Yehuda b,f

a Be’er Ya’akov-Ness Ziona Mental Health Center, Israel
b Tel Aviv University Program of Psychotherapy, Israel
c Lev Hadashim Mental Health Center, Israel
d Shalvata Mental Health Center, Israel
e Department of Psychology, Bar-Ilan University, Ramat-Gan, Israel
f Department of Mental Health, Medical Corps, IDF, Israel

ABSTRACT

Most measures in the field of psychodynamic psychotherapy are bound to a specific theory, and usually focus only on patient processes or therapist interventions. The MATRIX is a newly developed research tool that focuses on events within both the patient and the therapist individually, as well as on dyadic events, and provides the simple and meaningful coding of content for therapy session transcripts in psychotherapy. The present study describes the inter-rater reliability and construct validity of the MATRIX. Reliability of the MATRIX was assessed by applying it to 805 fragments of psychodynamic-oriented psychotherapy sessions. Three independent experts coded fragments, and the tool was examined for reliability. Validity in identifying the theoretical inclinations was assessed by applying the MATRIX to 30 segments (containing 1309 fragments) of sessions that reflect different theoretical orientations. Findings evinced high inter-rater reliability for all dimensions. The MATRIX was found to have high degree of validity for differentiating the theoretical inclinations of segments of sessions.

The MATRIX is a reliable and valid measure that may enable moment-to-moment, quantitative, analysis of psychodynamic psychotherapy.

1. Introduction

As it is impossible to pinpoint any single factor that is crucial in dynamic psychotherapy, psychotherapy research is in a need for a non-dogmatic, multiple factor model that successfully incorporates the knowledge obtained from the many existing theories in the field. These include drive-conflict theories (viewing therapy as aimed at improving the capacity of these patient to manage drives), developmental-arrest theories (holding that therapy should remove developmental barriers that hinder an authentic experience of one's self), and relational theories (emphasizing the mutual co-construction of patient's and therapist's subjectivity in therapy) (See Mitchell, 2009, for review). Developing practical or operational markers of these theoretical orientations is essential for assessing the clinical effect, and improving the clinical praxis, of psychotherapy.

Psychoanalytic therapy has undergone a major shift in the last three decades, often referred to as "the relational turn." This shift involves the move from one-person psychology that focuses exclusively on the patient's processes to two-person psychology, which recognizes the fact that the therapist is significantly involved in the process of change. Increasingly, treatment is seen as emerging from the interaction between two individuals, not from the solitary change of one (Aron, 1990; Mitchell, 1995). Prominent psychotherapy researchers are increasingly calling for an examination of the processes that take place in both patients and therapists and the interaction between them, thus taking into account theories that recently emerged in psychotherapy (Safran and Muran, 2000; Castonguay, 2011; Norcross, 2011; Wiseman and Tishby, 2014). This call emphasizes the need to develop an empirically sound measure that would integrate the examination of the processes of the patient, the therapist, as well as the interaction between them.

Over time, numerous measures have been developed to assess interventions from different psychotherapy orientations (Crits-Christoph et al., 2013), and in particular- to analyze psychodynamic processes (Barber et al., 2013). Many of these measures are theory-bound, and...
focus on the therapists' techniques (for example, the Comparative Psychotherapy Process Scale (CPPS; Hilsenroth et al., 2005), the Interpretive and Supportive Technique Scale (ISTS; Ogrodniczuk and Piper, 1999), the Multitheoretical List of Therapeutic Interventions (MULTI; McCarthy and Barber, 2009), the Psychodynamic Intervention Rating Scale (PIRS; Milbrath et al., 1999), the Comprehensive Psychotherapeutic Interventions Rating Scale (CIPRS; Trijsburg et al., 2002), the Transference Work Scale (TSI; Ulberg et al., 2014) and the Manual for Process Ratings (Bogwald et al., 1999), or patients' processes (e.g., the Core Confictual Relationship Theme (CCRT; Luborsky and Crits-Christoph, 1998), the Defense Mechanism Rating Scales (DMRS; Perry and Henry, 2004), the Structural Analysis of Social Behavior (SASB; Benjamin, 1979), and the Achievement of Therapeutic Objectives Scale (ATOS; McCullough et al., 2003)). Even measures that examine a wide range of therapeutic phenomena are not bound to a specific theory, such as the Psychotherapy Process Q-Set (PQS; Ablon and Jones, 2005) and the Analytic Process Scales (APS; Waldron et al., 2004), are confined to therapist interventions (e.g., interpretation, clarification) and patient productivity (e.g., greater understanding, affective engagement). Only initial studies explore therapist's involvement in the process of change (Safran et al., 2014), while the mutual processes that occur between the patient and the therapist, and other aspects of psychotherapy (for example, the potential to experience), have hardly been investigated.

Inspired by the need to apply a measure that will incorporate processes that occur within the patient, within the therapist, and between the therapist and patient, as central to understanding how the treatment functions (Mitchell, 1995; Fosha, 2001; Bromberg, 2003; McCullough et al., 2003; Aron and Harris, 2014), the current study presents a novel research tool (the MATRIX) that was designed to provide meaningful coding of psychotherapy sessions while focusing on the patient, the therapist, and their interaction and taking into account various dimensions of experience (potential to experience, experience itself, relations between experiences).

1.1. The MATRIX: patient/therapist/dyad-X-space/content/order

The MATRIX is a tool that allows the sequential coding of psychotherapy sessions on two axes: focus (patient/therapist/dyad) and dimension (space/content/order).

The first axis, the focus, refers to the subject of the fragment ("who is the fragment about?"). The three possible foci are the patient, the therapist and the dyad. The patient and therapist codes are obvious (e.g., [patient]: "I am sad" and [therapist]: "I am confused... I cannot follow you," respectively). The dyad code indicates fragments in which experience is attributed inseparably to both patient and the therapist. Dyad codes indicate fragments in which patient and therapist are merged in such a way that the experience could not be attributed separately to either of them (i.e., "There is a lot of sadness in the room right now... and it is from both of us..."). Current psychoanalytic literature refers to the dyad with varying terms (the analytic third [Ogden], mode 1 of relatedness [Mitchell]), reflecting the importance of this inseparable entity in therapy.

The second axis consists of three dimensions (space, content, and order) that capture elements of the treatment process and techniques from the major (drive-conflict, developmental-arrest and relational) psychodynamic models (for an extensive review of the three dimensions, see Mendlovic, 2015).

Space refers to the potential to experience. The dimension of space indicates the ability to experience. It does not indicate a specific experience but rather the ability/inability to experience. Utterances that can be modified to the structure: "The speaker refer to his/her ability/
دریافت فوری
متن کامل مقاله

امکان دانلود نسخه تمام متن مقالات انگلیسی
امکان دانلود نسخه ترجمه شده مقالات
پذیرش سفارش ترجمه تخصصی
امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
امکان دانلود رایگان ۲ صفحه اول هر مقاله
امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
دانلود فوری مقاله پس از پرداخت آنلاین
پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات