

# Further possibilities and challenges

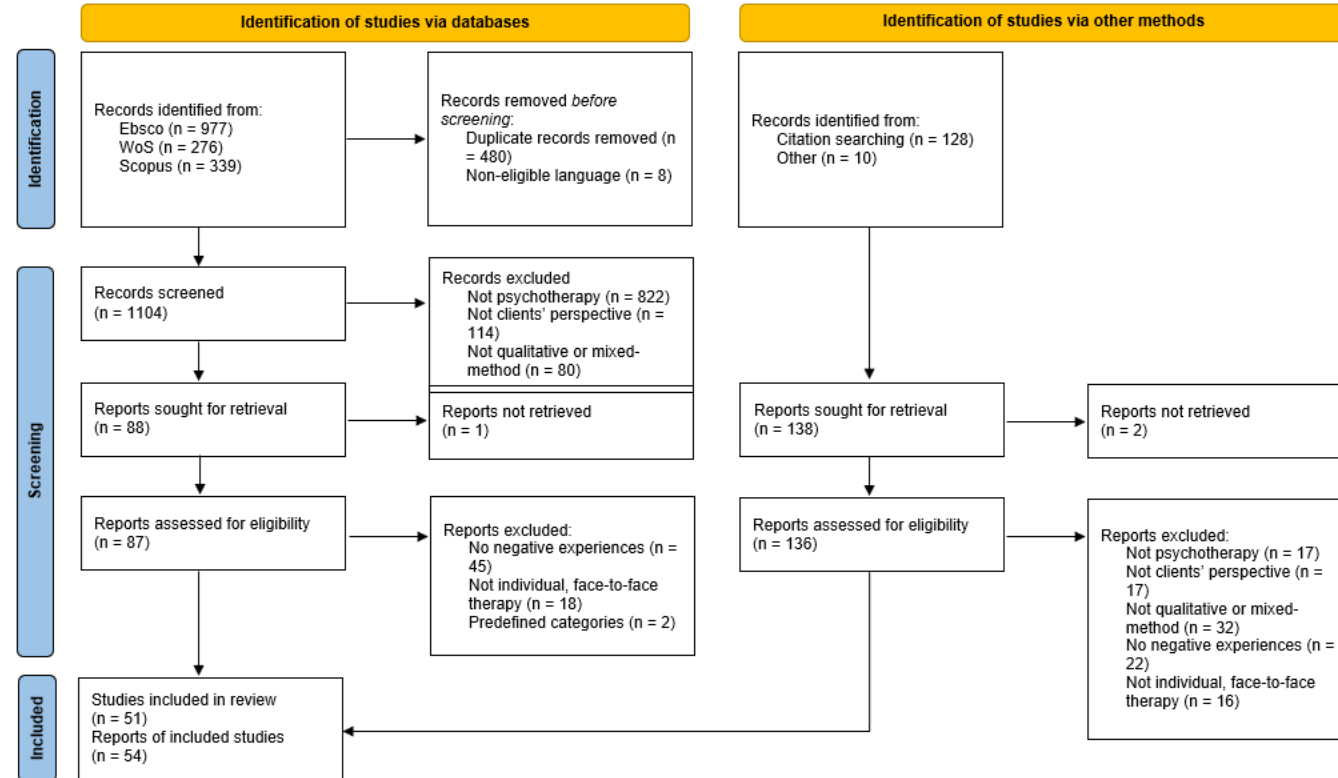
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# Qualitative meta-analysis (2021 – 2023)

Negative experiences in psychotherapy from clients' perspective: Qualitative meta-analysis

Vybíral, Zbyněk<sup>a</sup>, Ogles, Benjamin M.<sup>b</sup>, Řiháček, Tomáš<sup>a</sup>, Urbancová, Barbora<sup>a</sup>, Gocieková, Veronika<sup>a</sup>

PRISMA 2020 flow diagram for new systematic reviews which included searches of databases, registers and other sources



Study	Aim	Inclusion criteria	Sample	Therapeutic approach and/or type of therapy	Method and context of data collection	Method of analysis	Categories (examples of results)
Grunebaum (1986)  U.S.	To present patients' opinions of what harmed them.	Self-selected through ads in newsletters; seeking subjects who had been in harmful psychotherapy.	47 mental health professionals; they have frequently been patients in psychotherapy.	None mentioned.	An anecdotal study of interviews.	Analysis was done by author only, no validation or reliability has been done. The investigator stated that he was probably biased.	Distant and rigid therapy relationship; emotionally seductive therapies; explicitly sexual involvements; multiple involvements in cults; poor match.
Rennie (1994)  Canada	Study focused on client's deference to the therapist as a property of the therapy relationship. Aimed to understand unexpressed deference.	Clients who were actively in therapy were recruited through the cooperation of their therapists.	14 clients (6 men and 8 women) ranged in age from the mid-20s to the mid-40s. They had been in therapy for a period ranging from 6 weeks to over 2 years.	Therapists collectively adhered to person-centered, gestalt, transactional analytic, radical-behavioristic, rational-emotive, and eclectic orientations.	Clients were interviewed at inquiry sessions about their recollections, assisted by tape replay.	Grounded theory.	There were 8 categories of properties of client's deference to the therapist (e.g., fear of criticizing the therapist, or meeting the perceived expectations of the therapist).
Rhodes et al. (1994)  U.S.	To examine retrospective client accounts of misunderstood events within therapy.	Sample of clients who were therapists or therapists-in-training. Authors wanted a sample of clients who were articulate and likely to have thoughts about process	19 (16 women and 3 men, all European American) therapists-in-training or therapists, including co-authors, contributed data about experiences when they were clients.	Dynamic, humanistic-dynamic, humanistic, or eclectic.	Retrospective Misunderstanding Event Questionnaire, which was developed for the study.	Categorization based on open coding, domain coding and core ideas coding.	8 unresolved misunderstood events (e.g., a poor relationship, or therapist does something client does not want or need.)

		issues in the therapy experience.					
Dale et al. (1998)  UK	To explore what clients and counselors perceive to be helpful and unhelpful factors in counseling	Client respondents were invited to participate primarily by notices in newspapers	53 respondents took part in in-depth interviews (2 of these were more brief telephone interviews).	None mentioned.	Twenty respondents were both interviewed and provided written narrative material relating to their experiences. This was augmented by written	All interviews were audio-recorded and transcribed, and the transcripts were subjected to 'grounded theory'	One striking feature is the diversity of experiences and views within the group as a whole. Adults who were

Table 2. *Number of studies feeding into each category*

Category	<i>n</i> studies	% studies
<b>CLUSTER I. PERCEPTIONS OF THE THERAPIST</b>		
1. Therapist not listening	9	17%
2. Therapist not understanding	19	37%
3. Therapist perceived as incompetent.	19	37%
4. Therapist inappropriate behaviors	32	62%
<i>a. Rejection</i>	14	27%
<i>b. Disrespect</i>	12	23%
<i>c. Dehumanization</i>	7	13%
<i>d. Inappropriate verbal reactions</i>	21	40%
<i>e. Imposing own values</i>	16	31%
5. Therapist judging	17	33%
<i>a. Religion being judged</i>	4	8%
<i>b. Sexual preferences or sexual identity being judged</i>	5	10%
<i>c. General judgments</i>	13	25%
6. Therapist using client for own benefit	14	27%
<i>a. Therapist's sexual involvement</i>	5	10%
<i>b. Violation of nonsexual boundaries or dual relationships</i>	8	15%
<i>c. Confidentiality broken</i>	7	13%
<i>d. Self-disclosure for own benefit</i>	5	10%
<b>CLUSTER II. PERCEPTIONS OF THE THERAPY RELATIONSHIP</b>		
7. Experiencing distance and/or lack of empathy	23	44%
8. Experiencing not sufficient support, or care	14	27%
9. Experiencing insecurity or distrust	11	21%

# Negative events, or effects / from clients' perspective in

- Couple therapy
- Group therapy
- Internet-delivered interventions
- Psychotherapy with children (aged less than 16)

Obsahová analýza textů z různých zdrojů (všechny jiné zdroje) –  
studentské diplomové práce, studentské eseje, texty ze sociálních sítí

# Method

Thematic analysis

*or*


CQR





## EMPIRICAL PAPER

# Learning from clients: A qualitative investigation of psychotherapists' reactions to negative verbal feedback\*

HEIDI BRATTLAND <sup>1,2</sup>, JUNI R. HØISETH<sup>3</sup>, OLAV BURKELAND<sup>1</sup>,  
TRYGGVE S. INDERHAUG<sup>1§</sup>, PER E. BINDER<sup>4</sup>, & VALENTINA C. IVERSEN<sup>2,5</sup>

<sup>1</sup>Department of Tiller DPS, St. Olavs University Hospital, Trondheim, Norway; <sup>2</sup>Department of Neuroscience, Faculty of Medicine, The Norwegian University of Science and Technology (NTNU), Trondheim, Norway; <sup>3</sup>Competence and Resource Center for Service Experience and Service Development Mid-Norway, Trondheim, Norway; <sup>4</sup>Faculty of Psychology, University of Bergen, Bergen, Norway & <sup>5</sup>Department of Østmarka, St. Olavs University Hospital, Trondheim, Norway

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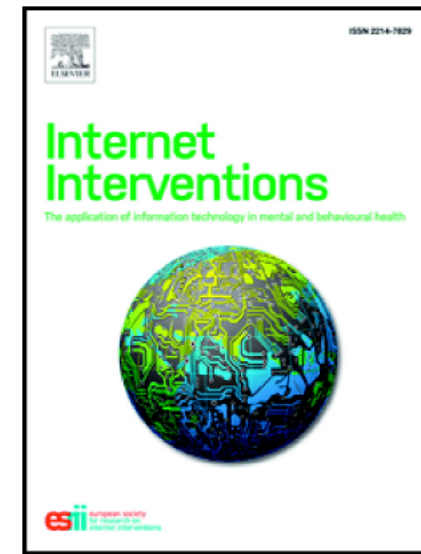
**Objective:** To explore how therapists experience, react to, and learn from negative feedback from their clients.

**Method:** Eighteen experienced therapists' written descriptions of episodes where they had received negative verbal feedback from clients were analyzed according to the Consensual Qualitative Research methodology. **Results:**

Receiving feedback was experienced as challenging, but educational. Learning was manifested in different ways: (a)

Negative effects in Internet-based interventions for depression: A qualitative content analysis

Friederike Fenski, Alexander Rozental, Manuel Heinrich, Christine Knaevelsrud, Pavle Zagorscak, Johanna Boettcher



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## Is psychotherapy for functional somatic syndromes harmful? A mixed methods study on negative effects



A.F. Holsting, H.F. Pedersen, M.T. Rask, L. Frostholm, A. Schröder\*

*Research Clinic for Functional Disorders and Psychosomatics, Aarhus University Hospital, Aarhus, Denmark*

### ARTICLE INFO

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### ABSTRACT

*Introduction:* Concern for negative effects of psychotherapy for functional somatic syndromes (FSS) has been expressed by clinicians and some patient associations, which may prevent patients from seeking treatment. Therefore, we sought to explore the occurrence and characteristics of negative effects from group-based psychotherapy as experienced by patients with severe or multiple FSS.

*Methods:* An adapted version of the explanatory sequential mixed methods design was applied. We used data from an on-going pilot study on Acceptance and Commitment Therapy and Mindfulness-Based Stress Reduction. Negative effects were measured by Inventory for the assessment of Negative Effects of Psychotherapy (INEP). In addition, telephone interviews were conducted with randomly chosen patients and patients who reported negative effects. The latter were asked to elaborate on their INEP response. Quantitative data were analysed descriptively while interview transcripts were explored by thematic analysis