

CAFTR JOURNAL CLUB PRESENTS:

EXPLORING INTERNET-BASED PSYCHODYNAMIC THERAPY FOR ADOLESCENTS

Chair: Malenka Areas

Discussants: Liat Leibovich and Rose Mortimer

Please **Register** here:
www.shorturl.at/djx57



November 22nd, 2022
7:00 PM-8:00 PM
Central European Time (CET)

CAFTR JOURNAL CLUB: NOVEMBER MEETING

In this meeting, we will discuss two papers that draw on data collected from the **Depression Online Therapy Study (DOTS)**, a small pilot study conducted at the Anna Freud Centre in 2019. The study examined the acceptability and preliminary effectiveness of a **psychodynamic online treatment for adolescent depression**, which was first designed and evaluated in Sweden by Dr. Karin Lindqvist and Dr. Jakob Mechler.

Dr. Rose Mortimer's paper examines transcripts of **therapy "text-chat" sessions** to explore the features of therapeutic alliance in text-based interactions. Dr. Liat Leibovich's paper explores how therapists' use of various techniques (psychodynamic, cognitive/behavioural, common factors) **predict symptom improvement** in subsequent sessions.

We are hoping you will participate and share your thoughts about this innovative and exciting area of research!

We will use the Zoom platform in the format of an **interactive video conference meeting**. A meeting invitation will be sent when you register for the event.

Article to be Discussed:

- Leibovich, L., Mechler, J., Lindqvist, K., Mortimer, R., Edbrooke-Childs, J. & Midgley, N. (2022): Unpacking the active ingredients of internet-based psychodynamic therapy for adolescents, *Psychotherapy Research*, DOI:10.1080/10503307.2022.2050829
- Mortimer, R., Somerville, M.P., Mechler, J., Lindqvist, K., Leibovich, L., Guerrero-Tates, B., Edbrooke-Childs, J., Martin, P., & Midgley, N. (2022) Connecting over the internet: Establishing the therapeutic alliance in an internet-based treatment for depressed adolescents. *Clinical Child Psychology and Psychiatry*, 27(3), 549-568. doi: 10.1177/13591045221081193

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MEET OUR PRESENTERS



Dr. Liat Leibovich is a licensed clinical psychologist and supervisor in Israel. Her research focuses on change mechanisms in psychodynamic psychotherapy. She completed her Ph.D. at the University of Haifa, where she studied short-term supportive-expressive psychodynamic psychotherapy for adults with depression, and her post-doc at the Anna Freud Centre, where she joined a study on internet-based short-term psychodynamic psychotherapy for adolescents with depression. Today Liat works at the "Ahava" children's village and is responsible for the clinical internship program there. She also works in private practice and teaches at the "Mifrasim" institute.



Dr. Rose Mortimer is a researcher in the Child Attachment and Psychological Therapies unit at the Anna Freud Centre, and a trainee clinical psychologist at University College London. Rose completed her Ph.D. in Bioethics at Oxford University in 2015. Her research focuses on themes across psychodynamic psychotherapy, parenting, child mental health, attachment, and mentalization.



Malenka Areas is a Ph.D student at Universidad de Buenos Aires, Argentina. Her research focuses on themes across Child and Adolescent Psychotherapy, Adolescents with Depression, and Interpersonal style.

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