

**CAFTR JOURNAL CLUB PRESENTS:**

# **CHANGE MECHANISMS IN PSYCHOTHERAPY WITH DEPRESSED ADOLESCENTS**

**Chair: Dilara Güvenç**

**Discussant: Randi Ulberg**

**Presenters: Yushi Bai & Malenka Areas**

Please **Register** here:

[https://us02web.zoom.us/meeting/register/tZlpdeugqDkpE9VpTf5EMVW4PEFZTsg\\_wB3L](https://us02web.zoom.us/meeting/register/tZlpdeugqDkpE9VpTf5EMVW4PEFZTsg_wB3L)



**September 14th, 2023**

16:00 PM-17:00 PM

Central European Time

# CAFTR JOURNAL CLUB: SEPTEMBER MEETING

In this meeting, we will discuss two studies focused on **personality characteristics of depressed adolescent** patients and their relation to mechanisms of change in psychotherapy.

**Yushi Bai** will be presenting a study examining the **effects of depressed young people's pre-treatment personality dimensions of self-criticism and dependency on the therapeutic process**. This study aims to learn the change mechanisms in short-term psychotherapies by investigating the relationships among young people's personality variables, the therapeutic alliance as rated by both young people and therapists, and treatment outcomes.

**Malenka Areas** will be presenting a pilot study that explores the role of **interpersonal variables as predictors of change in adolescent psychotherapy**. This study is seeking to reach a better understanding of the relationship between interpersonal factors and change mechanisms in psychotherapy with adolescents.

The event will be chaired by **Dilara Güvenç** and **Prof. Dr. Randi Ulberg** will be the discussant of the event. The **discussion will center around treatment markers associated with change in adolescent psychotherapies**.

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 and the paper will be sent when you register for the event.

## Suggested Article:

- Taubner, S., Ioannou, Y., Saliba, A., Sales, C., Volkert, J., Protić, S., Adler, A., Barkauskiene, R., Conejo-Cerón, S., Di Giacomo, D., Mestre, J.M., Moreno-Peral, P., Mucha Vieira, F., Pinheiro Mota, C., Rangel Santos Henriques, M.I., Rössberg, J.I., Perdih, T.S., Schmidt, S.J., Zettl, M., Ulberg, R., & Heinonen, E. (2023) Mediators of outcome in adolescent psychotherapy and their implications for theories and mechanisms of change: a systematic review. *European Children and Adolescent Psychiatry*. <https://doi.org/10.1007/s00787-023-02186-9>

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## MEET OUR PRESENTERS



**Yushi Bai** is a Research Associate at the University of Manchester. Her research interests lie in children and adolescent mental health and psychotherapy. Her work has mainly focused on researching how the personality dimensions of depressed young people influence their clinical symptoms and therapeutic processes.



**Malenka Areas** is a Ph.D. student based at the University of Buenos Aires. Her research project explores the role of interpersonal functioning in psychotherapeutic change among adolescents.



**Dilara Güvenç** is a clinical psychologist based in Istanbul. Her research focuses on psychotherapy processes with children.



**Randi Ulberg**, is a Professor M.D. and the leader of the Unit of Child and Adolescent Psychiatry at the University of Oslo, Norway. She chairs the research network European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders (TREATme).

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