



THE DIVISION OF CLINICAL PSYCHOLOGY

Tel: 01 - 4749160

Fax: 01 - 4749161 Email: info@psihq.ie

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RE: DIVISION OF CLINICAL PSYCHOLOGY

Dear Clinical Division member,

As the second part of my role as PRO, I would like to introduce you to the **first issue of 'Inner Nerd'**.

Yes, this is as a result of part of me which gets excited beyond belief by *'PsycScan: Clinical Psychology'*; a quarterly publication by the APA of abstracts from a cluster of peer reviewed journals that clinical psychologists subscribe to.

Once every three months I sneak away to my favourite deli 'Delicious' in Tullamore and read abstract after abstract after abstract. There are about 360 in all.

So, I have decided that on a quarterly basis, I will impart to you the five references which I have found most interesting and which you may find useful in your clinical practice.

Please remember that if you are a member of the HSE, their new online library will have most of these articles or abstracts (www.hselibrary.ie). You may need to contact your local librarian to get a password.

This quarter I have chosen **five references**.

1. Bruck, E. Winston, A. Aderholt, S & Muran, J. C. (2006). **Predictive validity of patient and therapist attachment and introject styles**. The American Journal of Psychotherapy, 60, 396-406.

These authors have found that therapists with secure attachment styles & who are also more self-loving obtain better outcome results than their less secure and self-hating counter-parts.

2. Blote, A. & Westenberg, P. M. (2007). Socially **anxious adolescents' perceptions of treatment by classmates**. Behaviour Research and Therapy, 45, 189-198.

Just under a thousand high school students were categorised as low, moderately or highly anxious and then the perceived behaviour of their classmates was separately measured,

Highly anxious classmates were rated as being treated more negatively than less anxious classmates. The students who were treated negatively realistically rated the way they were being treated and did not distort their perceptions.



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I can recall from my own classroom days when it was easy to know who was going to receive a difficult time from peers versus those gave it. In my classroom in Clonkeen College (Dublin) however, the witty remark was often held back for the more effective, compass point into the upper arm or thigh. The Neanderthal ringleader of the 'pass it on' game funnily never received the 'pass it on' back.

3. Mitchell, J. E., Burgard, M., Faber, R., Crosby, R. D. et al. (2006). Cognitive **behavioral therapy for compulsive buying disorder**. Behaviour Research and Therapy, 44, 1859-1865.

This study jumped out at me, as it is rare to find the first published article on a treatment for a specific disorder. I believe they call it 'Dundrum Syndrome', particularly bad on a Saturday or Sunday. I have heard that many a clinical psychologist has been witnessed out doing their own research on this topic on any given weekend.

All joking aside, these authors looked at 28 subjects who underwent a CBT programme for the above affliction and compared the changes in this group with 11 waiting list controls. The treatment was found to be more effective than the waiting list control and these effects were maintained at six month follow-up.

4. Norcross, J. C. (2006) Integrating **self-help into psychotherapy: 16 practical suggestions**. Professional Psychology: Research and Practice, 37, 683-693.

This selected reference is a biased selection of mine. I have always enjoyed the writings of John Norcross and I do enjoy when practical papers are completed which can allow a psychologist to impart to clients advice of more than anecdotal effectiveness.

5. Smith, R. H. & Kim, S. H. (2007). **Comprehending envy**. Psychological Bulletin, 133, 46-64.

Every so often a client enters your therapy room with a complex presentation surrounding a base emotion. Smith and Kim (2007) discuss the topic of envy over nearly twenty pages. The authors examine “why people envy, why envy contains hostile feelings and why it has a tendency to transmute itself”.

Well that's it for the first issue of **'Inner Nerd'**. I will return to you all in the next quarter with other useful factoids.

If you would prefer to receive notices from the Division via email please contact Pauline Walsh in the PSI office on the number above with your email address.

Regards,

Dr. Jonathan Egan
PRO Clinical Division