Purpose

- Qualities
- Implications
- Meanings
- Methodologies
- Subjective Reactions
- Conclusions
Meanings
Meanings

Mediocre spirits demand of science a kind of certainty which it cannot give, a sort of religious satisfaction. Only the real, rare, true scientific minds can endure doubts which are attached to all our knowledge. I always envy the physicists and mathematicians who can stand on firm grounds. I hover, so to speak, in thin air. Mental events seem to be immeasurable and probably always will be so (Jones, 1957: 418)
Meanings

Populations? Or Individuals?
From Meaning to Methodology
From Meaning to Methodology

Other psychotherapeutic approaches have not been systematically reviewed/evaluated

(Department of Health, 2001: 24)
From Meaning to Methodology

Innovative Practice
Case Series Evaluation
Theory Development
The empirical basis of psychoanalysis is the clinical situation. The laboratory does not provide its empirical base and as the theory is not based on laboratory findings it cannot be either disproved or validated by them (Fonagy, 1982)
From Meaning to Methodology

Research that is simultaneously faithful both to the highly subjectivistic and complex data of the psychoanalytic consulting-room and the so-called objective canons of the empirical scientific enquiry. That should be, after all, the heart of what we call psychoanalytic research

(Wallerstein, 2000: 28)
From Meaning to Methodology

Practice-Based Evidence
Anxieties about Attack
Anxieties about Attack

Overvaluation of ‘Research’ often goes together with an undervaluation, or devaluation, of the research with which we engage in our psychoanalytic work. And if this Research (with a capital R) is privileged within psychoanalysis, we will, in order to placate and propitiate our enemies from without, succeed in destroying psychoanalysis from within. I believe this to be a ‘real’ (not just a fantasized) danger!

(Brenman-Pick, 2000: 109)
Reflections
Evidence Based Practice: Issues for Psychotherapy

Dr Martin Milton
University of Surrey
North East London Mental Health Trust