

Research E-Forum

January 2012

Editor: Katherine M. Hertlein, Ph. D.

University of Nevada, Las Vegas

D. Russell Crane, Ph.D.**Inside this
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**Special points
of interest:**

- Top Ten Most Cited articles in JFP
- Research Recruitment notices
- Nominate someone to be featured in a future newsletter

**The cost effectiveness of family therapy:
Where we now stand**

My research program has been focused on this subject for the last ten years. In addition, I have written about the cost effectiveness of family therapists as a unique profession in the United States.

The research method is primarily to use archival health care records to explore aspects of the practice of family therapy in several naturally occurring health care systems. These include two health care organizations and the Medicaid services system in the State of Kansas.

This approach has many advantages including that the findings relate to everyday practice rather than performance within highly specified randomized clinical trials of specific manualized treatments. Instead, outcomes in real-world conditions are investigated. This series of studies project with an N of 490,000 unique patients shows that MFT is effective, is cost effective, but needs to be delivered by properly trained therapists. It also has beneficial consequences for the whole family and can potentially save health care systems substantial amounts of money through the healthier functioning of all family members.

However, the outcome of family therapy is better when provided by trained family therapists. Therapists licensed in marriage and family therapy receive sixteen times as much family therapy content in their required course content than any other profession. A number of papers have been published or are in review on such diverse

topics as the overall cost effectiveness of family therapy and MFT's as a profession for specific DSM disorders such as Sexual Disorders, Somatoform Disorder, Depression, Schizophrenia, Substance Abuse and Relation Problems ("V-Codes").



D. Russell Crane, Ph.D., is the editor of *Contemporary Family Therapy*. He is also a Professor of Marriage and Family Therapy School of Family Life, Brigham Young University, Provo, UT, USA.

Note: Sincere appreciation is expressed to a host of Dr. Crane's current and former graduate students as well as administrators in different health care systems and others. Only a small fraction of this work would have been completed without their efforts. A small sample of Dr. Crane's articles are included on page 2.

Attend the IFTA Pre-Congress!

This year's Pre-Congress is scheduled for Wednesday, March 21, 2012, 9 AM - 4 PM at the conference in Vancouver, Canada. It will feature the work of Dr. Sue Johnson, Dr. Terje Ogden, and Dr. Valentin Escudero in a session moderated by Dr. Douglas Sprenkle. It is not too late to register — visit: <http://www.ifta-congress.org/preconference.html> for more information on this great session!

Relevant Publications: D. Russell Crane, Ph.D.

Note: All of these articles that have been published or have been accepted for publication are available in full at: <http://rusocrane.byu.edu/MarriageandFamilyTherapyandHealthCareResearchFT.dhtml>

Or contact Dr. Crane at: RussCrane@byu.edu

Crane, D. R., & Payne, S. H. (2011) Individual and family therapy in managed care: Comparing the costs of treatment by the mental health professions. *Journal of Marital and Family Therapy*, 37(3), 273-289. DOI: 10.1111/j.1752-0606.2009.00170.x.

Moore, A. M., Hamilton, S., Crane, D.R. & Fawcett, D. (2011). The Influence of Professional License Type on the Outcome of Family Therapy. *The American Journal of Family Therapy*, 39 (2): 149-161. DOI: 10.1080/01926187.2010.530186.

Crane, D. R., Shaw A. L., Christenson, J. D., Larson, J. H., Harper, J. M., & Feinauer, L. L. (2010). Comparison of the family therapy educational and experience requirements for licensure or certification in six mental health disciplines. *The American Journal of Family Therapy*, 38 (5):357-373. DOI:10.1080/01926187.2010.513895.

THIS JUST IN! Beginning in 2012, the *Journal of Family Psychotherapy* will be offered online ONLY! Be sure you maintain your IFTA member status to maintain your access to the journal.

Most Cited Articles in the Journal of Family Psychotherapy

Taylor and Francis, the publishing company that produces the Journal of Family Psychotherapy, produces a list on their website of the most read articles in JFP and the most cited articles in JFP. These articles include:

1. Fourie, D. P. (1996). Being Stuck: Somatic Symptoms and the Conservation of Ambivalence. *Journal of Family Psychotherapy*, 7(2), 53-70.
2. Dallos, R., & Trefla, J. (1993). To be or not to be: Family beliefs, madness, and the construction of choice. *Journal of Family Psychotherapy*, 4(3), 63-82.
3. MacFarlane, M. (2003) Systemic treatment of depression: An integrative approach. *Journal of Family Psychotherapy*, 4(3), 43-61.
4. McCollum, E., & Trepper, T. (1995) Qualitative studies in family therapy. *Journal of Family Psychotherapy*, 6(1), 63-82.
5. Demmitt, A.D., & Joanning, H. (1998). A parent-based description of residential treatment. *Journal of Family Psychotherapy*, 9(1), 47-66.
6. Marsh, D. T., & Lefley, H. R. (2003). Family interventions for schizophrenia. *Journal of Family Psychotherapy*, 14(2), 47-68.
7. Aponte, H. (2002). Spirituality: The heart of therapy. *Journal of Family Psychotherapy*, 13(2), 13-27.
8. Hardy, K. (1989). The theoretical myth of sameness: A critical issue in family therapy training and treatment. *Journal of Family Psychotherapy*, 6(1-2), 17-33.
9. Speziale, B. A. (1997). Couples, intimacy, and multiple sclerosis. *Journal of Family Psychotherapy*, 8(1), 13-32.
10. Hertlein, K. M., Lambert-Shute, J. & Piercy, F. (2009). The journal-reading habits of practicing MFTs. *Journal of Family Psychotherapy*, 20(1), 28-45.

Research Recruitment Notices Wanted

As IFTA members within the research community, we recognize the value of collecting data in a wide variety of forms and from a diverse population. One of the challenges, however, lies in the ability to recruit appropriate research participants.

Networking options such as web-based discussion boards and listservs have allowed us to sample a wider population at a lower cost. In order to assist the research community, consider posting your links to recruitment for ongoing

within our *Research E-forum*. Please provide a brief description of the study, indication of its IRB approval, and information on how potential participants can take part. We appreciate your willingness to build a stronger research community!

Journal of Family Psychotherapy

Edited By:
Terry S. Trepper, Ph.D.

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Overcoming deadlocked conflicts between teens and parents: A resilience-based model for family interventions. *James P. Coyle.*

Exploration of perceived stressors, communication, and resilience in law-enforcement couples. *Pamela J. Brodie and Christie Eppler.*

Evidence-based couple therapy for chronic illnesses: Enriching the emotional quality of relationships with Emotionally Focused Therapy. *Neelu Chawla and Nilufer Kafescioglu.*

Clinical Reflections

Reflections on therapy and the responsibility for outcome. *James Morris.*

Intervention Interchange edited by *Thorana S. Nelson, Ph.D.*

Engaging children in family sessions: Three creative interventions. *Liana Lowenstein and Katherine Hertlein.*

Setback and Slip-Up Tape, by *Paul Hackett.*

Puppet Play With a Turkish Family. *Gunnar Karakurt*

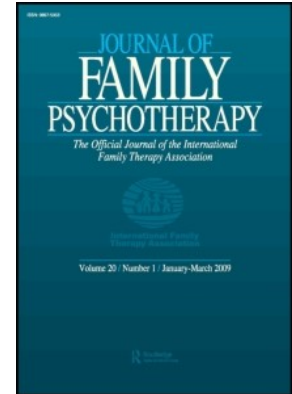
Setback and Slip-Up Tape. *Paul Hackett.*

Puppet Play With a Turkish Family. *Gunnar Karakurt*

Media Reviews edited by *Cathy M. Hudgins, Ph.D., LPC, LMFT*

Review of Crisis and Disaster Counseling: Lessons Learned from Hurricane Katrina and Other Disasters. *P. Dass-Brailsford (Ed.). Reviewed by Carla H. Emerson*

Review Cyber Rules: What you really need to know by *Joanie Farley-Gillispie and Jayne Gackenbach.* Reviewed by *Susan N. Perkins.*



The Journal of Family Psychotherapy is now available online to IFTA members. That means you not only will receive a hard-copy issue of the Journal each quarter, but you can also get the Journal online!

XXV World Family Therapy

The 20th World Family Therapy Congress will be held March 21 - March 24, 2012 in Vancouver. We invite you to join colleagues from around the world at the Sheraton Wall Centre, Vancouver, Canada. The 2012 Congress has as its theme: New Methods for Treating Couples. The Congress will focus on the latest treatment techniques in couples therapy as well as presenting approaches to a variety of problems and ways of coping with them. The congress aims to help heal hurting couples and families in various cultures. We are celebrating the 25th World

Family Therapy congress! Please join us for this momentous occasion.

If you have further questions, please visit the conference website at:

<http://www.ifta-congress.org/>



Join us on Facebook!



Nominate someone to be featured in a future issue!

This newsletter is designed to let you know what is going on with the IFTA and also to let you know what research is happening within the community. What research have you been working on? We want to know! Have you been involved in something noteworthy within the family therapy field? Tell us about it! If you want to be featured in one of our future newsletters, or if you know someone that should be featured in

one of our future newsletters, please send information to:

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