The EPOS-project
A multi-centre study on child psychotherapy with parallel work with parents

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The aim of the Erica Process and Outcome Study (EPOS) was to study psychoanalytic individual child psychotherapy with parallel work with parents. The participating children were between 5 and 12 years of age at the beginning of therapy and the frequency of the psychotherapy was one to two sessions a week with a duration of one to two years. The parents met their therapist at least every fortnight. Extensive data were collected from 38 cases in Sweden and Denmark. Data from questionnaires and interviews regarding parents’ and parent therapists’ different views of treatment will be presented. Parallel work with the parents was an important part of the treatment. Therefore active participation and motivation of the parents and the therapeutic alliance was considered crucial. The parents expressed a large span of views concerning their own contact with the parent therapist. Furthermore the parents’ thoughts and feelings on participating in clinical research will be presented. Pros and cons to be a clinician and simultaneously involved in clinical research will also be discussed. In this presentation we will share our experiences of co-operation between institutions from two countries with different traditions and different prerequisites for clinical research.

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