

# The association of therapeutic intervention and patient experience in concentrative movement therapy

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## Aim

Concentrative movement therapy (KBT) is a body oriented psychotherapy method with a psychodynamic foundation. The focus of the therapeutic approach is the awareness and expression of body sensations. The goal of the study was to explore whether body oriented interventions have an impact on patient experience in therapy session. A previous study of KBT in group therapy setting (Seidler, 2002) had found a few associations. Using other measures the present study was aiming at a replication for group therapy as well as additionally for individual therapy.

## Method

Patients receiving KBT in an individual or group therapy setting completed the Session Evaluation Questionnaire (SEQ-D, Hartmann et al., 2010) and the Session Report for Concentrative Movement Therapy (SB-KBT). The latter questionnaire is designed for the post-session assessment of relevant process features in KBT and is existing in parallel versions for group (SB-KBT-G) and individual therapy (SB-KBT-E). Therapists rated the foci of the body oriented interventions for each therapy session. To examine the association of therapeutic intervention and patient experience correlation analysis was conducted using individual patient data (individual therapy: 130 sessions with a total of 130 patients) or the mean of aggregated data (group therapy: 52 sessions with a total of 391 patients). Several hypotheses were formulated on the base of the previous study and clinical assumptions, for which correlations were tested with a significance level of .05 (1-sided). Otherwise 2-sided tests were conducted without correction of significance level considering the explorative purpose of the study.

## Results

The profile of the intervention foci are similar for individual and group therapy (see Fig. 1). Only the expression of emotions gets more attention in individual therapy.

Patients evaluate sessions of individual therapy as deeper compared to group therapy (see Fig. 2). The means of the SB-KBT-G/E show that in the average therapy sessions are experienced positively concerning relevant process features in KBT.

There are only a few significant correlations with small and moderate effect size between intervention foci and the scales of SB-KBT-G/E or SEQ-D (see Fig. 3). These correlations are related to different intervention foci for individual and group therapy. As further analysis shows this is not based on the different statistical power of the individual and group therapy sample.

Only two of the 15 hypothesized correlations are confirmed but refer exclusively to the group therapy: Interventions with the focus on the perception of bodily expression are accompanied with the patient's experience to take benefit from the therapy session. The more therapists are focusing on the perception of behavior and experience in relationships the more patients evaluate group therapy sessions as „deep“.

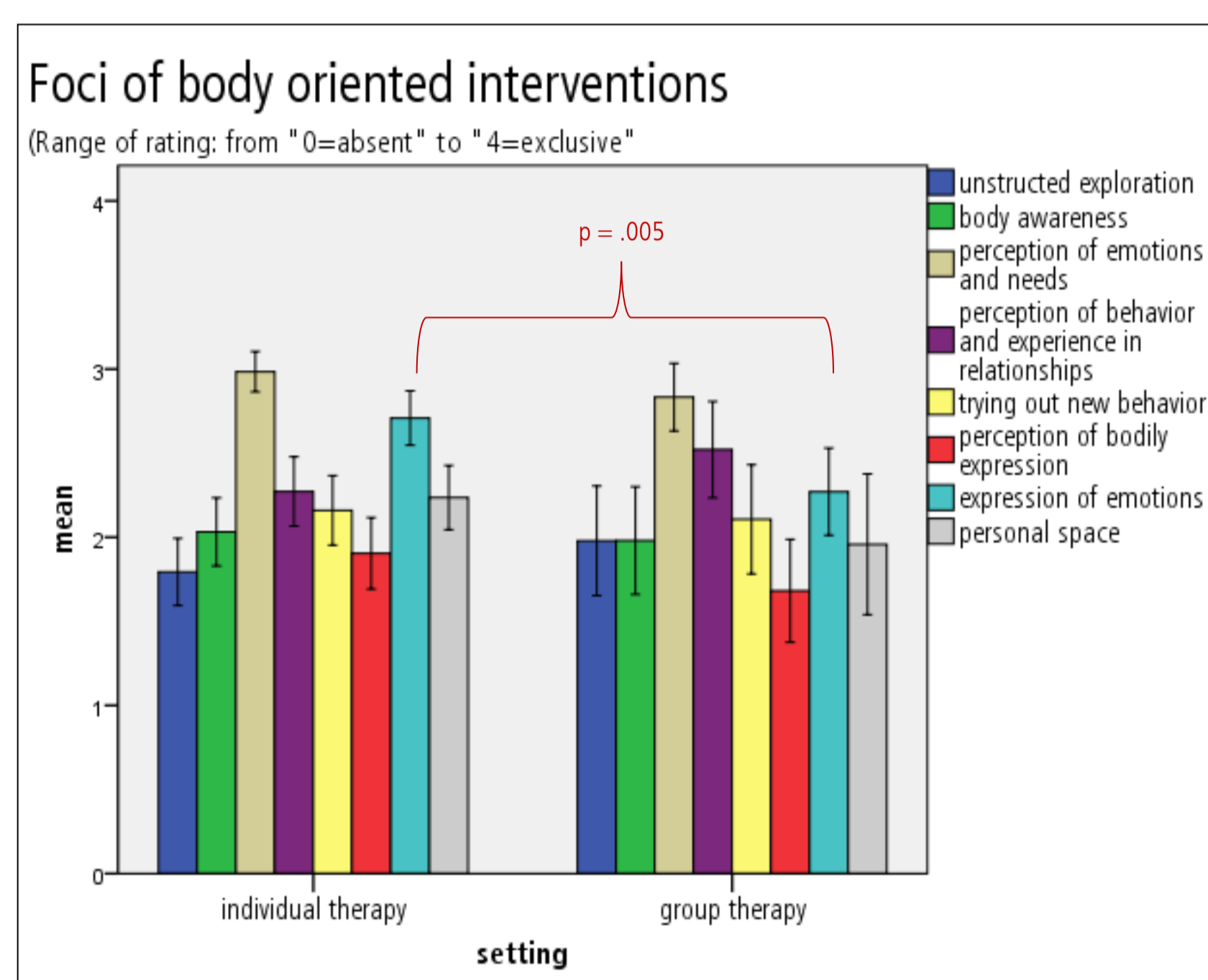


Fig. 1

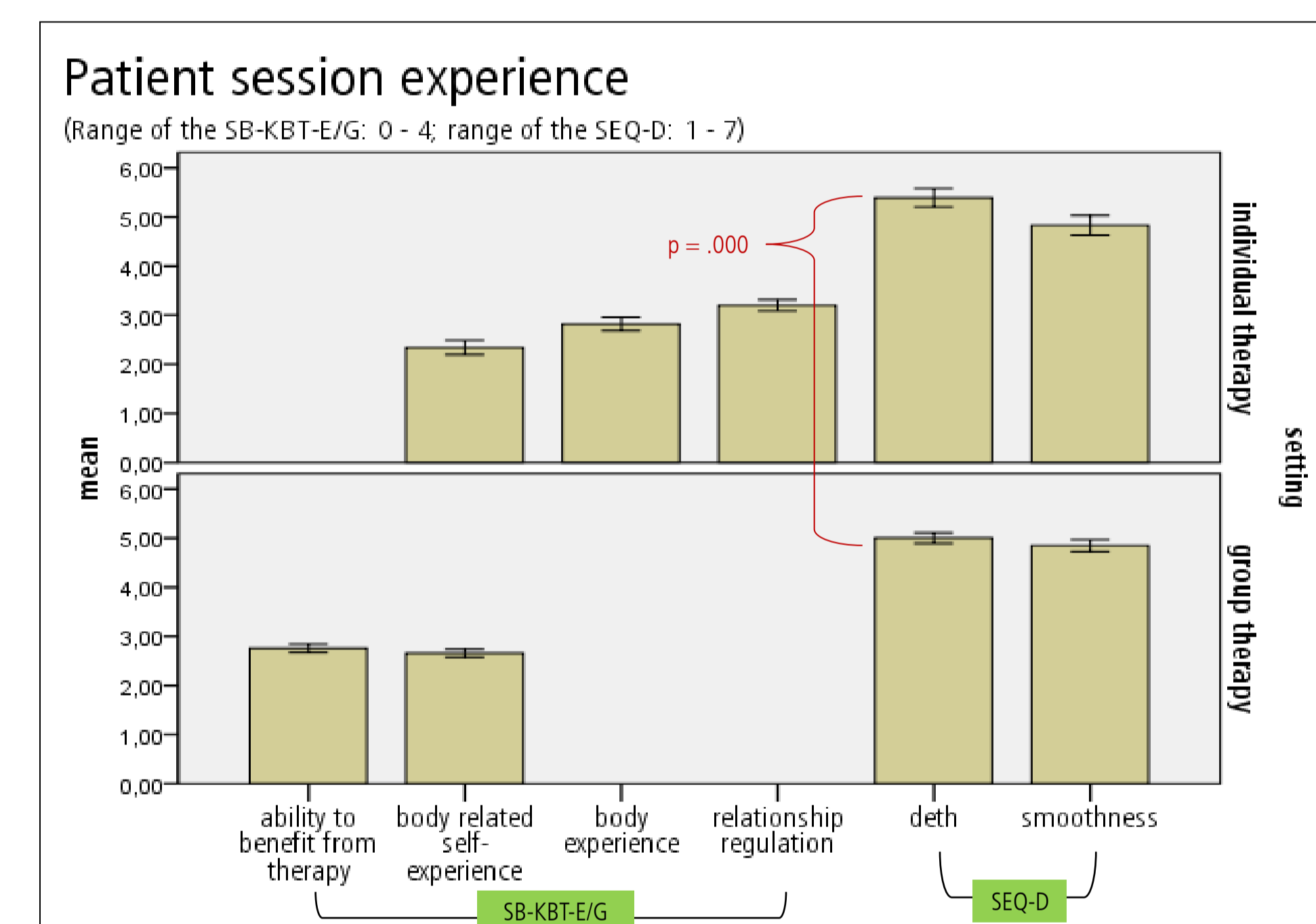


Fig. 2

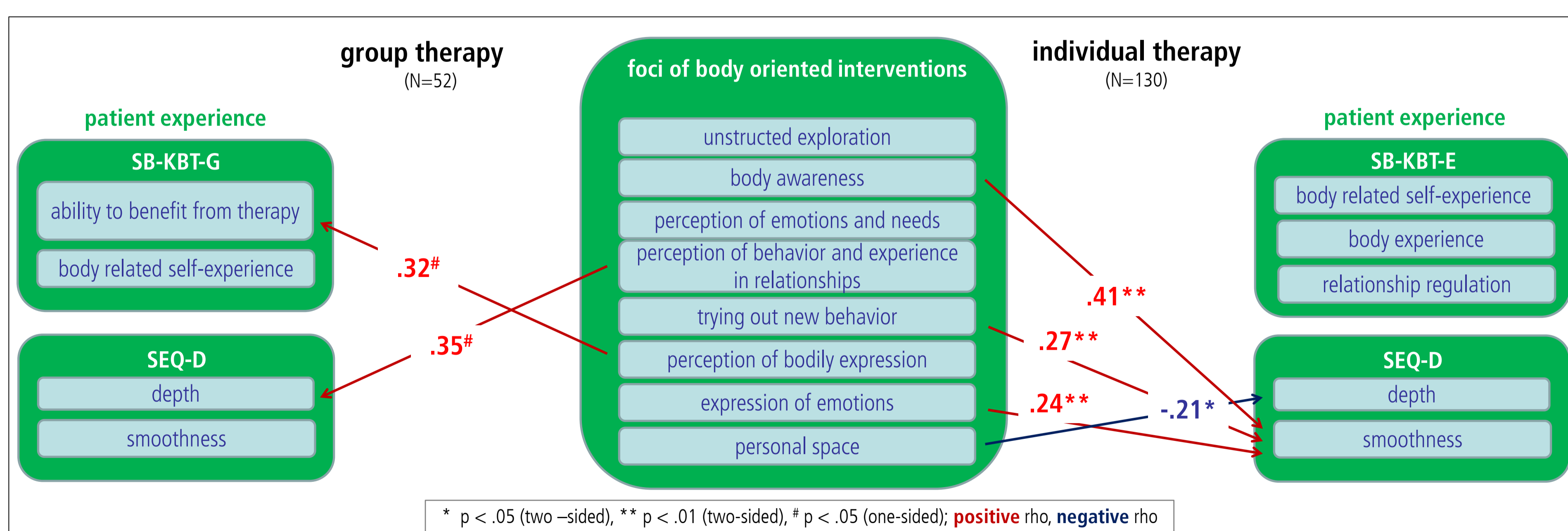


Fig. 3: Spearman's rank correlation between patient experience and therapeutic intervention

## Discussion

Patient session experience depends in a small extend on therapist's foci of body oriented interventions. Moreover there is no common pattern of correlations for individual and group therapy. Different reasons may be responsible for these results and make further research necessary. For example other (not body oriented) interventions may have more impact on the patient experience. Therapists often follow more than one interventional focus. Therefore the „dose“ of a single interventional focus may be less relevant.

## References

- Hartmann, a., Hermann, S., Joos, A., Stiles, W. B. & Zeck, A. (2010). *Die Evaluation von Therapiesitzungen durch Patienten und Therapeuten: Faktorstruktur und Interpretation des EQ-D*. Unveröffentlichtes Manuskript, Universität Freiburg, Abteilung für Psychosomatische Medizin und Psychotherapie.
- Seidler, K.-P. (2002). Die Gruppenstunde in der Konzentrativen Bewegungstherapie (KBT) im Spiegel des Erlebens der Gruppenteilnehmer und des Gruppenleiters. *Gruppenpsychotherapie und Gruppendynamik*, 38, 71-88.