

Contents

Part I Introduction

1	How Do I Know Whether My Efforts Are Helpful for the Client? Implementing Feedback in Norway	3
	Terje Tilden	

Part II Couple and Family Therapy in Norway

2	The History of Family Therapy in Norway	17
	Vigdis Wie Torsteinsson and Astri Johnsen	
3	A Sociological Perspective on Changes in the Family in Norway	45
	Liv Johanne Syltevik	
4	Family Therapy and Philosophy: Inspiration and Frustration	63
	Harald Holm Nilssen	

Part III Practice-Oriented Research and Routine Outcome Monitoring

5	The Systemic Therapy Inventory of Change—STIC: A Multi-systemic and Multi-dimensional System to Integrate Science into Psychotherapeutic Practice	85
	William M. Pinsof	
6	The Norwegian Directorate for Children, Youth and Family Affairs' Efforts to Implement Feedback in Routine Couple and Family Therapy	103
	Marianne Bie	

7	Feedback as Means to Enhance Client–Therapist Interaction in Therapy	121
	Rolf Sundet	
8	Does Feedback Enhance User Involvement in Therapy?	143
	Camilla Jensen Oanes	
9	Empirically Informed Therapy Conducted at the Family Unit, Modum Bad	159
	Bente Barstad, Hilde Opstvedt and Terje Tilden	
10	Family Therapy and Holistic Complexity—An Ethnographic Approach to Therapeutic Practice in a Norwegian Psychiatric Clinic	173
	Halvard Vike and Heidi Haukelien	
11	An Anthill of Questions that Made Me Prepare for the First Session: A Clinical Vignette of the Usage of STIC Feedback System.	189
	Rune Zahl-Olsen and Camilla Jensen Oanes	
12	Lessons Learned from the Implementation of a Feedback System in Couple and Family Therapy	211
	Åshild Tellefsen Håland and Terje Tilden	
Part IV Reflections from Abroad on Couple and Family Therapy in Norway		
13	How, When, and Why Do People Change Through Psychological Interventions?—Patient-Focused Psychotherapy Research	227
	Julian A. Rubel and Wolfgang Lutz	
14	How to Use Research to Become More Effective Therapists	245
	Bruce E. Wampold	
15	How Can Outcome Data Inform Change? Experiences from the Child Mental Health Context in Great Britain, Including Barriers and Facilitators to the Collection and Use of Data.	261
	Jenna Jacob, Elisa Napoleone, Victoria Zamperoni, Lily Levy, Matt Barnard and Miranda Wolpert	
Part V Concluding Remarks		
16	Epilogue	283
	Terje Tilden and Bruce E. Wampold	
	Index	289