

The Mental Health Service, Region Zealand, and Department of Psychology, University of Copenhagen are proud to host an afternoon seminar on

## Practice-Oriented Research in Psychotherapy

**Tuesday 16 September 2025 13:30-16:00**

Registration deadline: Friday 5 September 2025 via e-mail: [lich@regionsjaelland.dk](mailto:lich@regionsjaelland.dk)  
(limited seats, first come, first served)

The seminar will be conducted in English

- Address: The Faculty of Social Sciences (Center for Sundhed og Samfund, CSS)  
Auditorium 18.01.11. Øster Farimagsgade 5, 1353 Copenhagen K

[How to find us – Faculty of Social Sciences - University of Copenhagen](#)

[Find vej til samfundsvidenskab på Center for Sundhed og Samfund \(CSS\) – Det Samfundsvidenskabelige Fakultet - Københavns Universitet](#)

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**Practice-Oriented Research (POR)** offers an alternative approach to psychotherapy research, based on a partnership between clinicians and researchers in different aspects of the decision, design, implementation, and dissemination of studies conducted in day-to-day practice. It stands in contrast with research that is conducted in controlled settings, such as traditional randomized clinical trials or experimental psychology settings.

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### Program

Moderator: Professor Sidse Arnfred, Department of Clinical Medicine, UCPH and Mental Health Service Region Zealand

**13:00 - 14:00**

Practice-oriented research: Integrating and advancing science and clinical work seamlessly. *Professor Louis Castonguay*

Break

**14:15 - 15:15**

Practice-oriented research: The Norwegian perspective. *Professor Christian Moltu*

**15:15 – 15:30**

Questions/Plenary Discussion – facilitated by Professor Stig Poulsen, UCPH

*Speakers are presented on the next page.*



**Professor Louis G. Castonguay**, Department of Psychology, The Pennsylvania State University, primarily conducts research on factors related to the process and impact of psychotherapy, including client (e.g., limited financial resources, discrimination), therapist (e.g., therapist effects), therapeutic relationship (e.g., working alliance), therapeutic interventions (e.g., techniques), and contextual (e.g., center effects) variables. Over the last several years, he has been conducting Practice-Oriented Research aimed at better understanding and possibly improving psychotherapy as practice in natural settings. He has more than 250 publications and been involved as co-editor of 13 books on psychotherapy. One of these books (with Michael Barkham and Wolfgang Lutz) is the seventh edition of Bergin and Garfield's handbook of psychotherapy and behavior change. Castonguay has also co-edited the book **Practice-Oriented Research in Psychotherapy, 2013**, and he has been involved in the development of three practice research networks (PRN), which are aimed at facilitating active collaborations between

clinicians and researchers in the conduct of scientifically rigorous and clinically relevant studies. He has conducted several POR studies with different groups of investigators, including with researchers in Denmark and Norway. Castonguay's presentation will describe how research conducted as part of clinical routine can improve our understanding of psychotherapy and contribute to its scientific foundations by complementing research conducted in controlled settings. Various types of practice-oriented research will be presented and guidelines to conduct and foster this type of empirical efforts will be offered.



**Professor Christian Moltu** is Head of Research at the Division of Psychiatry, Helse Førde, and Western Norway University of Applied Sciences (HVL). He leads research projects on personalized healthcare services, digitalization, and the use of data in mental healthcare. He plays a key role in the development of Norse Feedback and Norse Impact, which have contributed to the implementation of digital healthcare services in clinical practice. Moltu supervises PhD candidates and contributes to the research environment at HVL and Helse Førde. He leads the research group PERSONFORSK, which focuses on personalized healthcare services. He has published over 110 scientific articles on psychotherapy research and the use of patient data in treatment and has secured more than 60 million NOK in research funding from various sources. He has received awards for his work, including Helse Vest's Quality Award and Innovation Award for

Norse Feedback, as well as HVL's Collaboration Award. Through research projects and collaboration, he works to develop knowledge that can contribute to more effective and precise healthcare services.