

Dear Dianne,

It is a true pleasure to welcome you in Berlin. And it is a great honor for me to be asked by the Klaus Grawe Foundation to give a laudation about your work.

Dear Colleagues, Dear Guests,

The Klaus Grawe Foundation was founded in Zurich in 2005. Relating to the exceptional research and conceptual work of Klaus Grawe, the foundation's purpose is to promote excellent research in clinical psychology and psychotherapy in order to improve prevention and treatment of psychological problems and disorders. Established in 2007, the “Klaus-Grawe-Award for the Advancement of Innovative Research in Clinical Psychology and Psychotherapy” aims to honor and to support outstanding work that unites science and practice in our field.

Previous recipients of the award are Timothy Strauman (2007) and Terrie Moffitt (2009). Now – this year – Dianne Chambless is honored for her outstanding scientific achievement in the field of psychotherapy research.

I am giving you now an outline of Dianne Chambless’ s professional biography. Dianne Chambless graduated from Newcomb College of Tulane University in New Orleans with a Bachelor of Arts in -- Political Science. Further academic degrees are a Master Degree in Psychology and a doctorate in Clinical Psychology, both from Temple University, Philadelphia. Her training in psychotherapy includes not only behavior and cognitive therapy but also psychodynamic- and Gestalt-therapy.

After lecturing and pursuing her research at Temple University, the American University in Washington D.C. and the University of North Carolina in Chapel Hill, Dianne Chambless has returned to Philadelphia and is currently Professor of Psychology and Director of Clinical Training at the Department of Psychology of the University of Pennsylvania.

The work of Dianne Chambless focuses on three main areas:

First – The advancement of our knowledge and understanding of anxiety disorders

Second - the role interpersonal factors play in mental disorders and

Third - the identification and dissemination of empirically supported treatments

In all of these areas Dianne Chambless has made substantial and internationally highly regarded contributions.

As far as anxiety disorders are concerned, most of us here assembled are familiar with the concept of “fear of fear” that can be attributed to Dianne’s conceptual work. Her research has provided the most widely used questionnaires for agoraphobia and panic disorder treatment and research assessing the core cognitions for panic and the avoidance behavior of these patients. There is most probably no research grant on agoraphobia that can manage without these important tools – which, besides being excellent diagnostic instruments, are also exemplary for treatment planning.

Beginning with her 1978 publication, co-authored with Alan Goldstein, entitled “Reanalysis of Agoraphobia”, Dr. Chambless started to outline the importance of interpersonal relationships of people with anxiety disorders. We all know that interpersonal factors are crucial for the course and treatment outcome of mental

disorders. Dianne Chambless' s studies – many of them conducted together with Gail Steketee - shed a new light on and gave insight into the role of perceived criticism and expressed emotion for the course and relapse in obsessive compulsive and anxiety disorders.

The third major subject in Prof. Chambless's work is the identification and dissemination of empirically supported treatments (ESTs). This line of her research has had the most important and strongest impact on psychotherapy research and practice and is the main cause that led to her being honored today.

Starting in 1993, Dianne Chambless headed the Task Force on promotion and dissemination of psychological procedures set up by the American Psychological Association (APA). The goal of the Task Force was to provide answers to the core question from those seeking treatment for mental disorders: "What approaches to psychotherapy are beneficial to me and my problems?"

How can this important question be answered? It can only be answered based on empirical evidence that gives us the best estimate of treatment success. Thus, under Dianne's leadership, the Task Force was vital in establishing criteria to judge the scientific base and the efficacy of psychotherapeutic approaches. Especially her seminal article *Defining empirically supported therapies* co-authored with Steven Hollon in 1998 is one of the most cited papers in clinical psychology and psychotherapy research.

For her work, Dianne Chambless received a prestigious award of the APA honoring psychologists who have made distinguished contributions to the understanding and amelioration of important practical problems.

Looking at the criteria for scientifically approved psychotherapy approaches, outlined by the Federal Board of Psychotherapy

(wissenschaftlicher Beirat) here in Germany, the influence of Dr. Chambless' s work becomes very clear. There cannot be scientific approval without empirical evidence. Furthermore, almost all treatment guidelines for mental disorders refer to these criteria. Thus, the criteria developed by the APA Task Force form the important and crucial basis for structural quality assurance in psychotherapy training and practice.

In the scientific community, Dianne Chambless is known for her concise and hard work, dedication, courage and perseverance. These are qualities that enable her to take up leading positions. The discussion on identification and dissemination of empirically supported treatments is a very important but also a controversial issue that is often heatedly debated. It took hard work to develop the empirically supported treatments, but it may have taken and still takes even more courage and perseverance to continue the discussion of the concept in the field.

Over the years Dianne Chambless has dedicated her work to many additional causes, one of which is mentoring women in psychology. For her outstanding mentoring, she also received an award from APA in 2002. I'd like to briefly comment on this award because I personally benefited tremendously from her knowledge, her inspiration and her mentoring. Without Dianne's encouragement and support, I may not have entered and probably would not have continued my scientific career. I would not talk here today and would not be able to head the working group in clinical psychology and psychotherapy here at the Freie Universität. Dianne, I am very grateful for your support. The pleasure I have talking about Dianne Chambless today is wholehearted.

In light of the growing number of people needing treatment for mental disorders, it is of paramount importance for researchers and

practicing therapists to exchange views. Furthermore, it is equally important to jointly explore ways and find innovative solutions to the problems that health care in general and psychotherapy in particular face today. Dianne Chambless is honored for her accomplishments today, and this is also one of the reasons why we have come to Berlin for the Workshop Congress.

The motto of this congress is “Wissen schaf(f)t Praxis” (Science Creates Practice and vice versa: Practice Creates Science). Dianne Chambless’s work and career exemplify this motto to an extraordinary degree. For she has not only produced excellent scientific work, she also continues treating patients to this day. Thus, throughout her exceptional career Dianne Chambless has proven that science and practice need and stimulate each other. I am very happy that you, Dianne, are the recipient of the award this year. Congratulations.