

Effective Ingredients in Psychotherapy: Prediction of Outcome From Process Variables

Beverly Gomes-Schwartz
McLean Hospital

This study was designed to examine the impact of (a) exploration of the psychodynamic roots of patients' conflicts, (b) warmth and friendliness of the therapist-offered relationship, and (c) positiveness of patients' attitudes toward working in therapy on the outcome of brief therapy with 35 college males exhibiting symptoms of depression, anxiety, and social introversion. Analyses of process ratings for audiotaped segments from four sessions throughout the course of therapy revealed that the activities of therapists of differing theoretical orientations and of professional versus untrained, "inherently helpful" therapists could be distinguished. Although patients' attitudes toward the therapist and patient involvement in the therapy process did not differ as a function of the type of therapist, the process dimension that most consistently predicted therapy outcome was patient involvement. Exploratory processes and therapist-offered relationship had a lesser influence on outcome.

Questions about how psychotherapy works—what qualities in the patient, the therapist, and the process of their interaction contribute to the amelioration of the patient's psychic distress—have generated considerable debate among proponents of varying systems of psychotherapy. Some of the issues that have prompted the widest discussion include (a) the relative importance of the patient-therapist relationship, as opposed to specialized techniques of intervention, and (b) the relevance of patients' attitudes toward the therapist and the therapy process.

This article is based on a doctoral dissertation submitted to Vanderbilt University. The research was supported by National Institute of Mental Health Grant 20369 awarded to Hans H. Strupp. The contributions of members of the Vanderbilt Psychotherapy Research Team—Hans H. Strupp, Suzanne W. Hadley, Dianna Hartley, Grady Blackwood, and John Baker—are gratefully acknowledged. Thanks are also due to Joseph M. Schwartz who collaborated in the pilot phases of the research and provided helpful comments, George Silberschatz and Susan Packer who served as raters, and dissertation committee members, Howard R. Roback, Leland E. Thunse, John H. Harvey, and Jeffery J. Franks.

Requests for reprints should be sent to Beverly Gomes-Schwartz, Department of Psychology, McLean Hospital, Belmont, Massachusetts 02178.

Relationship Versus Technique

Rogers (1957) asserted that the consistent communication of genuine warmth and empathic understanding by the therapist is sufficient to produce constructive personality change. As long as the therapist is able to offer the patient a warm human relationship, even the most recalcitrant psychotic patients can eventually be reached (Rogers, Gendlin, Kiesler, & Truax, 1967).

In contrast, psychodynamic therapists have emphasized the importance of exploratory techniques—clarification, interpretation, confrontation—for producing the cognitive and emotional insight considered instrumental for change (Bibring, 1954; Glover, 1955; Langs, 1973). Even though a number of analytically oriented therapists have noted the significance of the patient-therapist relationship or therapeutic alliance (Greenson, 1967; Zetzel, 1956), there are fundamental differences between most dynamic therapists and the Rogerians. The analytic therapist is cautioned to maintain the role of an expert healer rather than try to be a friendly or equal partner in an interpersonal relationship. Although the trust and rapport engendered by a good therapeutic relationship may be necessary to facilitate

Effective Ingredients Of Successful Psychotherapy

Lloyd R. Goodwin



Effective Ingredients Of Successful Psychotherapy:

Effective Ingredients of Successful Psychotherapy Jerome David Frank, Selma G. Sapir, Bernice Wilson, 1978

Effective Ingredients of Successful Psychotherapy Jerome D. Frank, Rudolph Hoehn-Saric, Stanley Imber, Bernard Liberman, Anthony R. Stone, 1978-06 Toward Effective Counseling and Psychotherapy Robert Carkhuff, 2017-09-29 The field of counseling and psychotherapy has for years presented the puzzling spectacle of unabating enthusiasm for forms of treatment whose effectiveness cannot be objectively demonstrated. With few exceptions, statistical studies have consistently failed to show that any form of psychotherapy is followed by significantly more improvement than would be caused by the mere passage of an equivalent period of time. Despite this, practitioners of various psychotherapeutic schools have remained firmly convinced that their methods are effective. Many recipients of these forms of treatment also believe that they are being helped. The series of investigations reported in this impressive book resolve this paradoxical state of affairs. The investigators have overcome two major obstacles to progress in the past: lack of agreement on measures of improvement and difficulty of measuring active ingredients of the psychotherapy relationship. The inability of therapists of different theoretical persuasions to agree on criteria of improvement has made comparison of the results of different forms of treatment nearly impossible. The authors have solved this intractable problem by using a wide range of improvement measures and showing that regardless of measures used in different studies, a significantly higher proportion of results favor their hypothesis than disregard it. Overall, this book represented a major advance at the time of its original publication and is of continuing importance. The research findings resolve some of the most stubborn research problems in psychotherapy and the training program based on them points the way toward overcoming the shortage of psychotherapists. **Cognition and Psychotherapy** M.J.

Mahoney, 2013-11-11 For almost three millennia, philosophy and its more pragmatic offspring, psychology and the cognitive sciences, have struggled to understand the complex principles reflected in the patterned operations of the human mind. What is knowledge? How does it relate to what we feel and do? What are the fundamental processes underlying attention, perception, intention, learning, memory, and consciousness? How are thought, feeling, and action related, and what are the practical implications of our current knowledge for the everyday priorities of parenting, education, and counseling? Such meaningful and fascinating questions lie at the heart of contemporary attempts to build a stronger working alliance among the fields of epistemology, theories of knowledge, the cognitive sciences, and psychotherapy. The proliferation and pervasiveness of what some have called cognitivism throughout all quarters of modern psychology represent a phenomenon of paradigmatic proportions. The reemergence of cognitive concepts and perspectives, whether portrayed as revolutionary, reactive, or evolutionary, developmental in nature, marks what may well be the single most formative theme in late twentieth-century psychology. Skeptics of the cognitive movement, if it may be so called, can readily note the necessary limits and liabilities of naive forms of metaphysics and mentalism. The history of human ideas is writ large in the polarities of in here and out there.

from Plato Pythagoras and Kant to Locke Bacon and Watson Comprehensive Handbook of Psychotherapy Integration George Stricker, Jerold R. Gold, 2013-06-29 This Handbook is the culmination of an interest in psychotherapy integration that led to our first professional collaboration in 1978 At that time we undertook in research conducted for a doctoral dissertation by the second editor and supervised by the senior editor to understand from and within a psychodynamic perspective the experiences of patients who had completed behavioral therapies At that time psychotherapy integration was a topic considered viable and interesting by only a few clinicians and scholars with little communication among them and less awareness concern and appreciation on the part of psychotherapists in general The situation today has changed The appearance of this Handbook may be taken as a significant sign of maturation and legitimacy of work in psychotherapy integration It is our hope and expectation that this volume will serve as an up to date and exhaustive overview of the status of ongoing scholarly and clinical work in the integration of the major schools of psychotherapy The Handbook opens with a section that will provide the reader with an overview of the history sociocultural context and empirical status of the broad field of psycho therapy integration **Button Therapy** Lloyd R. Goodwin Jr. Ph.D., 2007-04-23 The Button Therapy Book is a practical psychological self help book and a holistic cognitive therapy manual for mental health professionals The Six Step Button Therapy Method is a practical and psychological self help approach and is a companion book to the Button Therapy Book providing a summary overview of the six steps The Cognitive Self Assessment Inventory is designed to help identify core beliefs should messages defense mechanisms personality traits thought distortions and Buttons i e attachments or demands The Cognitive Self Assessment Inventory can be used by mental health professionals as a psychological assessment tool View the individual books The Button Therapy Book The Six Step Button Therapy Method The Cognitive Self Assessment Inventory **The Creative Arts in Counseling** Samuel T. Gladding, 2014-12-08 In this detailed examination of the expressive therapies Dr Gladding demonstrates how music dance imagery visual arts literature drama and humor can be used effectively in counseling Combining history theory and application he provides a rationale for using each art form with how to strategies for working with clients of all ages and diverse cultural backgrounds to promote positive change and growth This fourth edition includes Creative Reflection sections that give readers an opportunity to ponder their own creativity and for greater ease of use a new chapter that briefly describes each of the 117 exercises found in the book Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to permissions counseling org *Current Catalog* National Library of Medicine (U.S.), 1979 First multi year cumulation covers six years 1965 70 Button Therapy Lloyd R. Goodwin, 2007-02-26 The Button Therapy Book is a practical cognitive counseling manual for mental health professionals and a psychological self help book designed to Help you identify modify and eliminate your Buttons that trigger stress and distress in your life Help you identify potentially troublesome cognitions related to your

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Current Issues in Rational-Emotive Therapy (Psychology Revivals) Windy Dryden, 2014-08-01 In his earlier book *Rational Emotive Therapy Fundamentals and Innovations* Dr Dryden outlined the central features of Rational Emotive Therapy RET as

it had developed in and from the work of Albert Ellis He then proceeded to discuss innovations within the theory several of which had been instigated by the author Originally published in 1987 this book builds upon these latter elements It discusses the theoretical basis of RET arguing that it can be accurately described as theoretically consistent eclectic therapy and analyses the problems encountered in and the benefits derived from its practice At the time this book provided a state of the art discussion of RET and will still be of interest for those involved in counselling psychotherapy clinical psychology psychiatry and social work The Needs ABC Therapeutic Model for Couples, Adolescents, and Parents Tom Caplan,2011-01-19 The Needs ABC Therapeutic Model for Couples and Families provides beginning clinicians with concrete practical skills and expanded theoretical base for their practice Readers will be able to apply their new knowledge directly and in ways that will help them create long lasting change in clients who present with difficult behaviors The Effects of Psychological Therapy S.J. Rachman,G.T. Wilson,2013-10-22 The Effects of Psychological Therapy Second Enlarged Edition focuses on trends methodologies and technologies used in determining the effects of psychological therapy on neurotic disorders behavior therapy and psychotherapy The manuscript first discusses conventional outcome research need for evaluations and Eysenck s argument The book also focuses on the spontaneous remission of neurotic disorders and effects of psychoanalytic treatment including spontaneous remission rates in childhood the American Psychoanalytic Association survey Malan s contribution and the Menninger clinic report The text ponders on the effects of psychotherapy Rogerian psychotherapy and psychotherapy with psychotic patients The manuscript also takes a look at behavior therapy as well as external and internal validity of studies on systematic desensitization controlled treatment outcome studies and outcome of behavior therapy Meichenbaum s self instructional training cognitive restructuring methods and Beck s cognitive therapy are discussed The manuscript is a dependable reference for readers interested in the effects of psychological therapy The Cycle of Excellence Tony Rousmaniere,Rodney K. Goodyear,Scott D. Miller,Bruce E. Wampold,2017-06-12 How do the good become great Practice From musicians and executives to physicians and drivers aspiring professionals rely on deliberate practice to attain expertise Recently researchers have explored how psychotherapists can use the same processes to enhance the effectiveness of psychotherapy supervision for career long professional development Based on this empirical research this edited volume brings together leading supervisors and researchers to explore a model for supervision based on behavioral rehearsal with continuous corrective feedback Demonstrating how this model complements and enhances a traditional theory based approach the authors explore practical methods that readers can use to improve the effectiveness of their own psychotherapy training and supervision This book is the 2018 Winner of the American Psychological Association Supervision Training Section s Outstanding Publication of the Year Award *Cognition and Psychotherapy* Arthur Freeman, EdD, ABPP,2004-06-29 In the first edition recognized specialists from the major ideological schools address the role and conceptualization of cognitive processes and procedures of the psychotherapeutic encounter In the almost two decades since

the publication of the first edition the cognitive revolution has moved from being a barbarian by the gate of the establishment to having become the establishment This revised work reflects the convergent themes noted across approaches to psychotherapy Several of the earlier contributions have been updated and offer more contemporary views Finally the editors present the synthesis of the contributions and describe possible directions for the cognitive focus over the next two decades Contributors include Bowlby Frankl Miedl Frank Arieti Bandura Adler Ellis Scrimaldi and other world renowned theorists and psychotherapists

Creating Sustainable Results with Solution-Focused Applied Psychology Louis Cauffman,2023-04-05 This practical evidence based guide details how professional practitioners and change facilitators can integrate a solution focused approach into their daily work and practice While conventional therapeutic methods centre on the assumption that problems arise due to deficiencies and therefore focus on diagnosis and subsequent treatment the solution focused approach is resource based and operates on the assumption that human beings always have resources at their disposal to move forward Free from the burden of detailed problem analysis the solution focused approach prioritizes clients hope for change in their lives and taps into the opportunities and resources available to bring about such transformation The solution focused practitioner is able to design incisive interventions that are flexible enough to adapt to any situation clients might find themselves in and this book provides a practical formulation that is immediately applicable to all professional fields of applied psychology *Creating Sustainable Results with Solution Focused Applied Psychology* is important reading for therapists and coaches of all schools of thought as well as anyone who practices as a professional change facilitator including social workers mediators business leaders and educators

Meditation for Therapists and Their Clients C Alexander Simpkins,Annellen M Simpkins,2009-03-17 Drawing on a range of meditation tools and techniques this work explains the principles of meditation to therapists and demonstrates how to utilize these principles in psychotherapeutic work with clients

Advances in Cognitive—Behavioral Research and Therapy Philip C. Kendall,2013-09-24 *Advances in Cognitive Behavioral Research and Therapy* Volume 2 provides information pertinent to the fundamental aspects of cognitive behavioral approaches to psychotherapy This book presents the developments in the study of cognition personality learning social interaction and behavior therapy Organized into seven chapters this volume begins with an overview of cognitive schemata and cognitive processing as significant theoretical concepts for cognitive behavioral therapy This text then provides an analysis of self mastery and the role of self schemata in processing therapeutic information Other chapters provide clinical guidelines for helping clients in changing their self view and behavior This book discusses as well the increasing influential role of fundamental cognition and social cognition in cognitive behavioral interventions The final chapter deals with the applied developments in the treatment of performance anxiety This book is a valuable resource for research and applied psychologists Researchers and clinicians struggling with the interplay of behavior cognition and emotion will also find this book useful

Persuasion and Healing Jerome D. Frank,Julia B. Frank,Bruce E. Wampold,2025-03-18 A thorough update of

Jerome Frank's groundbreaking work on the science and philosophy of psychotherapy. In this updated edition of *Persuasion and Healing*, Julia B. Frank MD and Bruce E. Wampold PhD examine psychological healing in both scientific and cultural terms, building upon Jerome D. Frank and his colleagues' sixty years of research into the mechanisms of psychotherapy and the nature of therapeutic relationships. J. D. Frank's insights into the common features of effective psychotherapy shed light on an enormous range of therapeutic activities, from professional care offered by people of diverse training to faith healing, indigenous healing, relief of suffering in medical illness, and other disruptions of people's relationships and core beliefs. This edition applies Frank's scientifically supported transdiagnostic humanistic principles to narrative and cognitive behavioral individual and group psychotherapies in both traditional and newer forms. The authors look beyond the bounds of professional services, discussing applications of the principles of psychotherapy that promote resilience in the face of the increasing worldwide burden of mental illnesses and demoralization related to rapid technological change, cultural dislocation, violence, and disasters of many kinds. Therapeutic innovations supported by Frank's work range from the training and deployment of lay mental health workers in low resource areas to digitally enhanced care. This classic work is a must read for anyone dedicated to understanding psychotherapy in all its forms, as the application of the compassionate principles of persuasion and healing to the mental health challenges of a troubled world. *Psychology of Hope* C.R.

Snyder, 2010-05-11 Why do some people lead positive, hope-filled lives while others wallow in pessimism? In *The Psychology of Hope*, a professor of psychology reveals the specific character traits that produce highly hopeful individuals. He offers a test to measure one's level of optimism and gives specific advice on how to become a more hopeful person. Introducing Cognitive Analytic Therapy Anthony Ryle, Ian B. Kerr, 2003-01-10 This is a comprehensive up-to-date introduction to the origins, development, and practice of cognitive analytic therapy (CAT). Written by the founder of the method and an experienced psychiatric practitioner and lecturer, it offers a guide to the potential application and experience of CAT with a wide range of difficult clients and disorders, and in a variety of hospital, community care, and private practice settings. *Introducing Cognitive Analytic Therapy* includes a wide range of features to aid scholars and trainees: illustrative case histories and numerous case vignettes; chapters, summaries, further reading, and glossary of key terms; resources for use in clinical settings; essential reading for practitioners and graduate trainees in psychotherapy, clinical psychology, psychiatry, and nursing.

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