

## 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.

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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

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