

Individual Counseling: Skills and Techniques, 3rd Edition

Mei-whei Chen and Nan Giblin

Chapter 02

Common Therapeutic Factors

© 2018 Mei-whei Chen and
Nan J. Giblin

 **Routledge**
Taylor & Francis Group

Chapter Topics

- Common Therapeutic Factors
- The Real Engine of Change: The Client
- The Relationship That Heals
- Two Common Therapeutic Factors

Chapter Topics

- The Therapist Factors
- Treatment Factors
- Our Craft: The Skills and Techniques
- Your “Self As the Most Important Instrument”

Common Therapeutic Factors

- No approach more successful than others
- Client is the hero and the greatest healer of herself
- It is the therapeutic relationship that is 30% responsible for positive change
- Specific technical procedures are 15% responsible for positive change (Asay and Lambert, 1999)

The Real Agent of Change: The Client

- Client motivation
- Client level of functioning
- Client resources
- Client active involvement in therapy

It Is the Relationship That Heals

- Strong therapist communication with client leads to
 - Client attachment to therapist
 - Client's sense of safety in therapy
- Selfless focus on client
- Ethics as the highest standard of care

Two Common Therapeutic Factors

- *Hope* that things will be better
- *Expectancy* that therapy will help

The Therapist Factors

- Similar gender and/or ethnicity is not a major factor in client success
- Similar values, life experiences, and lifestyles are positive factors
- Emotional and physical well-being of the therapist is very important

The Therapist Factors

- Perception of a “good match”
- Additional helpful for the therapist:
 - Counselor’s self-disclosure for the purpose of increasing transparency can increase trust
 - Years of experience
 - Competence level of therapist

Treatment Factors

- Clients improve from sessions 1 to 26, then improve slows
- Dealing with the demands of managed care

Our Craft: Skills and Techniques

- Skills and techniques don't stand alone
- For client success you also need genuine therapeutic encounters
- Skills clients learn when communicating with the therapist transfer to connecting with other people

Your “Self as the Most Important Instrument”

- Skills and therapist become one as the instrument of change
- Self is the most important: feelings, intuition
- Best way to improve yourself is personal therapy

Summary

- Common Therapeutic Factors
- The Real Engine of Change: The Client
- The Relationship That Heals
- Two Common Therapeutic Factors

Summary

- The Therapist Factors
- Treatment Factors
- Our Craft: The Skills and Techniques
- Your “Self” As the Most Important Instrument the Therapist Factors