

## Outcome Factors in Therapy

### What is proven to work?

Four factors of change that contribute to a positive outcome despite theoretical orientation or professional discipline of the therapist (Assay & Lambert, 1999):

1. **40% Client:** What the client brings to therapy
  - Strengths and resources
  - Social/environmental support
  - Chance events that occur while they happen to be in therapy
  
2. **30% Therapeutic Alliance:** The relationship between client and therapist
  - Emphasizes on collaboration
  - A partnership between the client and therapist to achieve the client's goals
  - It's the best predictor of outcome (Horvath & Symonds, 1991)
  
3. **15% Placebo/Hope/Expectancy**
  - Client's awareness of being helped
  - The inspiration of hope
  - Client's view of the credibility of the therapy's rationale and techniques

Therapist's belief in the treatment administered (allegiance) (Wampold, 2001)
  
4. **15% Models/Techniques**
  - Beliefs and procedures unique to specific treatments
  - Rationale and explanation for problems
  - Strategies/approaches for resolving problems

## What is not proven to work?

### 1. The Medical Model

- In the treatment of anxiety and depression, therapy is more effective; less expensive; and more problem free than medication (Duncan, B., & Miller, S., 2000)

### 2. The Diagnosis Model

- There are no diagnostic benefits to psychotherapy (Garfield, 1986)
- Diagnoses brand people with labels that carry blame, hopelessness, and helplessness and once a label has been attached, it sticks like glue (Duncan, Hubble, & Miller, 1997)
- There is no correlation between diagnosis and outcome nor between diagnosis and length of treatment (Brown et al., 1999; Beutler & Clarkin, 1990)
- Diagnosis does not select a remedy for individuals and does not predict how they will succeed in treatment (Garfield, 1986)
- Surveys consistently find that therapists do not like the diagnosis model or find it useful (Kirk, S.A., & Kutchins, H., 1992)

### 3. The Treatment Model

- In over 40 years of research, no one technique or model has been shown to be better than any other model or technique-- they all work about the same (Duncan, Hubble, Miller, & Wampold, 2009)
- The good news: The average treated client is better off than 80% of the untreated sample (Duncan, B., & Miller, S., 2000)