

The Impact of Relational Depth and Evidence-Based Practice



EVIDENCE-BASED PRACTICES:

Practices that are backed by scientific evidence. This means studies have been conducted and extensive research has been documented on a particular treatment, and it has proven to be successful.¹



WORKING ALLIANCE:

How the counselor and client connect, behave and engage with each other. This can be summed up as the bond that develops between counselor and client in the therapy room.²



THERAPEUTIC RELATIONSHIP:

The bond between client and counselor. This is professional in nature but also has relationship intimacy.³

Therapeutic relationship factors that impact changes in a client



IN-SESSION INTERACTIONS

15% of changed outcomes can be attributed to these exchanges



EXTRATHERAPEUTIC CHANGE

40% of changed outcomes can be attributed to factors that happen outside of counseling that cause a change in the client (new job or life circumstance that impacts the client's presenting problem)



EXPECTANCY (PLACEBO EFFECT)

15% of changed outcomes can be attributed to just going to counseling; showing up leads to change in the client



COMMON FACTORS

30% of changed outcomes in clients can be attributed to common practices across all practitioners (elements of work we do with clients that are consistent across counselors, theories and approaches)

1. Retrieved on December 12, 2019, from goodtherapy.org/blog/psychpedia/evidence-based-treatment
2. Retrieved on December 12, 2019, from harleytherapy.co.uk/counselling/what-is-the-therapeutic-alliance.htm
3. Retrieved on December 12, 2019, from goodtherapy.org/blog/psychpedia/definition-of-therapeutic-relationship