Contents

Part I Foundations

1 Introduction: Healing Outcomes and a Broader Definition of Psychotherapeutic Change 3

2 The Theory–Measurement Gap and Why It Matters 9

3 A Systems-Contextual Integrative Heuristic Model, Part 1: Healing and Levels of Change 15

4 A Systems-Contextual Integrative Heuristic Model, Part 2— The Dynamics of the Healing Cycle and the Trauma Cycle 35

5 Individual Client-Level Differences and Treatment Outcome: Idiographic Assessment of Patterns and Types 61

6 Healing as a Collaboration: Development, Culture, Ethics, and Client-Defined Success 75

Part II Applications

7 Healing Through Emotion: Emotional Processing, Avoidance, and Measurement 85

8 Measuring Common Factors: Working Alliance, Client Expectations, and Client Distress 101

9 Narrative and Language 117

10 Practice–Research Integration: Practice Research Networks for Translating Evidence-Based Interventions into Healthcare Systems 133

Part III Summary and Implications

11 Toward a Unified Dynamic Model: Summary, Future Directions, and Conclusions 141

Index 149