

# CONTENTS

Contributors	ix
<b>An Introduction to <i>The Other Side of Psychotherapy</i></b>	<b>3</b>
Jairo N. Fuertes	
<b>I. CLIENT FACTORS IN THERAPY PROCESSES AND OUTCOMES</b>	<b>11</b>
<b>1. Client Expertise: The Active Client in Psychotherapy</b>	<b>13</b>
Arthur C. Bohart and Karen Tallman	
<b>2. Understanding and Enhancing Client Motivation</b>	<b>45</b>
João Tiago Oliveira, Juan Martín Gómez-Penedo, and Martin grosse Holtforth	
<b>3. Patient Readiness to Change: What We Know About Their Stages and Processes of Change</b>	<b>73</b>
John C. Norcross, Danielle M. Cook, and Jairo N. Fuertes	
<b>4. Therapist and Client Facilitative Interpersonal Skills in Psychotherapy</b>	<b>99</b>
Timothy Anderson and Matthew R. Perlman	
<b>5. Clients' Experiences of Attachment in the Psychotherapy Relationship</b>	<b>125</b>
Brent Mallinckrodt	
<b>6. Clients' Agentic and Self-Healing Activities in Psychotherapy</b>	<b>159</b>
Amy Greaves	



<b>II. CLIENT-THERAPIST INTERACTIONS</b>	<b>203</b>
<b>7. The Client's Function in the Psychotherapy Relationship: What Clients Experience and Contribute</b>	<b>205</b>
Charles J. Gelso and Kathryn V. Kline	
<b>8. Client-Focused Assessment and Intervention: Tailoring the Work to the Client</b>	<b>235</b>
James F. Boswell and Adela Scharff	
<b>9. Rethinking Therapists' Responsiveness to Center Clients' Experiences of Psychotherapy</b>	<b>265</b>
Heidi M. Levitt, Kathleen M. Collins, Javier L. Rizo, and Ally B. Hand	
<b>10. Clients' Influence on Psychotherapists and the Treatment They Provide</b>	<b>295</b>
Rodney K. Goodyear and Hideko Sera	
<b>11. Clients' Own Perspectives on Psychotherapy Outcomes and Their Mechanisms</b>	<b>317</b>
Michael J. Constantino, Averil N. Gaines, and Alice E. Coyne	
<b>12. Clients' Experiences of Therapy Ending</b>	<b>351</b>
Cheri Marmarosh	
<b>III. INTEGRATION AND DISCUSSION</b>	<b>379</b>
<b>13. Closing Thoughts About <i>The Other Side of Psychotherapy</i></b>	<b>381</b>
Jairo N. Fuertes	
Index	393
About the Editor	415