

Contents

<i>Preface</i>	ix
Introduction: A Common Factors Approach to Therapy	3
1. Common Factors: Hypothesis to Metatheory to Theoretical Orientation	9
<i>History: Common Factors as a Metatheory</i>	11
<i>Defining Specific, Nonspecific, and Common Factors</i>	14
<i>Collections of Common Factors</i>	15
<i>The Abstraction Problem</i>	20
<i>A Potential Solution: What Is Needed</i>	24
<i>Specified Components</i>	25
2. The Therapeutic Relationship, Common Factor 1	35
<i>Overview of the Therapeutic Relationship</i>	37
<i>The Therapeutic Relationship as a Vehicle for Change</i>	38
<i>Inclusion Criteria for the Therapeutic Relationship</i>	41
<i>Exclusion Criteria for the Therapeutic Relationship</i>	43
<i>Definition of the Therapeutic Relationship</i>	43
<i>Intervention Concepts for the Therapeutic Relationship</i>	46
<i>Ending Therapy</i>	79
<i>Summary</i>	82

3. Motivation, Common Factor 2	83
<i>Overview of Motivation</i>	86
<i>Inclusion Criteria for Motivation</i>	92
<i>Exclusion Criteria for Motivation</i>	98
<i>Definition of Motivation</i>	98
<i>Intervention Concepts for Motivation</i>	101
<i>Summary</i>	119
4. Corrective Experiencing, Common Factor 3	123
<i>Overview of Corrective Experiencing</i>	127
<i>Inclusion Criteria for Corrective Experiencing</i>	132
<i>Exclusion Criteria for Corrective Experiencing</i>	137
<i>Definition of Corrective Experiencing</i>	137
<i>Intervention Concepts for Corrective Experiencing</i>	139
<i>Summary</i>	164
5. Insight, Common Factor 4	165
<i>Overview of Insight</i>	167
<i>Inclusion Criteria for Insight</i>	170
<i>Exclusion Criteria for Insight</i>	172
<i>Definition of Insight</i>	173
<i>Intervention Concepts for Insight</i>	174
<i>Summary</i>	201
6. Self-Efficacy, Common Factor 5	203
<i>Overview of Self-Efficacy</i>	206
<i>Inclusion Criteria for Self-Efficacy</i>	210
<i>Exclusion Criteria for Self-Efficacy</i>	212
<i>Definition of Self-Efficacy</i>	213
<i>Intervention Concepts for Self-Efficacy</i>	215
<i>Summary</i>	230
Epilogue: The Future of Common Factors Therapy	231
<i>References</i>	235
<i>Index</i>	259
<i>About the Authors</i>	267