

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)