

How Do People Change?

Wampold, B.E. (2001). *The great psychotherapy debate: Models, methods, and findings*. Mahwah, NJ: Erlbaum.

- A. Therapeutic factor # 1:**
Treatment modality
(technique, method, model
of change)
- B. Therapeutic factor # 2:**
Alliance, or relationship with
an agent of change
(therapist, doctor, case
manager, sponsor, pastor,
friend, family member, etc.)
- C. Therapeutic factor # 3:**
Allegiance (hope,
confidence)
- D. Extra-therapeutic client
factors** (including willingness
and readiness to change)

