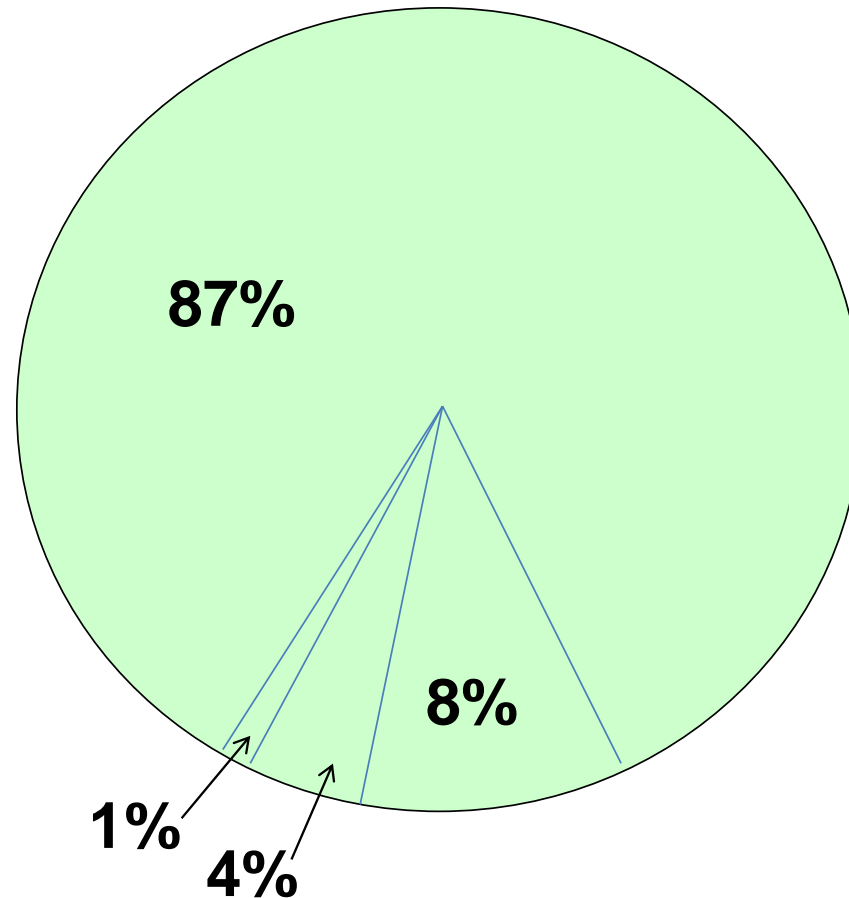


# How Do People Change?

What 40 years of research has shown . . .

- 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)



For more information, see <http://www.talkingcure.com/reference.asp?id=100>