Process Indicators of Success in Cognitive Psychotherapy

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ABSTRACT:
The purpose of this research was to identify process indicators associated with success in psychotherapy. We proceeded to study three processes of cognitive-oriented psychotherapy, video-recorded and transcribed in all sessions. Two cases were successful and one unsuccessful, considering different criteria. Five therapeutic process variables were identified In the cases studied, which were positive and negative, depending on the psychological well-being. We applied two quantitative statistical analysis. First, a content analysis allowed us to observe frequencies for the five variables in the three therapeutic processes. Second, biplot analysis identified a differential pattern of variables associations between the analyzed cases.

KEY WORDS: Content analysis, Biplot, Efectivity, Cognitive psychotherapy,Therapy