



Psychotherapy & Change
Chilean Research Program

I. Initial consolidation of the structure of the therapeutic relationship

1. Acceptance of the existence of a problem.
2. Acceptance of his/her limits and of the need for help.
3. Acceptance of the therapist as a competent professional.
4. Expression of hope.
5. Questioning of habitual understanding, behavior and emotions.
6. Expression of the need for change.
7. Recognition of his/her own participation in the problems.

II. Increase in permeability towards new understandings

8. Discovery of new aspects of self.
9. Manifestation of new behavior or emotions.
10. Appearance of feelings of competence.
11. Establishment of new connections among aspects of self, aspects of self and the environment, or aspects of self and biographical elements.
12. Reconceptualization of problems or symptoms.
13. Transformation of valorizations and emotions in relation to self or others.

III. Construction and consolidation of new understandings

14. Creation of subjective constructs of self through the interconnection of personal aspects and aspects of the surroundings, including problems and symptoms.
15. Founding of the subjective constructs in own biography.
16. Autonomous comprehension and use of the context of psychological meaning.
17. Acknowledgement of help received.
18. Decreased asymmetry between patient and therapist.
19. Construction of a biographically grounded subjective theory of self and of his/her relationship with surroundings.