

## Four Conditions for Change

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- A. Rogers, C. (1957). The necessary and sufficient conditions of therapeutic change. *Journal of Consulting Psychology*, 21, 95–103.

*“For constructive personality change to occur, it is necessary that these conditions exist and continue over a period of time:*

1. *Two persons are in psychological contact.*
2. *The first, whom we shall term the client, is in a state of incongruence, being vulnerable or anxious.*
3. *The second person, whom we shall term the therapist, is congruent or integrated (genuine, underline added) in the relationship.*
4. *The therapist experiences unconditional positive regard (underline added) for the client.*
5. *The therapist experiences an empathic understanding (underline added) of the client's internal frame of reference and endeavors to communicate this experience to the client.*
6. *The communication to the client of the therapist's empathic understanding and unconditional positive regard is to a minimal degree achieved.*

*No other conditions are necessary. If these six conditions exist, and continue over a period of time, this is sufficient. The process of constructive personality change will follow.”*

- B. Dr. Michael Lambert, Professor of Psychology, Brigham Young University

1. Lambert, M. (2013). Outcome in psychotherapy. *Psychotherapy*, 50 (1), 42-51.
  - a. Empathy: Meta-analysis (MA) of 57 studies found a  $r$  (correlation) of .31
  - b. Positive Regard: MA of 18 studies found a  $r$  of .27
  - c. Genuineness: MA of 16 studies found a  $r$  of .24
  - d. Each is more powerful than any technique: model differences =  $d$  (effect size) of .20
2. Lambert, M. (2011). *New perspectives: The road to clinical excellence*. 1:24  
[youtube.com/watch?v=-5laIowDL-o](https://www.youtube.com/watch?v=-5laIowDL-o)
  - a. Overall, psychotherapy research shows that of clients,
    - ☞ Don't change = \_\_\_\_\_%
    - ☞ Deteriorate = \_\_\_\_\_%
    - ☞ Improve, & = \_\_\_\_\_%
    - ☞ Achieve recovery = \_\_\_\_\_%
  - b. What to do about treatment failures.
    - ★ \_\_\_\_\_ alarms
    - ★ \_\_\_\_\_ tools
    - ★ \_\_\_\_\_ feedback

- C. Feedback

1. Dr. Barry L. Duncan: The Heart and Soul of Change Project
  - a. Three sister web sites: 1) [heartandsoulofchange.com](http://heartandsoulofchange.com); 2) [pcoms.com](http://pcoms.com); 3) [betteroutcomesnow.com](http://betteroutcomesnow.com)
2. PCOMS and Systematic Feedback: 3:42  
<https://www.youtube.com/watch?v=jP0mcq7VDlc&list=PL44TWg4q0EHcszV8R9i0N>  
[Wep2woajnZ\\_q&index=7](http://Wep2woajnZ_q&index=7)

