

**The Synchronization of Psychotherapy, The Client and The Therapist:  
A Counter Argument to Eysenck's 1952 Article "The effects of psychotherapy. An  
evaluation."**

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PSYC 3110: Theory / System of Psychotherapy

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February 17th, 2023

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*"finally I could breathe and put a name to why I'm feeling this way" (Hughes, et al., 2023)*

Psychotherapeutic practice was believed to have begun in Ancient Greece, with philosophers exploring the innate connection between mental health and medicine. Originally developed to treat mental disorders as valid medical conditions, psychotherapy has explored many forms of therapy such as cognitive behaviour therapy (CBT), interpersonal therapy (IPT), psychodynamic therapy, psychoanalysis, and so many other forms (Haggerty, 2021). These varying forms of psychotherapy play a critical role in the successful convalescing of many people in need of psychotherapeutic treatment. There are multitudes of instances where psychotherapeutic approaches can be effective. For instance, in adolescents of varying health conditions, individuals facing depression and/or anxiety disorders, individuals with autism, recovering Veterans, and others. A common form of psychotherapy utilized today would be Cognitive Behavioural Therapy (CBT), a recent study by Houghton, et al, evaluated the impact of CBT on anxiety. The study evaluated 10 adolescents all facing an anxiety disorder. Results indicated significant reductions in the means of reported anxiety levels (Houghton, et al. 2017). Psychotherapies many forms are more normalized in today's society, due to the increased knowledge and practice, only achieved through time and experience. Eysenck's: "The effects of psychotherapy. An evaluation", evaluated the significance and impact made from psychotherapy, where he ultimately claimed it to "not work". This article, was written in 1952, when psychotherapy was just beginning, starting with Carl Rogers utilizing Freud's work, focused on person-centered therapy. Later in the 1950's Albert Ellis developed the initial form of cognitive

behavioural therapy, which would later lead to the development of cognitive therapy (Haggerty, 2021). There is a critical relationship between the patient and the therapist, which is believed to have not been fully addressed in Eyesenck's critical argument opposing the effectiveness of psychotherapy. This relationship will be examined in five peer-reviewed research articles, evaluating the effects of psychotherapy in various conditions.

Adolescence is a major point in development that requires a plethora of possible treatment plans in order to adapt to the uniqueness of each adolescent. In Houghton, et al's 2017 article, 531 adolescents responses to a youth self report and their parents responses to a child behaviour checklist was examined. The article states that adolescence is essentially a window of vulnerability in developing psychopathology, due to the changes and pressures faced by the adolescent (Houghton, et al, 2017). The adolescents were examined over 2 years of psychodynamic treatment, with continuous check ins with both the adolescent and their parent. The results found that overall, the adolescents had a significant decrease of medium to large effects in their externalizing and internalizing symptoms, also reported by the parents. The results of this study indicate a positive effect from a psychotherapeutic approach to treating the trials of adolescence, alongside a baseline understanding of psychodynamic approaches on internalized symptoms.

Depression is often received as an internalized behaviour, it is highly associated with negative outcomes in clinical settings, long-term impairment or harm, heart disease, and for some even diabetes (Grau, et al., 2023). The accumulation of depressive symptoms are often reflected later in ones life. This was seen in the 2023 article by Grau, et al, focusing on 68 studies from 4550 participants utilizing six psychotherapies, and two control groups. The six therapies that were used included behavioral activation therapy, cognitive behavior therapy (CBT),

cognitive therapy, life review therapy, mindfulness, and combined psychotherapy. The study was conducted using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA), the Hamilton Rating Scale for Depression, Beck Depression Inventory I or II; the Patient Health Questionnaire 9, the Center for Epidemiologic Studies - Depression Scale, and the Hospital Anxiety and Depression Scale - Depression. The evaluations found that all six psychotherapies were effective for late-life depression with life review therapy being the most accepted and effective choice across all participants (Grau, et al., 2023). Depression is not alone in being considered as an internalized behaviour, anxiety also acts internally.

Anxiety disorders can be interpreted on a spectrum, with many confounding and cohabitating disorders. A major anxiety disorder that is examined in the Hughes, et al 2023 article was, obsessive compulsive disorder. They examined the utilization and impact after receiving an official OCD diagnosis, through semi-structured interviews with 12 participants who had received a diagnosis of OCD. The results were transcribed and analysed using a thematic analysis (Hughes, et al., 2023). Before receiving any form of treatment, participants were immediately met with relief as the diagnosis allowed for targeted treatment to begin. Obsessive compulsive disorder is moderately recent in the world of diagnostics and as such, carries a stigma with it, similarly to the initial application of psychotherapy. This study highlights the impact of addressing people's individual needs and underlying illness, which could only be identified through the practical application of psychotherapy. This phenomenon is quite common across many conditions which are addressed through psychotherapy.

Co-occurring mental health problems are prevalent in many of the conditions and illnesses in the current Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). One of which that falls under this is autism. Autistic adults need access to specific treatment

plans, and the study by Mazurek in 2023 focused on verifying if there were positive impacts on autistic adults receiving therapy. The study used the Simons Foundation Powering Autism Research for Knowledge (SPARK), a 14-item Demographic Survey, a Autism Spectrum Quotient - Short (AQ - Short), a 20 - item Mental Health and Therapy Experiences Survey. The results of the study found that the majority of the subjects in the 2023 sample, developed a greater understanding of the self, and how to approach therapy in a way that was more beneficial to themselves. The understanding of the self in respect to therapy, can be pivotal in recovery for the patient, and this is still heavily seen in practice with Veterans.

It was stated that military Veterans were significantly more likely to develop depression compared to civilians (Grau, et al., 2022). This correlated with Veterans who had severe or higher depression rates, had a higher likelihood of mortality and were more at risk for developing comorbid physical and psychiatric conditions/ concerns. Acceptance and Commitment Therapy for depression (ACT-D) was used and evaluated on 831 Veterans who had received a primary depression diagnosis, and received two sessions. They also utilized the Patient Health Questionnaire (PHQ-9), and the Acceptance and Action Questionnaire (AAQ-II). The results of the study found that the routine usage of ACT-D found improvements in recorded depressive levels in the Veterans. The results of this study were further evidence for positive effect displayed through the usage of psychotherapy.

The beneficiaries of these treatments displayed statistical positive effects from psychotherapy, which directly contradicts Eyesenck's statement. Eyesenck's 1952 article was written during the initial development of this form of treatment, and may not be representative of its positive long-term outcomes. The developments made from the initial work has expanded psychotherapy as a whole, and made a dynamic new treatment option for many individuals.

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