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Components of Successful Psychotherapy

(Letting in daylight upon your magic)

1. Wanting to Change
 2. A positive expectation of change and growth
 3. Engagement, optimism, explicit collaboration
 4. Positive working Alliance with warmth, hope and empathy
 5. Authentic communication
 6. Cognitive restructuring and re-appraisal
 7. Becoming aware of all incoming thoughts and feelings, and accepting and absorbing them without judgment or action
 8. Exposure
 9. Behavioral activation
 10. Emotional regulation
 11. Acceptance and openness
 12. Focus on core themes and patterns that repeat throughout life and contribute to poor coping skills and social dysfunction
- Everybody needs someone they can tell everything to, their authentic story; someone who will listen, take them seriously, empathize, not judge, and give advice if asked, but remain supportive whatever is decided.

➤ Everybody has won and all must have prizes (Lewis Carroll)