



SUSAN WELTNER-BRUNTON, PH.D. & ASSOCIATES, INC.

PSYCHOLOGICAL, COUNSELING & TESTING SERVICES

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HOW DOES PSYCHOTHERAPY WORK?

With hundreds of different approaches and techniques that are all considered to be psychotherapy, deciding what approach to seek for which problems might be confusing. Luckily, researchers have identified a core set of factors that lead to success in psychotherapy, regardless of the specific approach used. These are: therapist qualities, client strengths, motivation, the alliance between therapist and client, and “outside” factors. Therapists should have warmth, empathy, and genuineness, but objectivity and a nonjudgmental attitude are also essential qualities. Successful therapists are also good at identifying and capitalizing on their clients’ personal strengths. Since the outcomes of psychotherapy rely so much on the clients’ motivation for change, good therapists use questions and feedback to assess and build motivation. For psychotherapy to work, there has to be a good therapeutic alliance between the therapist and the client. This creates an ideal combination of insight, trust, motivation, and goal-directedness for change. The influence of outside factors must not be ignored. For example, the availability and strength of the client’s support system, the client’s physical health, critical life events, and social and societal influences can all affect psychotherapy outcomes. Psychotherapy works best when these influences are recognized by the client and therapist, and then integrated into the conversation and plan.

*Psychotherapy works when there is a good alliance
between the client and the therapist.*

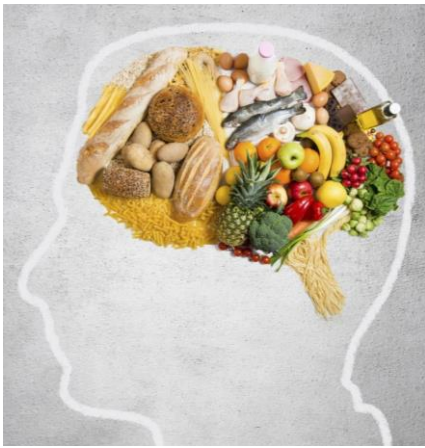
Susan Weltner-Brunton received her Ph.D. in clinical child and developmental psychology from The Ohio State University, including an internship at Nationwide Children’s Hospital and a postdoctoral fellowship at Harding Hospital. She provides psychotherapy to individuals and families dealing with anxiety, depression, learning or attention difficulties, and life stress and transitions. She is trained in cognitive behavioral, psychodynamic, and family approaches to psychotherapy and has special interests in adolescence and emerging adulthood. Learn more about Dr. Weltner-Brunton at swbphd.com

THE CORE OF PSYCHOTHERAPY

At Susan Weltner-Brunton, Ph.D. & Associates, we adopt a set of core beliefs about what makes psychotherapy work:

- Building an alliance is the first step in successful therapy.
- Therapy requires a nonjudgmental environment.
- Feeling understood is therapeutic by itself, regardless of other techniques
- People come to psychotherapy with different levels of motivation to change, so building motivation to change is part of the process of psychotherapy.
- Every person has unique strengths which can be mobilized to help cope with adversity.
- We tailor our approaches to the client’s needs based on the best available evidence-based knowledge





OPENINGS NOW: TESTING & NUTRITION

Call now to schedule neuropsychological testing for learning disabilities, giftedness, ADHD (children to young adults), and assistance with educational planning. Learn more about Kerry Monahan, Psy.D., at columbusneuropsychology.com. We also have openings for nutrition counseling for obesity, choosy eating, failure-to-thrive, food sensitivities, medical considerations, and sports performance. Learn more about Nadiya Timperman, M.S, MPH, RD, LD at swbphd.com/about-us. New referrals, call 614-754-7648 or email drsusan@swbphd.com.

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