



The Phase Transition in Psychotherapy





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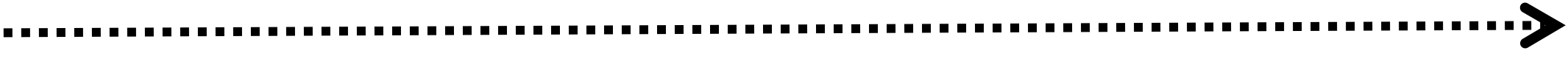
High Symptom Severity State

Low Symptom Severity State

Disinization

Destabilizing influences
(perturbations), e.g.
exposure

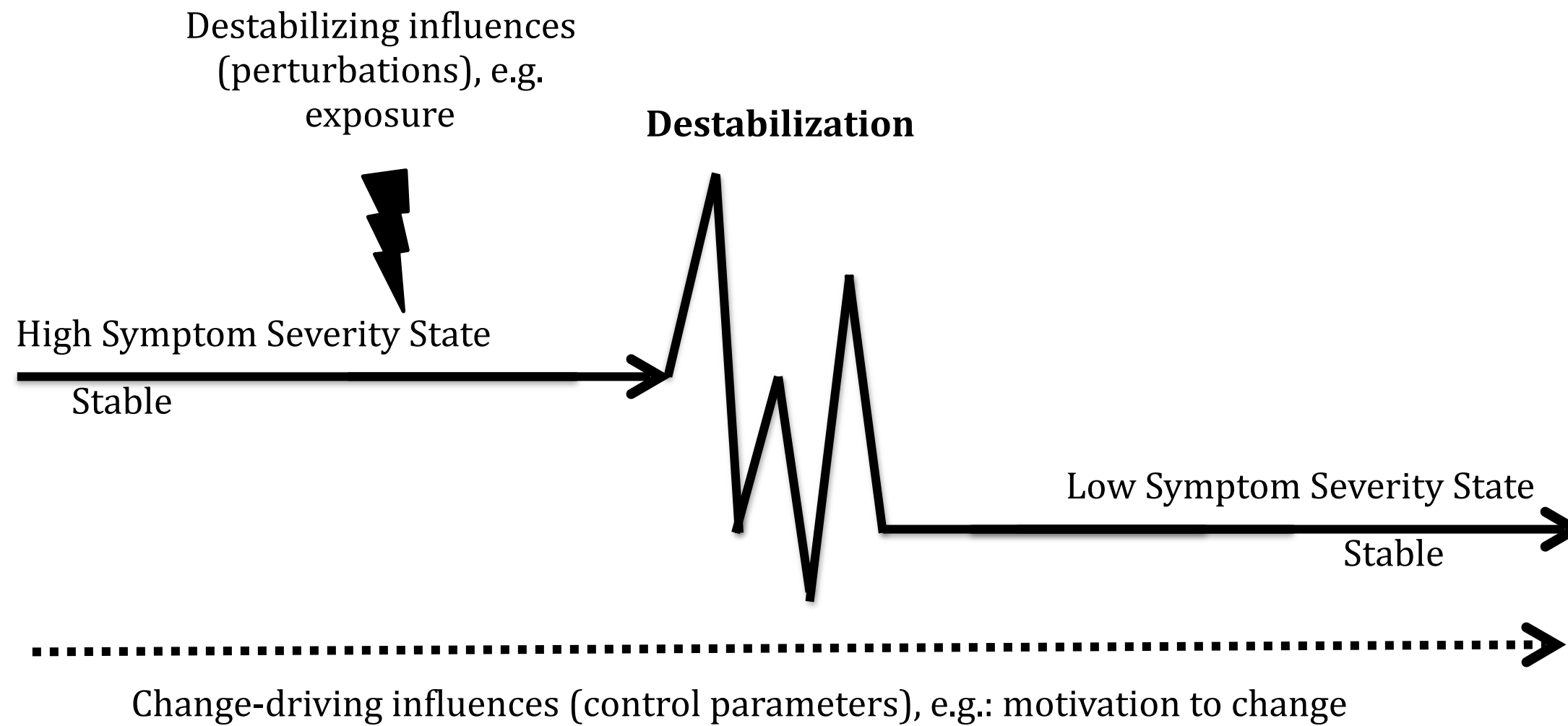




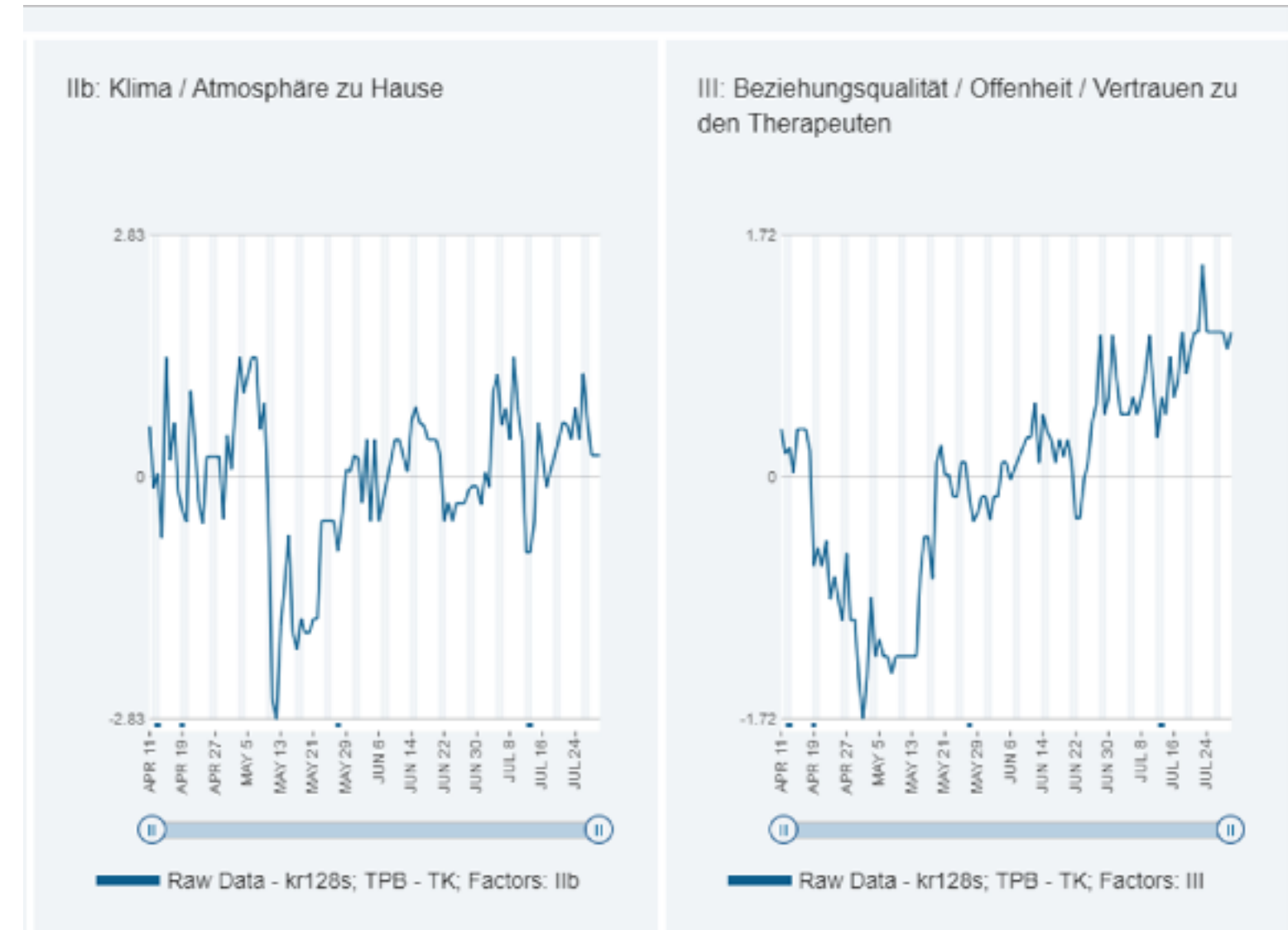
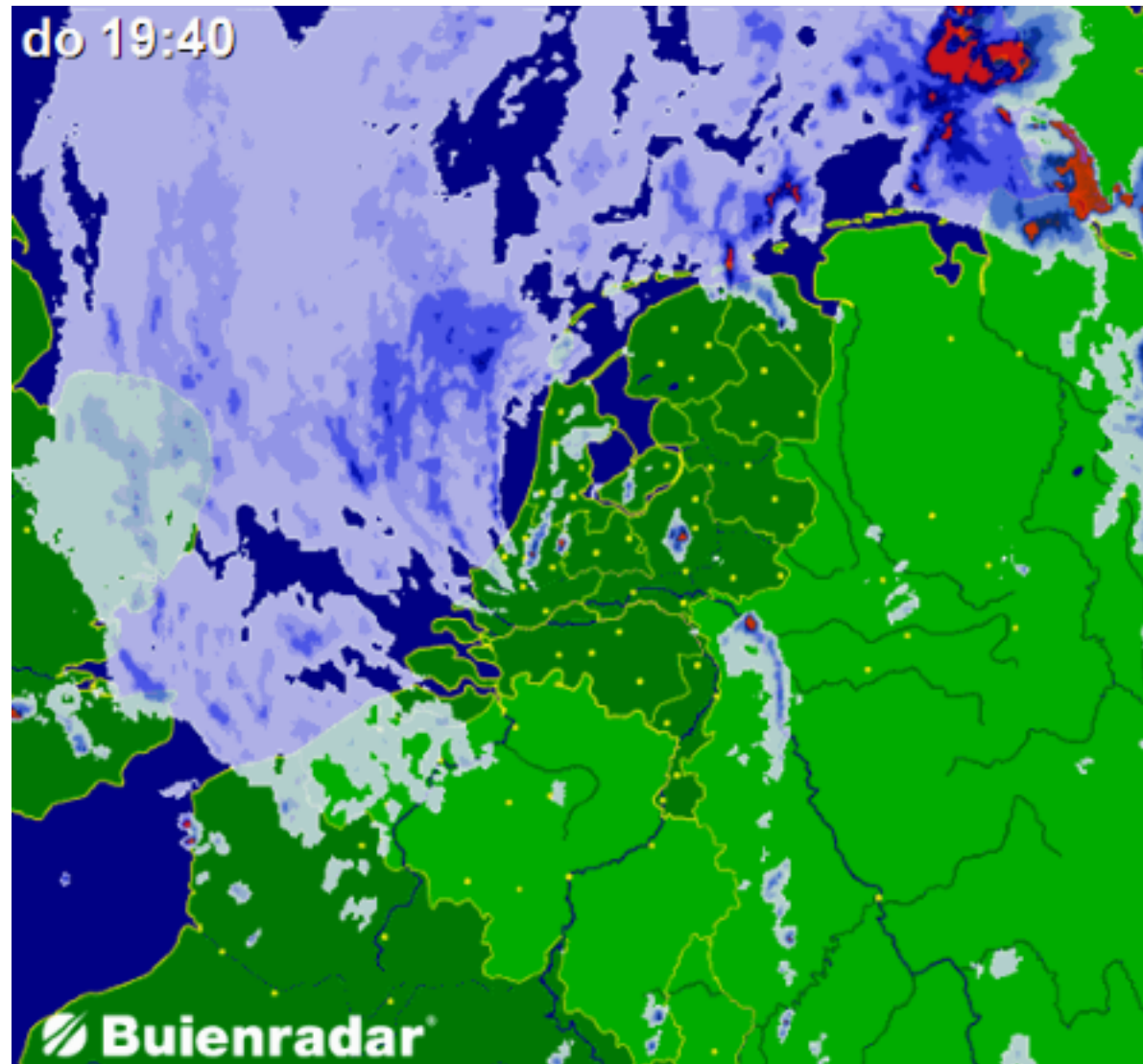
Change-driving influences (control parameters), e.g.: motivation to change



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The future: predicting individual clinical change processes like the weather?



Schöller et al., 2019; <http://www.societyforchaostheory.org/ndpls/askFILE.cgi?vol=23&iss=01&art=04&desc=PDF>