

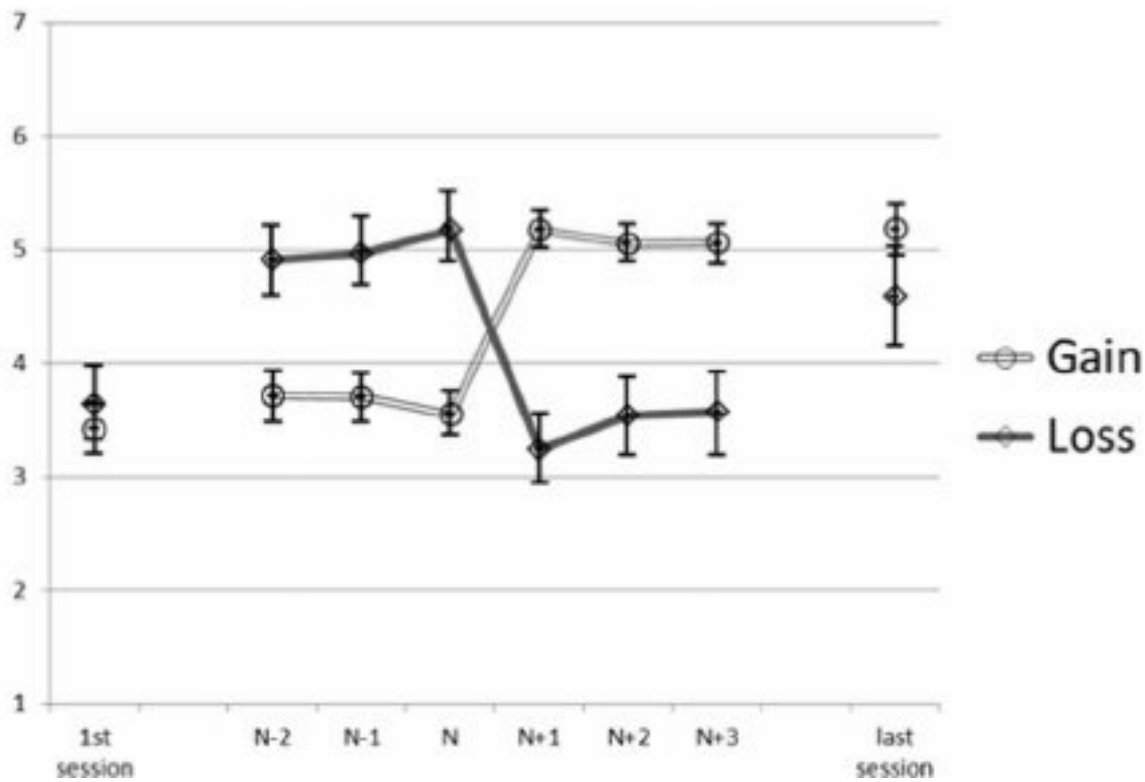
Are there 'phase transition like' phenomena in climate change?

- Sudden gains and losses are usually observed in 17% to 50% of patients receiving psychotherapy, but they also occur in pharmacological and placebo treatments

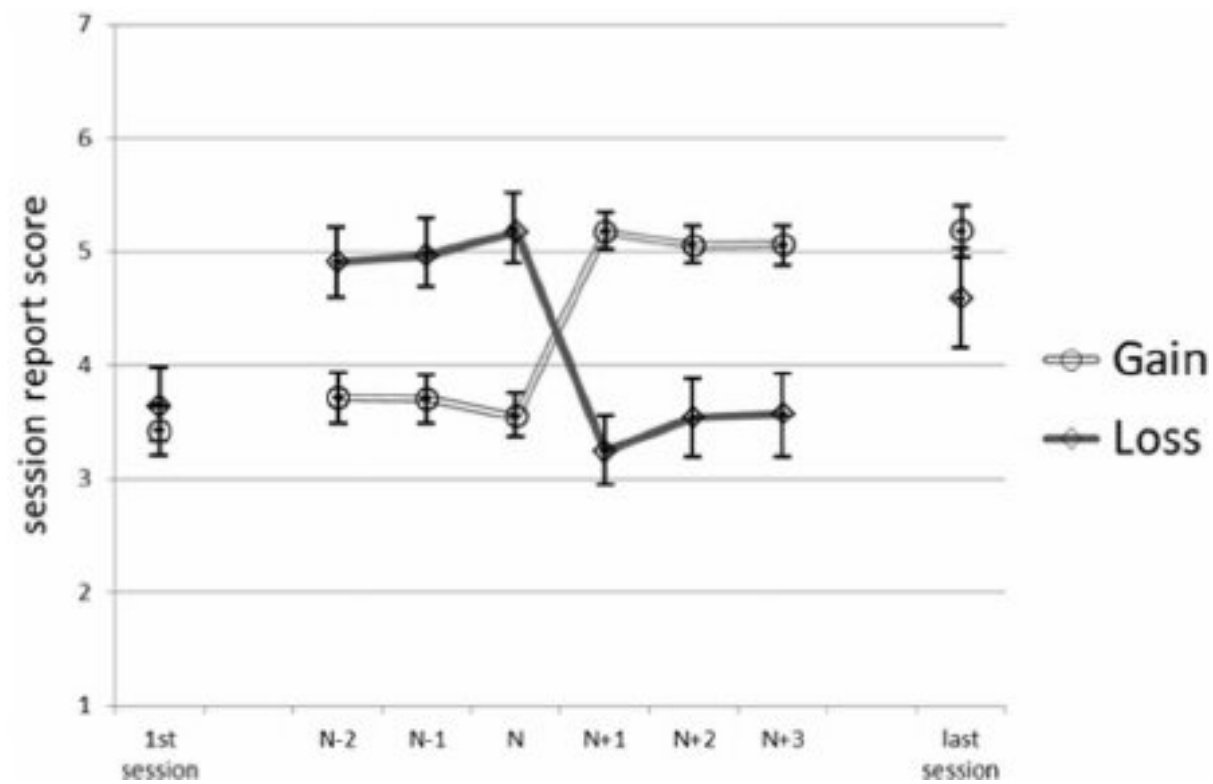
- Note the parallel with the learning literature in developmental (e.g. Piaget) and cognitive psychology (e.g. aha-effects)

Tang & DeRuibeis, 1999; Hayes et al., 2007; figure from Lutz et al., 2015

session report score



Are there 'phase transition like' phenomena in clinical change?



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Study 2: Early-warning signals for sudden gains and losses

Olthof, Hasselman, Strunk, van Rooij, Aas, Helmich, Schiepek & Lichtwarck-Aschoff (in press). Critical Fluctuations as an Early-Warning Signal for Sudden Gains and Losses in Patients receiving Psychotherapy for Mood Disorders. *Clinical Psychological Science*.

<https://osf.io/fhrw4/>

