

The Great Psychotherapy Debate (Wampold & Imel, 2015)

The Dodo Bird Verdict

- Coined by Rosenzweig (1936), based on a passage in Lewis Carroll's *Alice's Adventures in Wonderland*
- All “bona fide” psychotherapies, regardless of their specific components, are equally effective
- Remains highly controversial



*“Everybody has won, and
all must have prizes”*

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Schools of Psychotherapy

Behavioral Therapy Cognitive Therapy Third Wave CBT



Aaron T. Beck



Albert Ellis

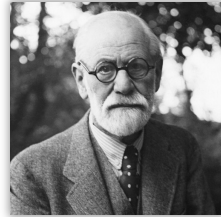


Marsha Linehan



Steven C. Hayes

Psychoanalysis Psychodynamic Therapy



Sigmund Freud



Melanie Klein



Otto Kernberg

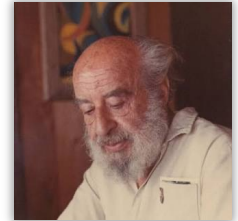


Peter Fonagy

Humanistic Therapy Client-Centered Therapy Logotherapy



Carl Rogers



Fritz Perls

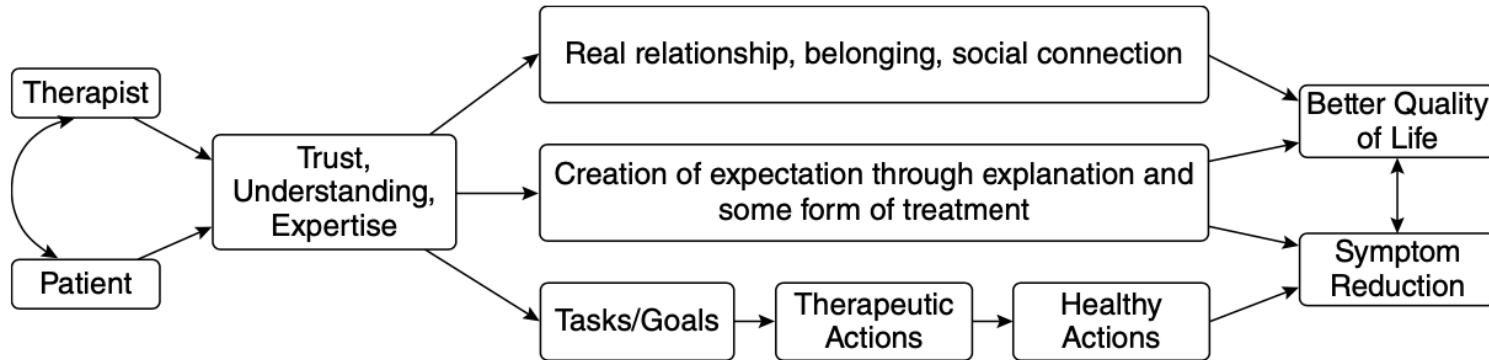
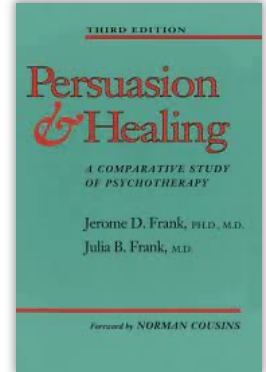


Victor Frankl

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Common or Specific Factors?

- All these approaches are based on **different** (and often highly elaborate) **theories** concerning their purported mechanisms of change
- Frequently, there is not much evidence that the effects of psychotherapy are driven by these “specific” factors; this would mean that some therapies are clearly superior to others
- Some researchers argue that all effective therapies **work through common factors**
- However, not all meta-analytic evidence supports this (Cuijpers et al., 2019)



The Contextual Model of Psychological Treatment (Wampold)