

Senior Seminar Term Paper (Fall 2009, Dr. Brian Burke)

Relationship vs. Techniques in Psychotherapy

Instructions: After reading [Lying on the Couch](#) by Irvin D. Yalom, your task is to write an 8-10 page paper in APA style (Landrum & Davis, 2009, chapter 10) that address the question “**Which is more important in psychotherapy: the therapeutic relationship or the specific counseling techniques used?**”

- 1) Include a review of the literature (i.e., [PSYCINFO](#)) on the importance of both the therapeutic relationship (also called the “therapeutic alliance”) as well as specific techniques (i.e., therapeutic tools/strategies such as interpretations, cognitive restructuring, exposure, etc) for a positive client outcome. Use at least 10 references and be sure to write/cite in APA style.
- 2) Then take a stand: Choose a position (relationship or techniques) and explain your choice. Why do you feel that one or the other is the most important factor leading to client change?
- 3) Be sure to incorporate information from Dr. Yalom’s novel – including detailed examples and/or quotes from the book – to support your position either way.

This assignment is due on November 20th and will be worth 30% of your final course grade.

[Other books](#) by [Dr. Yalom](#) for your interest:

When Nietzsche Wept, The Schopenhauer Cure, Love’s Executioner, The Gift of Therapy