



THE SOFA IS BETTER THAN FREUD

THE NON-SPECIFIC FACTORS

The non-specific factors in psychotherapy are those events and/or procedural elements of psychotherapeutic methodology not linked to specific features of the reference model, i.e. those behavioral features of the actors in a help relationship not evaluated by the reference model.

- The non-specific factors of psychotherapies are ethically more valid than the specific factors (linked to the model)
- The non-specific factors of psychotherapies have an intrinsic therapeutic content of their own
- The non-specific factors of psychotherapies are also active in most of the help professions

We can distinguish between the non-specific factors linked above all to the person who is being counseled, to the therapist, those pertaining to the setting and those of the therapeutic relationship in the broader sense.

<p><u>factors linked to the person</u></p> <ul style="list-style-type: none"> ▪ The awareness of being in need of help ▪ The choice ▪ The organization of the request ▪ The narration and the mental organization of what has to be narrated ▪ The openness to empathy 	<p><u>factors linked to the therapist</u></p> <ul style="list-style-type: none"> ▪ Clinical competence ▪ Authenticity, acceptance, empathy (Rogers) ▪ Quest for the synchronicity ▪ Complementary/symmetric attitude(Brancaleone) ▪ Capacity to suspend judgment (epochè) (Husserl)
<p><u>non-specific factors of the setting</u></p> <ul style="list-style-type: none"> ▪ Quality of the setting (Frank): <ul style="list-style-type: none"> ▫ definition of a space-time framework, ▫ attention focused on the patient, ▫ availability ▫ reliability. ▪ Implementation of the affirmative field ▪ Implementation of the sense of “belonging” and recognizability 	<p><u>Some specific factors of the existential model also recur in other therapeutic models, including:</u></p> <ul style="list-style-type: none"> ▪ the cognitivization ▪ the construction of a scale of values ▪ the pain endured ▪ the extension of internal maps ▪ the change of the how the world is seen

Improving the capacity to operate non-specifically will lead to:

- A greater awareness of the patient
- Less risk of existential “repercussions”
- A “reasoned” containment of the projections
- Greater efficacy and efficiency also in the specific model intervention

The psychiatrist in training cannot ignore the importance of these factors. I think that the trainee needs an in-depth specific training on this issue also psychiatric training studies.

