

## RESEARCH ARTICLE

# Tracking and understanding phase progression in Lisa's case

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This study adds a phase-by-phase perspective to the well-known, and thoroughly analysed on a moment-by-moment basis, case of Lisa. The aim is to see whether this phase-by-phase analysis adds anything valuable to the understanding of the processes of change in this case and the therapeutic processes in general.

In this good-outcome case study, a team of raters integrated the temporal sequencing phase component of the Paradigmatic Complementarity Metamodel (PCM) with a moment-by-moment tracking method—the Developmental Analysis of Psychotherapy Process Method (DAPP)—to analyse what occurred along the process that could explain the phase transitions and consolidations observed and how the therapist facilitated them.

We illustrate and explain the therapeutic progression with therapeutic interactions from the dyad. The results suggest that Lisa evolved in accordance with the sequence of phases proposed by the PCM until phase 4 (out of 7). However, only phase 2 gains show evidence of structural consolidation.

The sequence of phases proposed by the PCM seems to represent a natural progression for patients throughout the therapeutic process, and the consideration of a phase-by-phase map in analysing and thinking of therapeutic cases may be a valuable tool regarding clinical decision making.

## KEYWORDS

case study, process of change, process research, tracking and sequencing