

Getting comfortable with using CORE

Dr Biljana van Rijn, Head of Clinical
Services, Metanoia Institute

COMMON FACTORS

- n Frank (1961;1971;2001) referred to components shared by all approaches as
 - n An emotionally charged, confidential relationship with a helping person
 - n Healing setting
 - n Rationale that provides a plausible explanation for symptoms and presents rituals or a procedure for solving them. This needs to be accepted by both therapist and a client, based on sound psychological principles and consistent with a worldview, and values of the client

COMMON FACTORS

Goldfried, Castonguay and Safran (1992)
suggest that most forms of therapy have similarities in:

- n The basic structure of treatment
- n Function of therapy
- n Nature of therapeutic interaction
- n Common clinical strategies

CORE System Methodology



CORE System Tools

CORE-PC

Level 1: Measurement

Aim: Collect OM data and achieve good completion rates