

TIMESCALES:

Level and Timeframe	Timescale	Process Focus	Outcome Focus
Level 1: Liminal	Split Seconds	<u>Micromomentary Processes</u> (gaze shifts, facial expressions)	
Level 2: Momentary	Large fractions to small multiples of minutes	<u>Moment-by-moment processes</u> (tactical moves, e.g., specific utterances; interactive turns)	In session impacts (emergent helpful or hindering experiences, e.g., insight, catharsis)
Level 3: Situational	Large fractions to small multiples of hours	<u>Session processes</u> (strategic change events; rupture and repair of alliance; dynamics of whole sessions)	<u>Postsession outcome</u> (immediate improvement in mood, motivation and cognition, e.g. resolution of "splitting")
Level 4: Daily	Large fractions to small multiples of days	<u>Session sequential processes</u> (intersession experiences; use of homework assignments; very brief treatment episodes, e.g., emergency therapy)	<u>Micro-outcome</u> (enhancement of current functioning, e.g., boost in morale; communication skills; better handling of problem situations)
Level 5: Monthly	Large fractions to small multiples of months (weeks at a time)	<u>Phase/short course processes</u> (blocks of successive sessions; formation and evolution of a stable therapeutic alliance; short-term treatment episodes, e.g., 12 - 26 weeks)	<u>Mini-outcome</u> (upgrading of week to week psychological state, e.g., symptom reduction, reduction in irrational cognitions)
Level 6: Seasonal	Large fractions to small multiples of years (months at a time)	<u>Medium course processes</u> (work on recurrent interpersonal, cognitive and motivational conflicts, medium-term treatment episodes, e.g., 6 - 24 months).	<u>Meso-outcome</u> (change in personal adaptation, e.g., increase in self-ideal congruence, resolution of dysfunctional attitudes and cognitions)
Level 7: Perennial	Large fractions of decades (years at a time)	<u>Long course processes</u> (Long term treatment episodes, e.g., 2 – 7+ years)	<u>Macro-outcome</u> (personality change, e.g., modification of defences, removal of neurotic blocks to growth)
Level 8: Developmental	Small multiples of decades	<u>Multi-treatment processes</u> (sequential treatment episodes)	<u>Mega-outcome</u> (character change, e.g., modification of axis-II personality disorder)
Level 9: Biographic	"3 score years plus 10"	<u>Therapeutic career</u> (total treatment history)	<u>Meta-outcome</u> (retrospective view of life course as influenced by treatment experience)

Orlinsky, D., Grawe, K. and Parks, P. (1994), "Process and Outcome in Psychotherapy - Noch Einmal" in Handbook of Psychotherapy and Behavior Change, 4th Edition, Eds., Bergin, A. and Garfield, S., John Wiley & Sons, New York, p.267