

Verbal and nonverbal expressions of mutual regulation in relevant episodes of psychotherapy / Manifestaciones verbales y no verbales de la regulación mutua en episodios relevantes de psicoterapia

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© 2016 Fundacion Infancia y Aprendizaje. The purpose of this paper is to describe verbal and nonverbal expressions of mutual regulation between patients and therapists through the analysis of relevant episodes of five psychotherapy processes. Microanalyses of discourse, vocal quality and facial expression of emotions were conducted on both patients and therapists in 67 Episodes of Change and 86 Episodes of Rupture of the Therapeutic Alliance. The analyses were carried out using hierarchical regression, showing that both Episodes of Change and Episodes of Rupture correspond to interactional scenarios where patients and therapists use different forms of speech, vocal qualities and facial expressions that account for specific regulation processes which are coherent with such scenarios.