

## Journal of counseling psychology

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### Abstrak

#### **ABSTRAK**

This article traces the development of process and outcome research from before the foundation of counseling psychology in 1946 to the present time. First, theoretical contributions are focused on, with particular attention to the influence of Carl Roger's theory, behavior theory, psychoanalytical theory, systems theory, interpersonal theory, and social influence theory. Next, Eysenck's challenge to the efficacy of psychotherapy; the uniformity myth that process and outcome are similar across diverse clients, therapists, and contexts; and changes in research methods over the years are covered. This article concludes with recommendations for future research.