

Abstract

The therapeutic relationship as one of the common factors in psychotherapy is recognized as a significant aspect of psychotherapy. Nevertheless there is a lack of research results, especially in child and adolescent psychotherapy. The following study deals with the possibility of transferring relationship concepts from adult psychotherapy to child and adolescent psychotherapy. Two focal points were worked out, the behavioral therapeutic concept of the working alliance with its motive-oriented therapeutic relationship as well as the psychodynamic concept of an emotional relationship and transference. With regard to these constructs and their emphasis on the quality of therapeutic relationships, a total of 378 behavioral as well as psychodynamic lecturers, practicing child and youth psychotherapists and psychotherapists in education were questioned quantitatively. Results show that there is a general emphasis on emotional components of the therapeutic relationship on the one hand, while behavioral therapists still consider the working alliance as more important than psychodynamic practitioners. There are only a few significant differences between the occupational groups in answering the questions. These results lead to the conclusion, that there might be an ongoing development towards integrative relationship concepts away from specific approaches of therapeutic perspectives independent of the occupational perspective. Although further research is needed, this might lead to a new way of integrative psychotherapeutic thinking about relationship concepts that needs to be focused on in a more specific way.