

Signs of Psychotherapy Side Effects	
Area	Side Effects
Outcomes	<ul style="list-style-type: none"> • Lack of clear improvement with therapy • Therapy goes on longer than expected • Lack of patient attendance or adherence
Symptoms	<ul style="list-style-type: none"> • New symptoms emerge during therapy • Symptoms worsen during therapy
Relationships	<ul style="list-style-type: none"> • Strains in the patient-therapist relationship • Very good patient-therapist relationship • Strains in family relationships • Changes in family relationships • Stigmatization
Employment	<ul style="list-style-type: none"> • Strains in work relationships • Medical leave from work • Problems in the patient's social network • Any change of life circumstances

Source: Adapted from Linden M, Clin Psychol Psychother 2013;20(4):286-296

From the Expert Q&A:
"Side Effects of Psychotherapy"
 with **Michael Linden, MD, PhD**

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