

Type of Therapy (% of Clients)

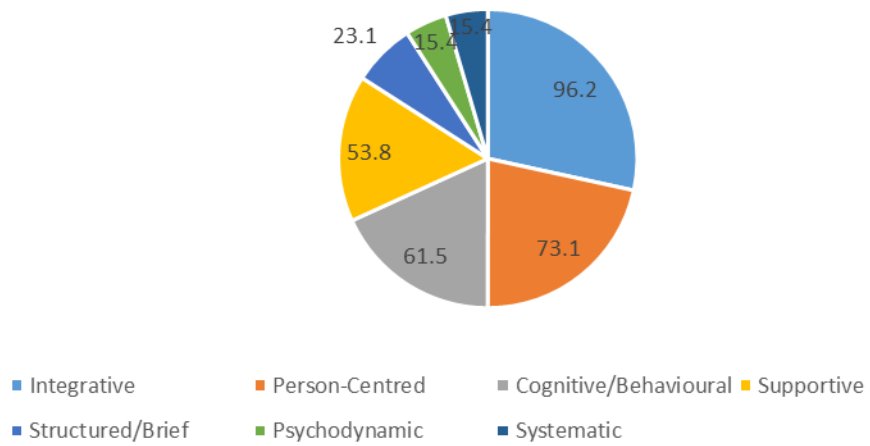


Figure 1: Percentage of Clients for Each Type of Therapy

Table 1

Table 1. Descriptive and Inferential Statistics for CORE Domain Scores at Three Stages of Therapy.

CORE	PRE-THERAPY		SESSION 6		POST-THERAPY		F (2, 48) =	P
	Mean	SD	Mean	SD	Mean	SD		
Wellbeing	20.5	9.0	21.2	8.6	17.0	6.6	F = 3.31	p = .045*
Functioning	16.7	10.0	17.9	9.4	14.0	6.6	F = 2.63	p = .082
Problems	20.4	9.0	20.2	9.4	15.9	6.8	F = 3.77	p = .030*
Risk	3.0	5.6	3.0	5.6	3.0	4.3	F = .00	p = 1.00
WFPR	16.9	7.7	17.6	7.1	14.0	5.5	F = 3.96	p = .037*
WFPR-Minus R	18.6	8.3	19.5	7.8	15.4	5.9	F = 4.37	p = .028*

Significant at $p < .05$

Table 2

Table 2. Pre & Post Severity Ratings (Means & Standard Deviations) for Problems/Concerns Identified

IDENTIFIED PROBLEM	PRE-SEVERITY		POST-SEVERITY		t (df) p
	Mean	SD	Mean	SD	
Depression	3.14	.79	1.71	1.01	t = 5.25 (20) p < .001*
Anxiety/Stress	3.23	.69	1.68	1.04	t = 6.58 (21) p < .001*
Physical Problems	3.14	.69	1.43	1.13	t = 4.08 (6) p = .007*
Addictions	2.20	.79	1.10	.89	t = 11.00 (9) p < .001*
Trauma/Abuse	3.50	.66	2.04	.91	t = 6.26 (23) p < .001*
Bereavement/Loss	2.00	.67	1.20	.63	t = 4.00 (9) p = .003*
Self-Esteem	3.58	.50	2.04	.86	t = 8.11 (23) p < .001*
Interpersonal Relationships	3.11	.81	1.58	.90	t = 5.92 (18) p < .001*
Living/Welfare	3.71	.76	1.86	.90	t = 5.46 (6) p = .002*

Significant at p < .01

Table 3

Table 3. Descriptive Statistics for Males and Females Post-Therapy Outcomes

THERAPY OUTCOMES	MALES		FEMALES		t (df) p
	Mean	SD	Mean	SD	
<i>PROBLEM SEVERITY</i>					
Depression	1.00	.89	1.94	.90	t = 2.21 (21) p = .039*
Anxiety/Stress	1.17	.75	1.88	1.09	t = 1.50 (20) p = .160
Physical Problems	2.00	1.00	1.20	1.10	t = 1.03 (6) p = .343
Addictions	1.67	.58	.88	.90	t = 1.41 (8) p = .196
Trauma/Abuse	1.50	.84	2.22	.89	t = 1.76 (22) p = .092
Bereavement/Loss	1.50	.71	1.45	.82	t = .07 (11) p = .943
Self-Esteem	1.83	.75	2.11	.90	t = .68 (22) p = .505
Relationships	1.40	.55	1.64	1.01	t = .51 (17) p = .619
Living/Welfare	2.00	1.00	1.75	.96	t = .34 (5) p = .751
<i>CORE</i>					
Wellbeing	1.46	.55	1.79	.69	t = 1.13 (23) p = .272
Functioning	1.20	.47	1.48	.72	t = .98 (23) p = .338
Problems	1.47	.63	1.63	.71	t = .52 (23) p = .610
Risk	.21	.39	.33	.45	t = .61 (23) p = .548
WFPR	1.24	.42	1.46	.59	t = .92 (23) p = .367
WFP-Minus R	1.37	.48	1.60	.62	t = .91 (23) p = .374

* Significant at $p < .05$

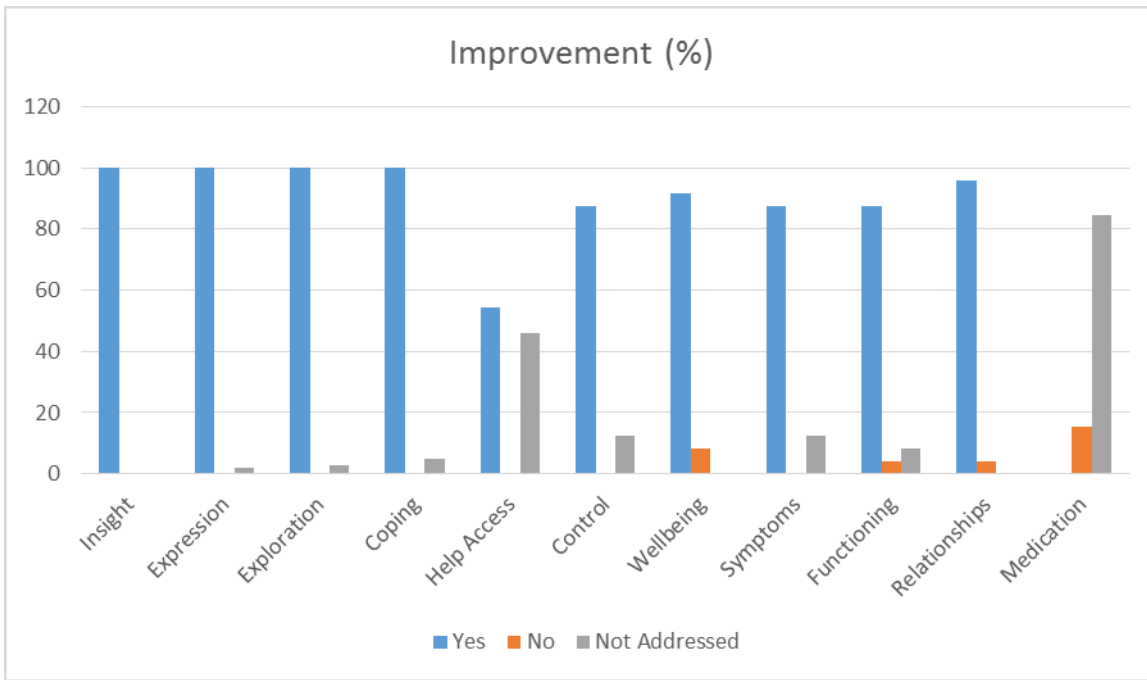


Figure 2. Benefits of Therapy and Improvements in Psychological Functioning