

3.1

TABLE OF DIRECTIONAL PHASES

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Supplementary material for Integrating counselling and psychotherapy: Directionality, synergy, and social change (Sage, 2019).

	Bugental (1987)/ May (1969)	Little (1983)	Stages of Change (Prochaska and Di Clemente, 1986)	Cycle of gestalt formation and destruction (Clarkson, 1989)	Rubicon model of action phases (Gollwitzer, 1990)	Austin and Vancouver (1996)
Emergence	Intentionality, Wish			Sensation	Predecisional action phase: Wishing	
Awareness		Inception (Awareness)		Awareness		
Evaluation	Want	Inception (Identification, Preevaluation)	Contemplation		Predecisional action phase: Deliberating	Establishment
Intention	Will	Inception (Acceptance)		Mobilisation	Preactional phase: Goal intention	
Planning		Planning (Proposal, Funding, Supplies and space support, Recruitment, Scheduling)	Preparation		Preactional: Planning	Planning
Action	Action, actualisation	Action (Engagement, Control, continuity, and motivation)	Action, Maintenance	Action Final contact	Action	Striving and Monitoring
Feedback		Action (postevaluation)			Postactional	Striving and Monitoring
Termination		Termination (End-signalling, Exit-barrier removal, Conclusion, Publication, Compensation, Shut-down)	Termination	Satisfaction Withdrawal	Goal achievement	Attainment, revision and persistence decisions

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