

This paper analyzes methods of therapeutic effect's research, its advantages and limitations. It describes the theory of therapeutic change, medical model of measurements and randomized clinical trials. Based on this we suggest a three-level evaluation of change, where clinical, statistical and comparative (effect size) view is used. We conclude that the high effectiveness of therapy has been proven, but it has not been determined so far, which therapy is the most effective and for which diagnosis. The techniques of therapies are far less relevant than the capabilities of the therapist and client and the common factors. In the empirical part we measure the effect of sevenweeks-long outpatient therapeutic community program at Horni Palata. In a non-RCT study with 162 clients we found, that the change was positive and statistically significant. The evaluation differs much with the tool (SCL-90, DZS, MMPI-2) and method that is used. The percentage of clinically improved ranges form 25 to 68, the effect size is between 0.33 and 0.66. The effect doesn't differ with sex, age, medication, diagnosis and therapist, but it correlates with the pre-treatment scores.