Abstract: A computer-assisted approach for an objective and systematic description of psychotherapy processes will be presented. Patients and Methods: Two cognitive behavioral therapies with schizophrenic patients and different outcomes will be compared by means of the Therapeutic Cycles Model that allows tracing cognitive and emotional regulation by use of transcripts. Result: The therapies significantly differ with regard to their outcome. Conclusion: Connecting as a measure for the capacity to access inner feelings and to reflect upon them promotes treatment success.