

## Prescriptive psychotherapies

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### Abstract

This article reviews the history and foundations of the evolving prescriptive psychotherapy movement. These models share the conviction that therapy procedures are most effective if tailored to the individual needs and characteristics of patients and that empirical research should form the basis for selecting and implementing treatments. A description of various prescriptive approaches is provided and directions for future research and practice are advanced.

**Key words:** Treatment manuals, Psychotherapy, Matching, Eclectic psychotherapy, Psychotherapy integration

"Prescriptive psychotherapy" is a term covering several different psychosocial models bound together by their common quest to define indicators and contraindications for tailoring the application of psychological interventions to individual clients. Prescriptive psychotherapies provide their guidelines from a foundation of empirical research, addressing the age-old question of, what treatment(s)/intervention(s)/strategy(s), by which therapist, for this particular client?

In the broadest sense, advocates of all psychosocial treatments embrace the premise that interventions should be adjusted to fit each particular problem, as do plumbers, dentists, carpenters, and taxi drivers. However, at least in the realm of psychotherapy, the usual objectives and interventions suggested for this purpose depend upon the particular theory of psychopathology and change held by the therapist, rather than upon empirical evidence that some strategies and procedures are more effective than others for certain purposes. Thus, cognitive therapy varies the nature of the automatic thoughts that are addressed for different patients, but does not shift its emphasis from changing thoughts. Psychoanalytic therapy alters the nature of interpretations offered, but does not shift from its commitment to enhancing insight through interpretation. Experiential therapy alters the nature of the experience that is suggested for exploration, but does not give up its effort to evoke emotional awareness. The sustaining goals of each approach are driven by theory-based values, not empirical evidence that alteration of automatic thoughts, achievement of insight, or evocation of strong emotions are differentially effective.

Viewed in this way, it is apparent that the aims and nature of the professional procedures used by a therapist who holds a given theoretical viewpoint are primarily guided by the values defining the nature of psychopathology within that theory.

In contrast, the approaches comprising the prescriptive psychotherapies accept the view that no single theory offers the full range of procedures and objectives needed to select the treatment for all patients, disorders, and situations. Indeed, they adhere to the premise that any procedure may be effective for some patients. The selection of procedures is driven by empirical evidence of usefulness with a given type of problem or patient rather than by a theory of personality or theory of change. Although prescriptive therapists would ordinarily be most concerned with specific interventions than with general theories, the acceptance of empirical evidence of efficacy over theoretical premise is a premise that guides the selection of interventions.

A recent dialogue, via electronic mail, among members of the Society for a Scientific Clinical Psychology (SSCP) illustrated the premise that underlie prescriptive psychotherapies.<sup>1</sup> The dialogue began when one member of the group, referring to a recent article, questioned the assertion that psychotherapy is the best researched medical procedure currently available. The member rightly pointed out that no article's claim that more than 500 studies have provided support for the efficacy of psychotherapy actually observed the fact that these studies were of many different psychotherapy models, were conducted on many different types of patients, and produced varying types of improvement. The member emphasized the suggestibility of collapsing other

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The entire dialogue is transcribed and also varied here. The authors of the dialogue comments made suggestions because specific procedures to quote were not obtained.

# Prescriptive Psychotherapies

**Frederick M. Levine, Evelyn Sandeen**



## **Prescriptive Psychotherapies:**

Prescriptive Psychotherapies Arnold P. Goldstein, Norman Stein, 2013-10-22 Prescriptive Psychotherapies describes a prescriptive approach to psychotherapeutic treatment At the heart of this prescriptive model is the patient X therapist X treatment interactionist view of the question Which type of patient meeting with which type of therapist for which type of treatment will yield which outcomes The diagnostic research and therapeutic implications of this viewpoint are examined Attention is also devoted to the question of how prescriptive psychotherapy research might be most advantageously conducted to yield prescriptive information leading to increasingly successful treatment outcomes This book is comprised of 15 chapters and begins by explaining the value and development of prescriptive psychotherapies and suggesting a schema for both conceptualizing and generating investigations that may yield progressively more useful psychotherapeutic prescriptions The next chapter considers the views of others regarding issues bearing upon the prescriptive process particularly the role of diagnosis The treatment and research implications of psychological testing are then explored along with the role of assessment in behavior modification Several of the key issues in the process of achieving effective application of the integrated insight behavioral approach to psychobehavioral counseling and therapy are also examined Examples of clinical prescriptions of prescriptive psychotherapies are given including psychoneuroses psychophysiological disorders and sexual deviations This monograph is addressed to both clinicians and researchers concerned with the conduct and effectiveness of psychotherapy      Prescriptive Psychotherapies Arnold P. Goldstein, Norman Stein, 1976-01-01

Prescriptive Psychotherapy Larry E. Beutler, T. Mark Harwood, 2000-05-04 This is a brief but highly detailed and useful reference book for professional psychotherapists It is ideal for practicing clinicians whose jobs involve the selection of appropriate therapeutic procedures for various patients      *Handbook of Play Therapy* Kevin J. O'Connor, Charles E. Schaefer, Lisa D. Braverman, 2015-10-20 A complete comprehensive play therapy resource for mental health professionals Handbook of Play Therapy is the one stop resource for play therapists with coverage of all major aspects written by experts in the field This edition consolidates the coverage of both previous volumes into one book updated to reflect the newest findings and practices of the field Useful for new and experienced practitioners alike this guide provides a comprehensive introduction and overview of play therapy including theory and technique special populations nontraditional settings professional and contemporary issues Edited by the founders of the field each chapter is written by well known and respected academics and practitioners in each topic area and includes research assessment strategies and clinical application This guide covers all areas required for credentialing from the Association for Play Therapy making it uniquely qualified as the one resource for certification preparation Learn the core theories and techniques of play therapy Apply play therapy to special populations and in nontraditional settings Understand the history and emerging issues in the field Explore the research and evidence base clinical applications and more Psychologists counselors marriage and family therapists social

workers and psychiatric nurses regularly utilize play therapy techniques to facilitate more productive sessions and promote better outcomes for patients Handbook of Play Therapy provides the deep practical understanding needed to incorporate these techniques into practice     **Theoretical Perspectives for Direct Social Work Practice** Nick Coady, Peter

Lehmann, 2016-05-15 This expanded third edition of a popular textbook provides a completely revised and updated overview of the theories models and therapies that inform direct social work practice The text is grounded in generalist social work principles and values and promotes a problem solving model of social work practice as a framework for the eclectic use of theory as well as for integrating the artistic reflective elements of practice It provides in depth coverage of select psychodynamic cognitive behavioral humanistic critical and postmodern theories The third edition features a new section on Critical Theories where a new chapter on Empowerment Theory is included with a completely revised chapter on Feminist Theory A new chapter on Strengths based Social Work has been added to the section on meta theories for social work practice Other new chapters include Emotion focused Therapy and Collaborative Therapy These revisions are based on suggestions from an extensive survey of professors New to the Third Edition A new section on Critical Theories New chapters on Strengths based Social Work Emotion focused Therapy Empowerment Theory and Collaborative Therapy Updated research on the debate about the importance of theory technique versus common e g relationship factors and on the critique of the empirically supported treatment movement Key Features Grounds direct practice firmly in the principles and values of generalist social work Promotes a problem solving model of social work as a flexible structure for integrating the eclectic use of theory with the artistic reflective elements of practice Organizes direct practice theories into like groupings and provides an overview of the main characteristics of each grouping Provides in depth coverage of topics in a clear logical and consistent format Includes editors and contributors from the U S and Canada     Handbook of Effective Psychotherapy

Thomas R. Giles, 2012-12-06 Handbook of Effective Psydwtherapy is the culmination of 15 years of personal interest in the area of psychotherapy outcome research In my view this is one of the most interesting and crucial areas in the field it has relevance across disparate clinical disciplines and orientations it provides a measure of how far the field has progressed in its efforts to improve the effectiveness of psychotherapeutic inter vention and it provides an ongoing measure of how readily clinicians adapt to scientific indications in state of the art care Regrettably as several of the chapters in this volume indicate there is a vast chasm between what is known about the best available treatments and what is applied as the usual standard of care On the most basic level there appears to be a significant number of clinicians who remain reluctant to acknowledge that scien tific study can add to their ability to aid the emotionally distressed I hope that this handbook with its many delineations of empirically supported treatments will do something to remedy this state of affairs     Enhancing Psychodynamic Therapy with Cognitive-behavioral Techniques Terry Brumley Northcut, Nina Rovinelli Heller, 1999 Defending theoretical areas may be one way to cope with external impingements on clinical practice but advancements are needed to enhance and improve the

work This text explores an approach based on applying cognitive behaviour techniques in psychodynamic clinical practice It aims to help understand theoretical and practical of the strengths and limitations of the approach as well as how to determine when to combine approaches when treating couples children adolescents older adults even cases of abuse and chemical dependency **NIDA Research Monograph** ,1976 **Play Therapy** , **Dictionary of Psychotherapy** Sue Walrond-Skinner,2014-02-25 An invaluable reference tool which provides a comprehensive coverage of the various psychotherapeutic concepts and the techniques relevant to them **Personal Styles in Neurosis (RLE: Group Therapy)** T.M. Caine,O.B.A. Wijesinghe,D.A. Winter,2014-09-19 Originally published in 1981 the inadequacies of the medical model for the understanding and psychological treatment of neuroses were widely recognized A number of alternative approaches had arisen in response but most of the models were theoretical and little experimental support was documented One of the most pressing needs at the time was for a system of classification which could predict the behaviour of different types of neurotic patient under different treatments and thus provide a framework for the selection of patients for small group psychotherapy and for behaviour therapy The authors of this title develop such a framework involving the matching of patient therapist and treatment according to certain adjustment strategies such as direction of interest conservatism convergent divergent thinking openness to inner experience and control The personal style of an individual is defined by these strategies and by the patient s expectations from treatment The authors collected a considerable amount of original research material over many years and their evidence demonstrates the fundamental importance of personal style in treatment allocation and response The new approach which they propose will be of interest not only to academic psychologists but to those in the mental health professions actively engaged in psychotherapy and behaviour therapy **Handbook of Psychotherapy Integration** John C. Norcross,Marvin R. Goldfried,2003-09-11 This volume originally published in 1992 by Basic Books provides for the first time a comprehensive state of the art description of therapeutic integration and its clinical practices by the leading proponents of the movement After presenting the concepts history research and belief structure of psychotherapy integration the book considers two exemplars of theoretical integration technical eclecticism and common factors The authors review integrative therapies for specific disorders including anxiety depression and borderline personality disorder along with integrative treatment modalities such as combining individual and family therapy and integrating pharmacotherapy and psychotherapy The book concludes with a section on training and a look at future directions

**Comprehensive Handbook of Cognitive Therapy** Hal Arkowitz,L.E. Beutler,Karen M. Simon,2013-06-29 In reviewing the Contents of this Handbook edited by Freeman Simon Beutler and Arkowitz I am both impressed and gratified with the enormous strides made by cognitive behavior therapy since the late 1960s A perusal of the Contents reveals that it is used with adults children couples and families it is clinically appropriate for such problems as anxiety depression sexual dysfunctions and addictions and it is employed in conjunction with psychopharmacological and other psychotherapeutic

interventions It was in the mid 1960s when Breger and McGaugh published an article in the Psychological Bulletin taking behavior therapists to task for using only classical and operant principles in devising their therapeutic interventions Breger and McGaugh argued that the field of learning was undergoing a major revolution paying considerably more attention to cognitive processes than had previously been the case In short they criticized the growing behavioral orientation for being limited in its exclusively peripheralistic orientation At the time behavior therapists were initially somewhat resistant to any allusion to cognitive metaphors Indeed my own initial reactions to the Breger and McGaugh article was quite negative Yet in rereading their critique many of their suggestions now seem most appealing No doubt I and my behavior colleagues lacked the appropriate cognitive set for incorporating such contradictory information Nonetheless the clinical evidence for the relevance of cognitive factors in the behavior change process was simply too compelling to ignore

*Theoretical Perspectives for Direct Social Work Practice* Peter Lehmann PhD, LCSW, 2007-10-22 Praise for the first edition Finally a social work practice text that makes a difference This is the book that you have wished for but could never find Although similar to texts that cover a range of practice theories and approaches to clinical practice this book clearly has a social work frame of reference and a social work identity Gayla Rogers Dean of the Faculty of Social Work University of Calgary The major focus of this second edition is the same to provide an overview of theories models and therapies for direct social work practice including systems theory attachment theory cognitive behavioral theory narrative therapy solution focused therapy the crisis intervention model and many more However this popular textbook goes beyond a mere survey of such theories It also provides a framework for integrating the use of each theory with central social work principles and values as well as with the artistic elements of practice This second edition has been fully updated and revised to include A new chapter on Relational Theory and newly rewritten chapters by new authors on Cognitive Behavioral Theory Existential Theory and Wraparound Services New critique of the Empirically Supported Treatment EST movement Updated information on the movement toward eclecticism in counseling and psychotherapy A refined conceptualization of the editors generalist eclectic approach

*Play Therapy* Terry Kottman, 2014-11-24 Written for use in play therapy and child counseling courses this extraordinarily practical text provides a detailed examination of basic and advanced play therapy concepts and skills and guidance on when and how to use them Kottman s multitheoretical approach and wealth of explicit techniques are also helpful for clinicians who want to gain greater insight into children s minds and enhance therapeutic communication through the power of play After a discussion of the basic concepts and logistical aspects of play therapy Kottman illustrates commonly used play therapy skills and more advanced skills Introduced in this edition is a new chapter on working with parents and teachers to increase the effectiveness of play therapy Practice exercises and Questions to Ponder throughout the text facilitate the skill building and self examination process Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com) To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to

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