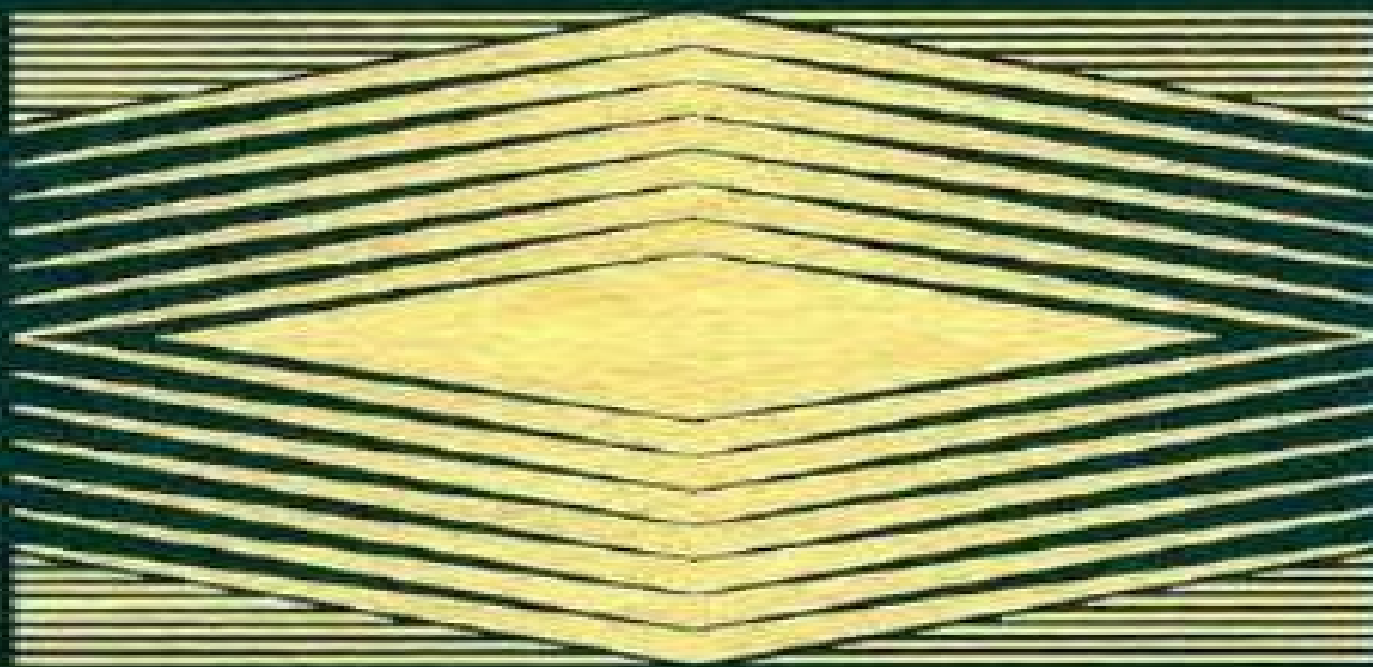


Reassessing Psychotherapy Research

Edited by

Robert L. Russell



Reassessing Psychotherapy Research

Philip Brownell



Reassessing Psychotherapy Research:

Reassessing Psychotherapy Research Robert L. Russell, 1994 Critically assessing psychotherapy research this volume examines traditional substantive results research methods theoretical and metatheoretical models as well as general aspects of the conduct of inquiry In addition each chapter in this groundbreaking volume contains suggestions and in some cases examples of alternative investigative strategies that can augment traditional psychotherapy research Comprehensive in scope the book covers all levels of research from choice of constructs and designs to ways of analyzing and interpreting data or implicit theoretical assumptions Visions in Psychotherapy Research and Practice Bernhard Strauss, Jacques P.

Barber, Louis Castonguay, 2015-02-11 The Society for Psychotherapy Research SPR is devoted to the development and dissemination of research as well as the integration of empirical theoretical and clinical knowledge in psychotherapy A highlight of the SPR annual meeting is the presidential address wherein the president delivers what many view as the most important presentation of their career In Visions of Psychotherapy Bernhard Strauss Jacques Barber and Louis Castonguay three recent past presidents compile the preceding 20 presidential addresses from SPR into a single volume Then the living presidents 19 of the 20 comment on how the visions they described in their addresses have developed over time

Psychotherapy Research Omar C.G. Gelo, Alfred Pritz, Bernd Rieken, 2014-12-24 This book provides readers with essential information on the foundations of psychotherapy research and on its applications to the study of both psychotherapy process and outcome The aim is to stimulate a reflection on these issues in a way that will benefit researchers and clinicians as well as undergraduate and graduate students at different levels and from different perspectives Accordingly the book presents a balanced mix of chapters summarizing the state of the art in the field from different viewpoints and covering innovative topics and perspectives reflecting some of the most established traditions and at the same time emerging approaches in the field in several countries The contributors who were invited from among the experts in our national and international professional networks also represent a healthy mix of leading figures and young researchers The first part of the book addresses a number of fundamental issues in psychotherapy research at a historical philosophical and theoretical level The second part of the book is concerned with research on psychotherapy processes in this regard both quantitative and qualitative approaches are given equal consideration in order to reflect the growing relevance of the latter The book's third and last part examines research on psychotherapy outcomes primarily focusing on quantitative approaches Offering a balanced mix of perspectives approaches and topics the book represents a valuable tool for anyone interested in psychotherapy research **Psychodynamic Psychotherapy Research** Raymond A. Levy, J. Stuart Ablon, Horst Kächele, 2011-12-27 Psychodynamic Psychotherapy Research Evidence Based Practice and Practice Based Evidence continues the important work of the first book published in 2009 by Humana Press Handbook of Evidence Based Psychodynamic Psychotherapy Bridging the Gap Between Science and Practice This landmark title presents in one volume

significant developments in research including neuroscience research in psychodynamic psychotherapy by a team of renowned clinician researchers The demand for ongoing research initiatives in psychodynamic psychotherapy from both internal and external sources has increased markedly in recent years and this volume continues to demonstrate the efficacy and effectiveness of a psychodynamic approach to psychotherapeutic interventions in the treatment of psychological problems The work in this volume is presented in the spirit of ongoing discussion between researchers and clinicians about the value of specific approaches to specific patients with specific psychiatric and psychological problems Multiple forms of treatment interventions have been developed over the past fifty years and this volume makes clear with firm evidence the authors support for the current emphasis on personalized medicine Groundbreaking and a major contribution to the psychiatric and psychological literature Psychodynamic Psychotherapy Research Evidence Based Practice and Practice Based Evidence provides firm grounding for advancing psychodynamic psychotherapy as a treatment paradigm

For and Against Psychoanalysis Stephen Frosh, 2016-05-13 Psychoanalysis has always been a source of controversy throughout academic and popular culture This controversy relates to questions of its true value its scientific status its politics and its therapeutic effectiveness Psychoanalysis defenders regard it as a body of knowledge built on careful and painstaking exploration of complex clinical encounters offering more detailed and valid insights than can be obtained from other sources Psychoanalysis is also a building block for considerations of human subjectivity in a wide range of academic disciplines and practical areas of work from social theory to feminist studies to counselling and psychotherapy In this thoroughly revised and updated second edition of *For and Against Psychoanalysis* Stephen Frosh examines the arguments surrounding psychoanalysis at some key points its standing as a scientific theory its value as a method of therapy its potency as a contributor to debates around identity construction gender homosexuality and racism At each of these points there is something to be said for and against psychoanalysis with the balance depending on whether it deepens our understanding of human functioning whether it is consistent with its own perceptions and theories or seems subservient to social pressures and norms and whether it is coherent or muddled evocative or sterile *For and Against Psychoanalysis* provides an accessible introduction and critical guide to the current standing of psychoanalysis It is essential reading for students of psychoanalysis counselling psychotherapy and psychology and for social researchers and social theorists as well as for those who are simply interested in what place psychoanalysis has in the modern world

Research in Psychotherapy and Counselling Ladislav Timulak, 2008-11-19 Timulak's aims to clarify research and its value for practice and to alert people to its limitations and potential misuse have certainly been achieved This book deserves a place in every professional library and I recommend it to anyone who is interested in understanding more about research Therapy Today May 2009 An authoritative text providing a first rate outline of the specific methods that counselling and psychotherapy researchers use and illustrated through a wealth of examples Professor Mick Cooper Senior Lecturer in Counselling University of Strathclyde The content is comprehensive

and covers the full range of knowledge and information that a trainee psychologist psychotherapy researcher would want to have. It offers a general overview of psychotherapy research methods and their logic which is not duplicated in any book that I know of. Georgia Lepper, Senior Lecturer in Psychotherapy, University of Kent. *Research in Psychotherapy and Counselling* is a guide to methods used in studying the outcomes and processes of therapy. Introducing a range of methodologies which are used internationally, the author describes different research designs and illustrates them through examples of actual studies. Presenting the findings from key studies, he clearly demonstrates the usefulness of the research in therapeutic practice. *Research in Psychotherapy and Counselling* is ideal for researchers and for students on courses in counselling, psychotherapy, clinical and counselling psychology and psychiatry. Ladislav Timulak is course director of the MSc in Counselling Psychology at Trinity College Dublin. He previously worked at the University of Trnava, Slovakia, and has extensive practical experience in the field of counselling and psychotherapy as well as experience in conducting psychotherapy training. **Case Study**

Research in Counselling and Psychotherapy John McLeod, 2010-10-04 British Association for Counselling and Psychotherapy

Practitioner Research in Counselling John McLeod, 2013-03-01 This is a practical guide to carrying out research in counselling and the helping professions generally. It covers all major aspects of research and guides the reader through the essential processes involved from setting up and conducting a study to analyzing data and evaluating findings. *New Therapist*. This practical, informative and encouraging guide to doing research in counselling and the helping professions generally has been written with practitioners firmly in mind. The book is a comprehensive yet accessible introduction which covers all major aspects of research and guides the reader through the essential processes involved from setting up and conducting a study to analyzing data and evaluating findings. In addition, the author provides guidelines for accessing research information and resources. With an emphasis on the acquisition of research skills and their practical application to counselling issues, *Practitioner Research in Counselling* shows how research can be used in a meaningful way by all practitioners. **Ethics**

and Values in Psychotherapy Alan Tjeltveit, 2003-09-02 *Ethics and Values in Psychotherapy* is an examination of the role of the therapist as ethicist and the ways in which the ethical convictions of both therapist and client contribute to the practical process of psychotherapy. As psychotherapy strives to establish itself as a profession, practitioners are increasingly focusing on the issue of ethics as they attempt to agree on guidelines and standards for professional practice. Alan Tjeltveit argues that any discussion of professional and ethical practice in psychotherapy is inadequate if carried out in ignorance of or in isolation from traditional ethical theories. He applies this approach to issues such as the role of therapy in society, the goals and outcomes of psychotherapy, techniques and practices, the existence and operation of values, the intellectual and social context in which therapy takes place. In the second part of the book, he uses clinical examples and case studies to relate this theoretical discussion to clinical practice. *Ethics and Values in Psychotherapy* will be welcomed by the growing number of experienced psychotherapists and postgraduate students who are interested in the increasingly contentious issue of

professional ethics **Beyond the Therapeutic Relationship** Frederic J. Leger, 2014-07-16 Seeking to transfer knowledge across ideological boundaries within a theoretically valid scientific framework *Beyond the Therapeutic Relationship* draws upon and relates existing research from psychotherapy and the allied fields of human behavior Author Frederic J Leger has successfully cut across multifarious therapies to create an integrated high order theory that unites psychotherapy's disparate forces In the process he addresses the theoretical underpinnings of the field of psychotherapy the paradigm of the therapeutic relationship and its centrality to therapeutic change the difficulties of creating a scientific discipline from the study of the psyche and the factionalization of psychology into different competing schools By exploring universal variables and how they fit into a causal nexus *Beyond the Therapeutic Relationship* identifies transtheoretical processes of change that cut across diverse therapies It also offers heuristic research direction and guidance in eclectic and integrative practice as it broadens the perspective on the psychotherapeutic encounter Combining physiological social and psychological research into a transtheoretical psychodynamic theory this important text discusses why the need for paradigmatic direction is urgent bringing nonverbal variables to the therapist's working awareness or focus how a small range of conceptual possibilities limits knowledge of human behavior the lack of efficacy in psychotherapy the psychobiological significance of intensive experiential exploration formation of the self through language and discourse integrative eclecticism within transtheoretical and common factors integration Psychologists psychiatrists mental health therapists and academics and students in psychology psychiatry and educational psychology now have a text that cuts across the multitude of therapeutic approaches to provide a theory that is empirically supported and grounded in the author's 25 years of clinical practice As you will see *Beyond the Therapeutic Relationship* discusses the current position of the field of psychotherapy where it needs to go specific strategies for getting there as well as alternative interventions beyond empathy and the therapeutic relationship **Arts Therapies in the Treatment of Depression** Ania Zubala, Vicky Karkou, 2018-05-16 *Arts Therapies in the Treatment of Depression* is a comprehensive compilation of expert knowledge on arts therapies potential in successfully addressing depression The book identifies ways of addressing the condition in therapy sessions shares experience of tools and approaches which seem to work best and guides towards a conscious and confident evidence based practice Including contributions from international experts in the field of arts therapies the book presents some of the most recent high profile and methodologically diverse research whether in the form of clinical trials surveys or case studies The three sections of this volume correspond to particular life stages and explore major topics in arts therapies practice and the nature of depression in children adults and in later life Individual chapters within the three sections represent all four arts therapies disciplines The book hopes to improve existing arts therapies practice and research by encouraging researchers to use creativity in designing meaningful research projects and empowering practitioners to use evidence creatively for the benefit of their clients and the discipline *Arts Therapies in the Treatment of Depression* is an essential resource for arts therapies

researchers practitioners and arts therapists in training It should also be of interest to other health researchers and health professionals particularly those who work with clients experiencing depression and in multidisciplinary teams Integrative Psychotherapy Günter Schiepek, Heiko Eckert, Benjamin Aas, Sebastian Wallot, Anna Wallot, 2016-12-19 Integrative psychotherapy using the principles of dynamic complex systems to guide everyday clinical work This book introduces a new integrative systemic approach to psychotherapy and counseling and shows how the principles of dynamic complex systems can guide everyday clinical work Our mental interpersonal and biological e g neuronal systems are complex and nonlinear and allow spontaneous pattern formation and chaotic dynamics Their self organizing nature sometimes maneuvers the systems into pathological states However the very same principles can be utilized therapeutically to encourage change for the better The feedback driven nonlinear dynamic systems approach described here basically attempts to facilitate positive self organizing processes such as order transitions healthy patterns of behavior and learning processes In addition to describing the theory and evidence supporting the feedback driven nonlinear dynamic systems approach the authors use an extensive case study to illustrate how the principles of dynamic complex systems can guide everyday clinical work They show how modeling and monitoring of the client s systems and an empirical description of its patterns allows the therapist to individually fine tune therapeutic techniques to support the client s progress Fine meshed feedback based on real time data and time series analysis is at the core of the approach and so an internet based monitoring system the Synergetic Navigation System SNS that helps capture dynamic processes and guide practitioners therapeutic decisions is also described

Comprehensive Textbook of Psychotherapy Andrés Consoli, Larry E. Beutler, Bruce Bongar, 2016-10-03 This completely updated second edition of Comprehensive Textbook of Psychotherapy discusses the contemporary landscape of psychotherapy honors its complexities and focuses on history theory science practice and diversity The book is divided into three parts 1 Models of Psychotherapy 2 Psychotherapy by Modalities and Populations and 3 Research Methods and Randomized Clinical Trials Professional Issues and New Directions in Psychotherapy Part 1 has been expanded to include two chapters on Interpersonal Psychotherapy IPT This section now details the similarities and differences that exist across models in an effort to articulate overarching principles of human change and stability processes that are advanced through professional practice Chapters in Part 1 are organized into sets of two each set has a theory chapter covering one of the six psychotherapy models discussed followed by a practice chapter that conveys and illustrates the use of the model in a specific application including a detailed case example Part 2 addresses modalities of psychotherapy such as group family and electronic based approaches as well as psychotherapy with specific populations such as children and adolescents older adults and women This section too has been expanded to include treatment of people in the schizophrenia spectrum a chapter on treatment of immigrants and refugees and another on working with men There are also new chapters on working with military personnel and veterans and a chapter on treating survivors of trauma specifically on those exposed to mass trauma

Still another new chapter is included on working with psychological emergencies Part 3 covers research methods and randomized clinical trials the training of psychotherapists ethics and legal matters and the future of psychotherapy Research and diversity are emphasized in each chapter and throughout the book This new edition of a classic textbook will be valuable to instructors and students psychotherapists in training practitioners and supervisors alike

Advances in Clinical Child Psychology Thomas H. Ollendick, Ronald J. Prinz, 2013-06-29 It is with both pride and sadness that we publish the twentieth and last volume of *Advances in Clinical Child Psychology* This series has seen a long and successful run starting under the editorship of Ben Lahey and Alan Kazdin who passed the baton to us at Volume 14 We are grateful to the many contributors over the years and to the Plenum staff for producing a quality product in a timely manner This volume covers a diverse array of significant topics In the opening chapter Maughan and Rutter explore the research literatures related to continuity and discontinuity of antisocial behavior from childhood to adulthood Their review and conceptualization emphasize the significance of hyperactivity and inattention early onset conduct problems low reactivity to stress and poor peer relations as potentially influential variables in the persistence of antisocial behavior Social cognitions environmental continuities substance abuse cumulative chains of life events and protective processes are considered as well

Global Perspectives on Research, Theory, and Practice Philip Brownell, 2015-04-01 Over a decade in the making this volume brings together some of the richest thinking about gestalt therapy theory and practice that emerged in the lead up to the 21st century In 1996 the internet was breaking out of its shell and the first electronic journal for gestalt therapy appeared as a hybrid of the text based discussion group Gestalt L and the graphically rich web based journal itself The journal supported by a community at St Johns University was titled Gestalt Its vision was to stimulate a global discussion of gestalt therapy using the electronic medium that has now become so common and essential and it did just that Gestalt was free It was quick Those working with the journal were focused on substance over style The editors have ensured this relevant and playful attitude shines through in this collection There are errors in form because the editors have maintained many in order to provide a realistic feel for what the journal was like Although it no longer exists this book reclaims the journal's great historical value and still significant ideas

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Francine Shapiro, 2017-11-20 The authoritative presentation of Eye Movement Desensitization and Reprocessing EMDR therapy this groundbreaking book now revised and expanded has been translated into 10 languages Originally developed for treatment of posttraumatic stress disorder PTSD this evidence based approach is now also used to treat adults and children with complex trauma anxiety disorders depression addictive behavior problems and other clinical problems EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings details the eight phases of treatment and provides training materials and resources Vivid vignettes transcripts and reproducible forms are included Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size New to This Edition Over 15 years of

important advances in therapy and research including findings from clinical and neurophysiological studies New and revised protocols and procedures Discusses additional applications including the treatment of complex trauma addictions pain depression and moral injury as well as post disaster response Appendices with session transcripts clinical aids and tools for assessing treatment fidelity and outcomes EMDR therapy is recognized as a best practice for the treatment of PTSD by the U S Departments of Veterans Affairs and Defense the International Society for Traumatic Stress Studies the World Health Organization the U K National Institute for Health and Care Excellence NICE the Australian National Health and Medical Research Council the Association of the Scientific Medical Societies in Germany and other health care associations institutes around the world Short-Term Psychodynamic Psychotherapy Penny Rawson,2019-09-30

In this book the author succeeds in showing short term psychodynamic psychotherapy to be an authentic and accepted method of therapy She roots the concept in tradition and also introduces the reader to the relevant contemporary literature In examining several cases in detail she draws out the key principles involved to present these in a clear and concise manner and demonstrates aspects of the method in practice This book is both an excellent introduction and in depth exposition so it is highly relevant to the experienced practitioner or student It will appeal to people both lay and professional who have an interest in an approach to therapy that is condensed but not diluted This book concentrates on short term psychodynamic psychotherapy It aims to discover and analyse the key principles involved It also aims to enrich the understanding of an approach to therapy that is already of benefit to many in our community but that could reach very many others if it were better known and understood From the Introduction **Culture and Psychotherapy** Wen-Shing Tseng,Jon Streltzer,2008-11-01

Cultural diversity has always been a fact of life nowhere more so than in the unique melting pot of U S society Respecting and understanding that diversity is an important and challenging goals Culture and Psychotherapy A Guide to Clinical Practice brings us closer to that goal by offering a fresh perspective on how to bring an understanding of cultural diversity to the practice of psychotherapy to improve treatment outcomes This remarkable work presents the nuts and bolts of incorporating culture into therapy in a way that is immediately useful and practical Illustrated by numerous case studies that demonstrate issues techniques and recommendations the topics in this wide ranging volume focus not on specific race or ethnicity but instead on culture Introduction Summarizes the influence of culture an abstract concept defined as an entity apart from race ethnicity or minority on the practice and process of psychotherapy while offering a broadened definition of psychotherapy as a special practice involving a designated healer or therapist and identified client or patient to solve a client s problem or promote a client s mental health Case Presentations and Analysis Illustrates distinctive cultural issues and overtones within psychotherapy such as the traditional Japanese respect for authority figures the Native American concept of spirit songs the clash of modern values with traditional Islamic codes and the effects of the conflict between Eastern values of dependence and group harmony and Western values of independence and autonomy Specific Issues in Therapy Discusses lessons from

folk healing the cultural aspects of the therapist patient relationship and the giving and receiving of medication as part of therapy Treating Special Populations Presents issues and trauma faced by African Americans Hispanic veterans Southeast Asian refugees adolescents and the ethnic minority elderly Special Models of Therapy Shows the interplay between cultural issues and specific models of therapy including marital therapy for intercultural couples and group therapy with multiethnic members The relevance of cultural diversity will only grow stronger in the coming years as our definition of community expands to embrace global not just local issues With its balanced combination of clinical guidance and conceptual discussion highlighted by fascinating case studies this volume authored by national and international experts offers psychotherapists psychiatrists psychologists psychiatric residents psychiatric nurses and mental health social workers both in the U S and abroad an expansive focus and richness of content unmatched elsewhere in the literature

The Palgrave Handbook of Child Mental Health Jessica Nina Lester, Michelle O'Reilly, 2015-12-17 A landmark publication in the field this state of the art reference work includes contributions from leading thinkers across a range of disciplines on topics including ADHD autism depression eating disorders and trauma It is an essential resource for all those involved or interested in child mental health

Qualitative Research in Counselling and Psychotherapy John McLeod, 2001 A new book by John McLeod is always a treat and like good qualitative research takes the reader by surprise and shows him or her something new The revelation to me in this book is its focus on philosophy rather than psychology and on John's insistence that qualitative research is rooted in a mixture of phenomenology and hermeneutics Those of us engaged in qualitative research are challenged to underpin our work with a deeper awareness of relevant philosophy with Chapters 2 3 and 4 offering a good starting point This book might not be seen then as being for the novice researcher who in any case would be best advised to start with one of John's earlier books *Doing Counselling Research* SAGE 1994 or *Practitioner Research in Counselling* SAGE 1999 However many parts of this book are essential reading for those beginning qualitative research The first half of Chapter 9 for example *How to Do Qualitative Research* is rich material as is Chapter 6 which explores grounded theory referred to by John as the 2market leader² in qualitative research Chapter 10 takes a critical stance on randomized controlled trials before arguing the case for using qualitative outcomes measures Qualitative interviews appear to be at present the most sensitive method for the evaluation of the harmful effects of therapy and also for recording its greatest successes The standardized self report methods used in randomized trials appear both to inhibit criticism of therapists and reporting of deterioration and also give little scope for clients to describe the hugely positive transformational experiences that can sometimes take place in counselling This book deeply addresses what it means to do qualitative research into counselling and psychotherapy with plenty for the novice researcher and even more for those already deeply immersed in qualitative research William West

Counselling and Psychotherapy Research Qualitative methods are particularly suited to answering the kinds of questions that counsellors and psychotherapists need to ask about their practice *Qualitative Research in Counselling and Psychotherapy* has

therefore been written to help researchers find their way through the range of methodologies and techniques available to them. Leading expert and bestselling author John McLeod takes the reader through each stage of the research process, explaining techniques for gathering data, writing up the study and evaluating the findings. Each qualitative method is clearly described and critically assessed in terms of its own strengths and weaknesses. Examples from actual research studies are given to show how the methods work in practice. The need to show how and why counselling works has led to an explosion of research activity. For all those involved in research, whether as part of academic study or in practice, this book will be essential reading. As an introduction to qualitative methods, this it is certain to be widely recommended on courses in counselling and counselling psychology and will also be of interest to those who provide counselling in other professional areas such as nursing and social work.

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