

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 targeted 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.¹ 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 inappropriateness of collapsing other

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

Prescriptive Psychotherapies

George Stricker, Jerold R. Gold



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, 2015-11-23 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 *Play Therapy , Handbook of Effective Psychotherapy* Thomas R. Giles,2012-12-06 Handbook of Effective Psychotherapy 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 intervention 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 scientific 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 *Comprehensive Handbook of Cognitive Therapy* Hal Arkowitz,L.E. Beutler,Karen Simon,1989-06-30 This Handbook covers all the many aspects of cognitive therapy both in its practical application in a clinical setting and in its theoretical aspects Since the first applications of cognitive therapy over twenty years ago the field has expanded enormously This book provides a welcome and readable overview of these advances *Integrating Psychotherapy and Psychopharmacology* Irismar Reis de Oliveira,Thomas Schwartz,Stephen M. Stahl,2013-12-04 Integrating Psychotherapy and Psychopharmacology A Handbook for Clinicians is a practical guide for the growing number of mental health practitioners searching for information on treatments that combine psychopharmacology psychotherapy and psychosocial rehabilitation Research shows that combined approaches are among the most effective ways to treat an increasing number of psychiatric disorders However though these combined treatments are becoming the everyday practice of psychiatrists psychologists and other mental health professionals identifying the right treatment plan can be notoriously difficult and clinicians are often left scrambling to answer questions about how to design and customize their treatment strategies In Integrating Psychotherapy and Psychopharmacology readers will find these questions fully addressed and the answers explained and they ll come away from the book with a toolbox full of strategies for helping their patients improve symptoms achieve remission and stay well using a combination of drug and psychological treatments **Play Therapy Treatment Planning with Children and Families** Lynn Louise Wonders,Mary L. Affee,2024-03-29 Play Therapy Treatment Planning with Children and Families is a comprehensive guide that provides an integrative and prescriptive approach to creating customized treatment plans It s an excellent textbook for graduate programs in social work counseling and family therapy and an invaluable guide for practicing clinicians in all settings After exploring and explaining the many modalities for treating children and adolescents this book provides sample treatment

plans using a variety of case vignettes Chapters also take readers through a road map for case conceptualization meeting with caregivers problem identification goal development diagnosis determination of interventions and termination and much more

Foundations of Play Therapy Charles E. Schaefer, 2011-03-31 The landmark guide to play therapy completely updated and revised Edited by Charles E Schaefer the father of play therapy Foundations of Play Therapy Second Edition is a complete state of the art guide to the many diverse approaches to and methods used in play therapy practice with children and adolescents Featuring an expert panel of contributors this comprehensive reference provides up to date and insightful coverage of all of the major theoretical models of play therapy and offers practical examples for the application of each model including Narrative play therapy Solution focused play therapy Experiential play therapy Release play therapy Integrative play therapy Psychoanalytic approaches to play therapy Child centered play therapy Gestalt play therapy Family play therapy Cognitive behavioral play therapy Prescriptive play therapy Written for therapists looking for guidance on how to incorporate play therapy into their practice as well as students or those in need of a refresher on the latest methods and techniques Foundations of Play Therapy Second Edition is a standard setting resource presenting pragmatic and useful information for therapists at all levels of training

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NIDA Research Monograph , 1976

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

Theoretical Perspectives for Direct Social Work Practice Nick Coady, 2007-10-22 Print CourseSmart

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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 To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

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Doing Play Therapy Terry Kottman, Kristin K. Meany-Walen, 2018-07-07 Covering the process of therapy from beginning to end this engaging text helps students and practitioners use play confidently and effectively with children adolescents and adults struggling with emotional or behavioral problems or life challenges With an accessible theory to practice focus the book explains the basics of different play therapy approaches and invites readers to

reflect on and develop their own clinical style It is filled with rich case material and specific examples of play techniques and strategies The expert authors provide steps for building strong relationships with clients exploring their clinical issues and underlying dynamics developing and working toward clear treatment goals and collaborating with parents and teachers A chapter on common challenges offers insightful guidance for navigating difficult situations in the playroom

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