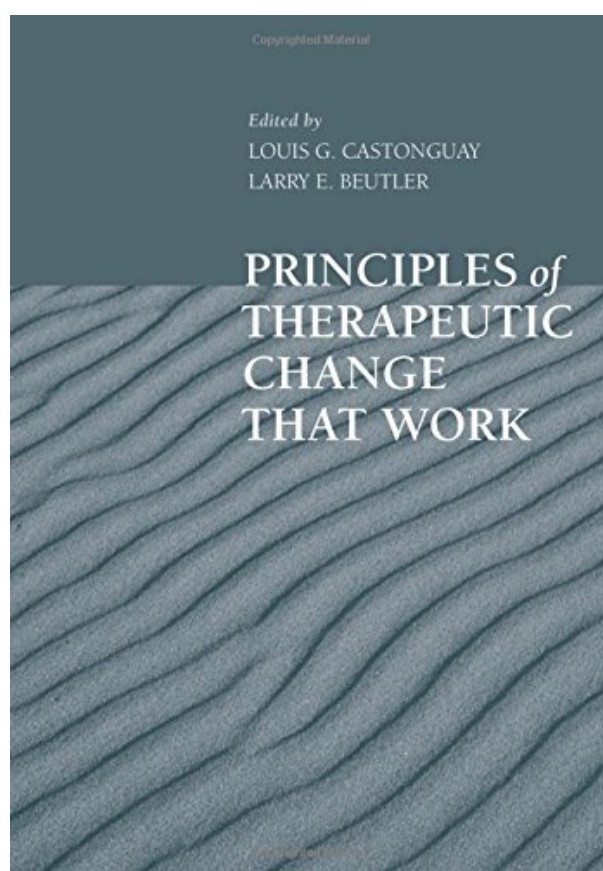


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## Review

"The present volume, comprising collaborative review articles by top US psychotherapy researchers, integrates the findings of both camps and identifies superordinate principles applicable across different psychotherapy schools. It focuses on psychotherapeutic treatments for four major groups of disorders: dysphoric disorders, anxiety disorders, personality disorders, and substance misuse. The result is a measured, balanced, open-minded, scholarly, readable and inspiring compendium."--British Journal of Psychiatry

"In sum, Castonguay and Beutler's edited volume Principles of Therapeutic Change that Work has much to offer clinical researchers and practitioners alike. The principles the Task Force delineated are terrific contributions. Further, their effort to integrate across diverse literatures and theoretical camps is laudable and well done."--Psychological Medicine

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#### About the Author

Larry E. Beutler, PhD, Professor, Pacific Graduate School of Psychology, Palo Alto, CA.

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This book presents the findings of a Joint Presidential Task Force of the Society of Clinical Psychology (Division 12 of APA) and of the North American Society for Psychotherapy Research. This task force was charged with integrating two previous task force findings which addressed, respectively, Treatments That Work (Division 12, APA), and Relationships That Work (Division 29, APA). This book transcends particular models of psychotherapy and treatment techniques to define treatments in terms of cross-cutting principles of therapeutic change. It also integrates relationship and participant factors with treatment techniques and procedures, giving special attention to the empirical grounding of multiple contributors to change. The result is a series of over 60 principles for applying treatments to four problem areas: depression, anxiety disorders, personality disorders, and substance abuse disorders. This book explains both principles that are common to many problem areas and those that are specific to different populations in a format that is designed to help the clinician optimize treatment planning.

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Heavy Academic Text, Hard to Apply...

By Anthony Centore Ph.D.

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I bought this book recently because I am interested in optimizing my own therapeutic effectiveness, and thought the book would provide some good techniques or principles that would guide my time with clients.

Unfortunately, the book is heavy in theory and written by persons who are obviously good at research and statistics, but not good at communicating their findings in a way that can be applied.

I'm not saying not to buy the book, but expect to do a lot of work getting through this book, and even more translating it from Professional Journal speak into something with utility for your practice.

Hope this helps!

Final Note: If you're interested in learning telephone or online counseling, this book is really good: The Therapist's Clinical Guide to Online Counseling and Telephone Counseling: The Definitive Training Guide for Clinical Practice

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