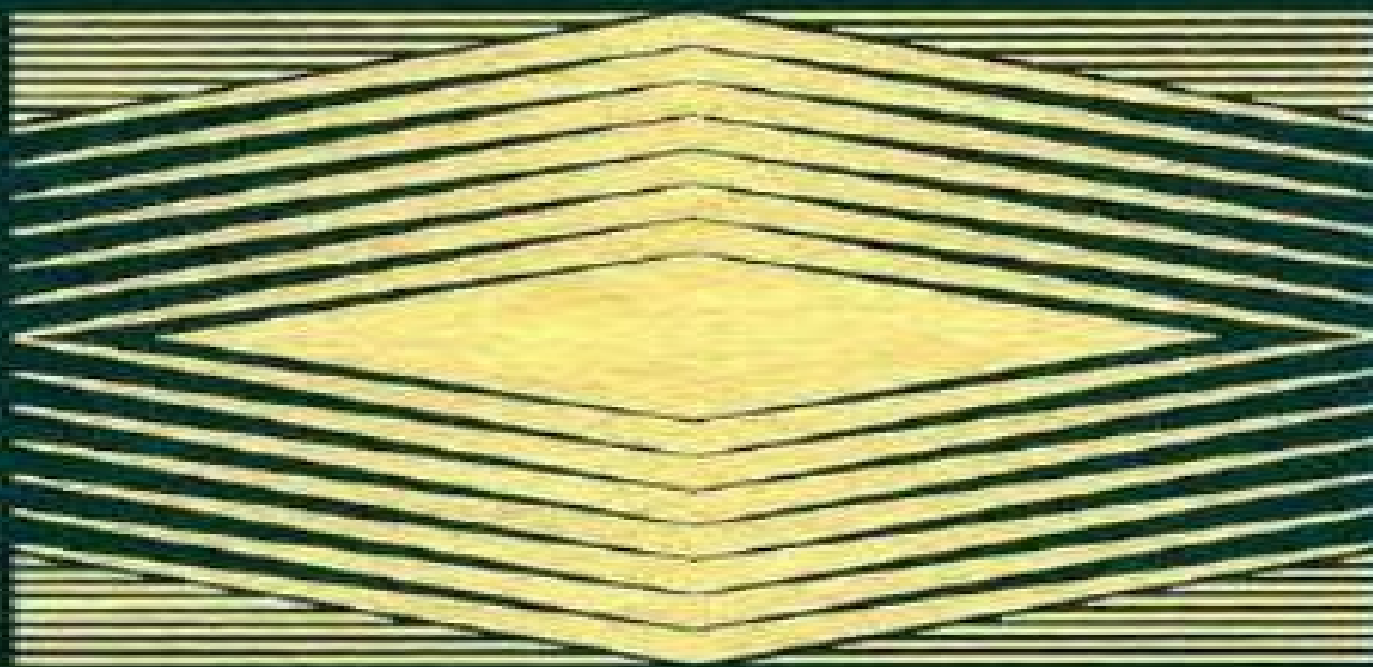


# Reassessing Psychotherapy Research

Edited by

Robert L. Russell



# Reassessing Psychotherapy Research

**Judith Trowell, John Tsiantis**



## **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 *The Palgrave Handbook of Child Mental Health* Jessica Nina Lester, Michelle O'Reilly, 2015-09-02 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 [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 **The Psychedelic Renaissance** Ben Sessa, 2019-11-30 Examines the mind manifesting properties of psychedelic drugs and assesses the scientific evidence supporting their potential clinical and therapeutic use Ben Sessa takes the reader on a journey through the fascinating history of psychedelic plants and chemicals examining their role in human culture from prehistory to modern times Based on a thorough review of scientific evidence he makes a clarion call for a reevaluation of their clinical potential with appropriate setting in scientific research psychiatry psychotherapy and personal growth First published in 2012 This second edition of *Psychedelic Renaissance* has been extensively revised and expanded to incorporate the extraordinary developments in research into psychedelics over the intervening years Provided by publisher

**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

*Doing Counselling Research* John McLeod, 2003-05-16 This is a great starting point for anyone studying or interested in counselling research I would thoroughly recommend the Second Edition of this book Terry Hanley Healthcare Counselling and

Psychotherapy Journal Doing Counselling Research Second Edition is a practical and accessible introduction to the research process within counselling and psychotherapy Written both as a guide to carrying out research and to using existing findings to inform practice it provides essential information for all trainees and practitioners John McLeod guides the reader through the principles and practice of undertaking a successful research project explaining how to review the literature select appropriate methods qualitative and quantitative collect data design and implement an effective study plan evaluate findings Taking account of developments in research methods the book has been fully revised and updated and includes new chapters on evidence based practice and practitioner research Research literacy is now within the skillset of all counsellors and psychotherapists and as a practical introduction to the subject Doing Counselling Research will be indispensable to trainees and practitioners alike

*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 post graduate students who are interested in the increasingly contentious issue of professional ethics

*Collaborative Practice in Psychology and Therapy* David A Pare, Glen Lerner, 2014-01-02 Collaborative Practice in Psychology and Therapy provides mainstream academics and practitioners with easy access to cutting edge thinking in social constructionist psychology and therapy This unique book is geared to readers who may not be familiar with narrative social constructionist or critical psychology and therapy presenting contemporary theory and practice with a minimum of jargon The field's leading practitioners and theorists demonstrate through a collaborative and relational focus how to work with people rather than on them in a mutual co constructive exchange Collaborative Practice in Psychology and Therapy bridges the gap between modern and postmodern theory providing a well rounded view that enables readers to see how contemporary theory can be applied in various subdisciplines Each user friendly chapter is virtually free of technical terms beginning with a readable thumbnail summary of the practical accessible material that follows The book includes case studies and examples illustrations tables a brief glossary of the few terms that do need explaining and suggestions for additional readings Collaborative Practice in Psychology and Therapy includes easy to apply ideas on theory therapeutic practice teaching supervision research and much more Collaborative

Practice in Psychology and Therapy is a practical accessible resource for psychology and therapy students and practitioners academics working in psychotherapy training and supervision critical psychology and psychological research The book provides vital information for theorists and professionals interested in relational and collaborative practice on psychology and therapy including clinical psychologists individual couple and family therapists school counselors and social workers

*Assessing Change in Psychoanalytic Psychotherapy of Children and Adolescents* Judith Trowell, John Tsiantis, 2018-06-14  
This book draws together work from across Europe by leading clinical researchers who have been looking into the effectiveness of psychoanalytic interventions They are mostly time limited brief non intensive ways of working so are applicable in many settings and can therefore be generalised to other clinical teams The populations worked with are diverse and often present mainstream services with refractory clinical problems so an applied psychoanalytic approach is well worth trying given the evidence presented in this volume There is in addition an excellent theoretical chapter on the issues of such clinical research from Stephen Shirk which merits consideration by those wishing to evaluate their own work This book is an important contribution to services for child and adolescent mental health With increasing family distress and concerns about inadequate parenting family breakdown and troublesome adolescents it will help to ensure the full menu of interventions is retained in these times of financial restraint

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

**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      *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      *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 **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

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