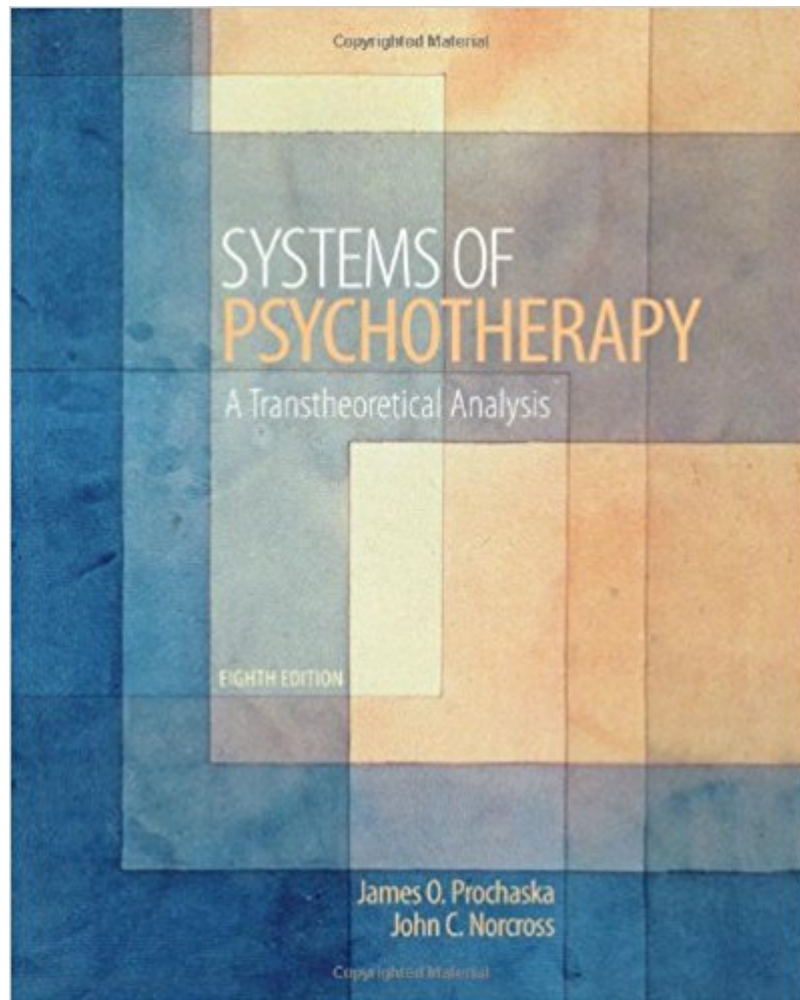




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# Systems Of Psychotherapy: A Transtheoretical Analysis



## Synopsis

Comprehensive, systematic, and balanced, **SYSTEMS OF PSYCHOTHERAPY** uses a wealth of clinical case illustrations to help readers understand a wide variety of psychotherapies—including psychoanalytic, psychodynamic, existential, person-centered, experiential, interpersonal, exposure, behavioral, cognitive, systemic, multicultural, and integrative. The Eighth Edition thoroughly analyzes 17 leading systems of psychotherapy and briefly surveys another 31, thereby providing a broader scope than is available in most books. The authors explore each system's theory of personality, theory of psychopathology, and resulting therapeutic process and therapy relationship. By doing so, they demonstrate how much psychotherapy systems agree on the processes producing change, while showing how they disagree on the content that needs to be changed. To bring these similarities and differences to life, the authors also present the limitations, practicalities, and outcome research of each system of psychotherapy. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

## Book Information

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refers to the Loose Leaf edition.

James O. Prochaska, PhD, is professor of psychology and director of the Cancer Prevention Research Consortium at the University of Rhode Island and a clinical psychologist in part-time private practice. He has been the principal investigator on grants from the National Institutes of Health totaling over \$75 million and has been recognized by the American Psychological Society as one of the five most-cited authors in psychology. His 30 book chapters and over 200 scholarly articles focus on self-change, health promotion, and psychotherapy from a transtheoretical perspective, the subject of his popular book, *CHANGING FOR GOOD* (with John Norcross and Carlo DiClemente). John C. Norcross, PhD, is professor and former chair of psychology as well as distinguished university fellow at the University of Scranton, and a clinical psychologist in part-time independent practice. Author of more than 250 scholarly articles, Dr. Norcross has written or edited 15 books, the most recent being *EVIDENCE-BASED PRACTICES IN MENTAL HEALTH* and *PSYCHOTHERAPY RELATIONSHIPS THAT WORK*. He is editor-in-chief of the *Journal of Clinical Psychology: In Session*. Among his awards are APA's Distinguished Contributions to Education and Training Award, Pennsylvania Professor of the Year from the Carnegie Foundation, and election to the National Academies of Practice.

Best book we have had in our Master's program so far. Get the current edition as it changes significantly as new research and trends develop. I bought an older edition and had to go ahead and get the new one anyway - just to be current in the field.

A must. Needed for a counseling class. Easy to read and comprehensive. Includes case studies and a historical perspective of psychotherapy.

This was a compulsory textbook for my Master's Degree. It turned out to be a really good buy, which surprised me. Very recommendable.

Exactly what I needed.

I like the way the book is structured. I found the critiques by other schools of thought entertaining and useful. Great introduction on theories of psychotherapies.

Good quality.

Great textbook... I just can't believe I pay this much for a stack of paper with no binding. At least it came with holes punched in it so you can place it in a binder.

Informative history regarding the development of psychotherapy. Covers Theories, assumptions, treatment plans, highlights some empirical evidence with CBT, IPT, DBT and behavioral therpaies. Realistic appraisal that more than one therapy may be implemented to to address individual patient needs. Presentation of theories are balanced by citing criticisms from alternate therapeutic viewpoints thus strengths and weaknesses identified. Balanced, informative, consistent catagories used to relate psychotherapies so that the reader is able to evaluate, compare, contrast apoproaches, techniques and tools related to evaluating patient baseline and progress. MOre importantly discusses how therapeutic alliance can be established and maintained. Dont let the price deter you. There is great breadth of information laid out in a format that provides ease of comprehension. Additionally, there is a collaborative web site created by the publisher that provides free end of chapter exams that not only test knowledge of the theories but their application as well. Case studies at the end of the chapters provide exercises in case analysis. I will be keeping this book throughout my professional career.

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