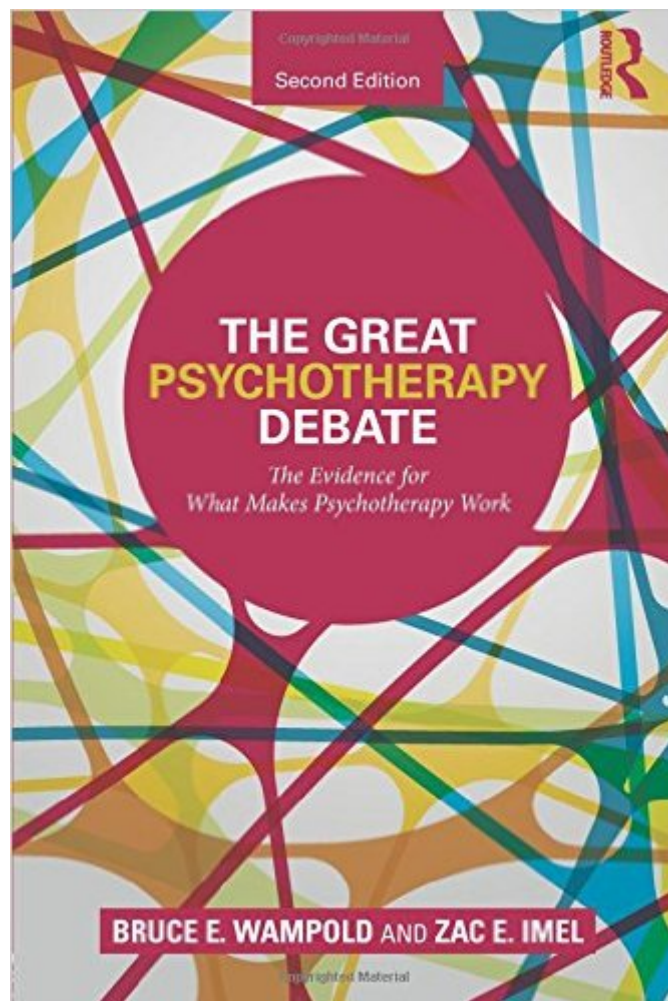


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# The Great Psychotherapy Debate: The Evidence For What Makes Psychotherapy Work (Counseling And Psychotherapy)



## Synopsis

The second edition of *The Great Psychotherapy Debate* has been updated and revised to expand the presentation of the Contextual Model, which is derived from a scientific understanding of how humans heal in a social context and explains findings from a vast array of psychotherapies studies. This model provides a compelling alternative to traditional research on psychotherapy, which tends to focus on identifying the most effective treatment for particular disorders through emphasizing the specific ingredients of treatment. The new edition also includes a history of healing practices, medicine, and psychotherapy, an examination of therapist effects, and a thorough review of the research on common factors such as the alliance, expectations, and empathy.

## Book Information

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## Customer Reviews

The first edition of *The Great Psychotherapy Debate* (2001) has become a classic in the field, and has had a major impact on the field of psychotherapy research as influencing the practices of managed care companies and other payers. I was eager to read this 2nd edition as soon as it came out. I was not disappointed; in fact it exceeded my expectations. The number of psychotherapy studies and meta-analyses of studies has exploded since the first edition was published. It is impossible for the average practicing therapists to keep up with this research. Competing claims for what treatments are effective and what constitutes evidenced based care in psychotherapy are confusing at the very least, and quite often misleading. The authors do a brilliant job of reviewing this

mass of literature and organizing the findings in a way that is coherent and understandable. There is plenty of technical detail on the statistics involved in clinical trials and meta-analyses for those who are interested, but the conclusions are straight forward and presented in a manner that is comprehensible and highly relevant to a practicing therapists. The authors contrast two competing models for understanding the resultsâ | the medical model and the contextual model. The medical model posits that there are treatments for specific disorders that are more effective than other treatments, and there for quality is defined as matching the correct evidence based treatment to a correct diagnosis. The contextual model posits that there are little differences between specific therapies, but large differences between therapists. The outcome of the therapy is a large part a function of the therapeutic relationship and working alliance. This book is potentially liberating for therapists.

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