



# Comprehensive Textbook of Psychotherapy: Theory and Practice (Oxford Series in Clinical Psychology)

From Oxford University Press

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## Comprehensive Textbook of Psychotherapy: Theory and Practice (Oxford Series in Clinical Psychology) From Oxford University Press

New developments in psychotherapy research and practice over the past twenty years require a new perspective from a psychotherapy book. Until recently, approaches to clinical practices were presented as competing truths. Each one was viewed as a distinct, all-encompassing system of thought and clinical practice. Therapists were expected to decide which school they favored and then apply its treatment methods consistently to all patients. This is no longer the case. While a growing body of empirical research supports the efficacy of treatment over no treatment, it does not endorse any one treatment as superior to all others. Moreover, most psychotherapists today acknowledge that they draw on therapeutic insights and techniques from a number of psychological schools of thought.

To guide therapists in developing their own style of effective psychotherapy, Bruce Bongar and Larry E. Beutler have assembled a work that provides an overview of the field and an understanding of the essential features of the leading schools of psychotherapy. They bring together experts who introduce the individual theories and practice techniques from these schools and guide the reader in discovering which approaches work best for which patients.

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## **Editorial Review**

### Review

"The authors of each of the chapters is well known, clearly identified with the approach being described, and well suited for the task . . . . The content is uniformly substantial and informative . . . . The tasks of summarizing the current status of the psychotherapies is well done and serves its purpose as a potential textbook as well as a good resource for professionals."--Contemporary Psychology

"This is the book I have been waiting for for years! Up-to-date, comprehensive, authoritative coverage of a suitable, contemporary array of pertinent topics."--Geoffrey Thorpe, University of Maine

"Useful review."--Domeena Renshaw, Loyola University Medical School

"A substantive compendium--comprehensive, scholarly and erudite. Among the very best texts in psychotherapy." --Anthony Marsella, University of Hawaii

"An excellent contemporary survey of theory, practice, and research in psychotherapy , presented by seasoned clinicians and researchers."--William Lamb, UC-Berkeley

"This cutting edge text comprehensively reviews state-of-the-art psychotherapeutic treatments in an eminently readable, "user-friendly" format....[D]estined to become a classic. Congratulations to Bongar and Beutler for the wide range of knowledge and depth of wisdom this volume brings to bear on psychotherapy."--William S. Pollack, Harvard Medical School

"An excellent, clear readable text."--Ken Altshuler, M.D., University of Texas

"Excellent text to prepare students for changes in psychiatric mental health care."--Professor Edna Hamera, Ph.D., University of Kansas

### About the Author

Bruce Bongar is Professor of Psychology at Pacific Graduate School and Clinical Associate Professor of Psychiatry at Stanford University School of Medicine. He is the author of *Suicide* (Oxford 1993) and *The Suicidal Patient* and Series Editor for the *Oxford Textbooks in Clinical Psychology*. Dr Bongar is a diplomate of the American Board of Professional Psychology, a chartered psychologist of the British Psychological Society, and a fellow of the American Psychological Association and of the Academy of Psychosomatic Medicine.

Larry E. Beutler is Professor and Director of the Counseling/Clinical/School Psychology Program at the University of California, Santa Barbara. Dr. Beutler is the editor of several books, including, *Systematic Treatment Selection* (with J. Clarkin), *Psychotherapy Research* (with M. Crago), and *Comprehensive Handbook of Cognitive Therapy* (with A. Freeman, K.E. Simon, and H. Arkowitz), and the editor of the *Journal of Consulting and Clinical Psychology*. He is also on the Editorial Board for the *Oxford Textbooks in Clinical Psychology*, a fellow of APS, Past-President of the Society for Psychotherapy Research, and a member of the Fellows Committee, Division of Psychotherapy, American Psychological Association.

## **Users Review**

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