



## Principles of Therapeutic Change that Work (Oxford Series in Clinical Psychology)

*From Oxford University Press*

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### **Principles of Therapeutic Change that Work (Oxford Series in Clinical Psychology)** From Oxford University Press

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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### 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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"Both of them seasoned researchers and clinicians, Castonguay and Beutler established a task force sponsored by Division 12 and the North American Society for Psychotherapy Research that would specify variables associated with change that were based on research findings--rather than on a persons favorite theoretical variables...this volume represents an important step in the history of therapy, and has the potential to dramatically change how we think about therapy clinically and to inform us about the kind of research that is needed. As such, it represents an exciting beginning."--*The Clinical Psychologist*

### About the Author

Louis G. Castonguay is at Pennsylvania State University. Larry E. Beutler is at Pacific Graduate School of Psychology.

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