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1. Defining and Comparing the Psychotherapies. 2. Psychoanalysis. 3. Psychodynamic Therapies. 4. Existential Therapies. 5. Person-Centered Therapy. 6. Gestalt and Experiential Therapies. 7. Interpersonal Therapies. 8. Exposure and Flooding Therapies. 9. Behavior Therapies. 10. Cognitive Therapies. 11. Systemic Therapies. 12. Gender- and Culture-Sensitive Therapies. 13. Constructivist Therapies: Solution Focused and Narrative. 14. Integrative and Eclectic Therapies. 15. Comparative Conclusions: Toward a Transtheoretical Therapy. 16. Future of Psychotherapy. Appendix: An Alternative Table of Contents.

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Systematic, comprehensive, and balanced, this stimulating book helps readers understand a wide variety of therapies, including psychoanalytic, Adlerian, existential, person-centered, gestalt, interpersonal, exposure, behavioral, cognitive, systemic, integrative. The book provides an integrative framework that embraces both the essential similarities and the fundamental differences among the psychotherapies. The authors explore each system's theory of personality, theory of psychopathology, resulting therapeutic process and relationship. By doing so, Prochaska and Norcross demonstrate how much psychotherapy systems agree on the processes producing change while disagreeing on the content that needs to be changed. The limitations, practicalities, and outcome research of each psychotherapy are also presented to bring both the similarities and differences to life, the authors demonstrate how the same complex psychotherapy case (Mrs. C) is formulated and treated by each system.

Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Eat healthy. Exercise. Quit smoking. Cut down on drinking. Reduce stress.Changing unhealthy behaviors is easier said than done. If you're like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the "wrong genes." But it's more likely that you simply don't know how to change.In this groundbreaking book, James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially. Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change.Through interactive exercises, Changing to Thrive will help you progress through the stages of change and learn that you have the power within to thrive.

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Covering the process of change, this book shows that there are three dimensions: temporal aspects of the process, the principles of change in mechanisms, and levels of change indicating problems addressed. This is applied to problems such as psychic distress, marital problems and addictions.

Psychotherapy today encompasses a broad spectrum of approaches that focus to a varying extent on psychophysiological, behavioral, environmental, or other aspects of human problems. Despite the overlap that exists between many of these approaches, there is no method that integrates more than a few of these aspects. It is therefore important to understand the inherent advantages and disadvantages of each therapy system, and how each helps people to solve their problems. Systems of Psychotherapy: Dialectical Tensions and Integration provides an in-depth overview of the major therapeutic systems in practice today and outlines the philosophical differences and opportunities for integration among them. This volume also considers the new ideas and approaches to therapy stemming from the postmodernist and integrative movements. By highlighting the unique merits of each system, readers are encouraged to combine factors present in the various systems to create a comprehensive view of human nature and functioning that will improve therapeutic outcomes. Topics covered in this volume include: •Empirical foundations of psychotherapy •Treatment planning and the initial interview •Psychopharmacology •Cognitive-Behavioral interventions •Humanistic approaches •Interpersonal approaches •Family systems and couples approaches •Ecosystemic interventions Systems of Psychotherapy is an educational text which spans historical and contemporary issues in psychotherapy and is an ideal reference for students of clinical, counseling, and school psychology, psychiatric residents, and graduate students in clinical social work.

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