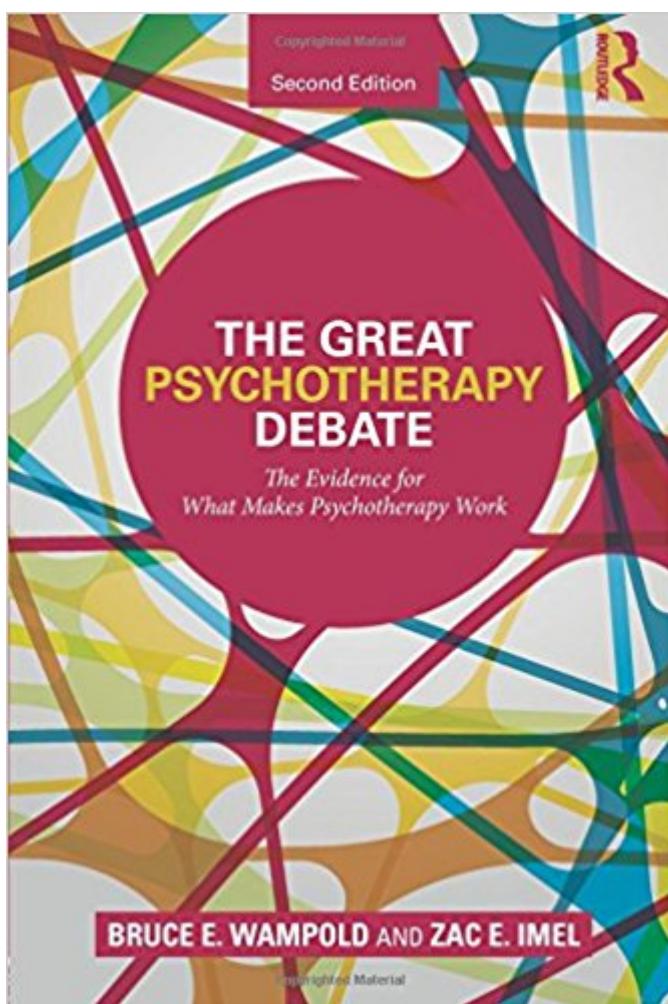


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# The Great Psychotherapy Debate: The Evidence For What Makes Psychotherapy Work (Counseling And Psychotherapy)



## **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**

"I recommend this book and would advise the fully fledged practitioner to keep coming back to it; the activist campaigning for rights and more services to be inspired by it; and researchers to take stepping stones and grow from it. As a registered counsellor and psychotherapy student, it will prove useful in my current practice as well as my ongoing studies." ©Andrea Lavers MBACP is a counsellor in private practice in north-east London, Private Practice "The Great Psychotherapy Debate is one, if not the most, important book ever published about psychotherapy. Whether at the beginning, middle, or end of one's career, it is a must read." ©Scott D. Miller, PhD, director of the International Center for Clinical Excellence "The first edition of The Great

Psychotherapy Debate served as a gauge tossed at the feet of the prevailing medical model of psychotherapy. Professor Wampold cogently brought together the literature in the area and provided a compelling option to the empirically supported movement. As a result there has been a wealth of research examining important issues pertaining to treatment effects. The second edition is a marked improvement over the first in its inclusion and thoughtful summary of the research in the area, providing an accessible summary of what we know and what needs to be examined. The scope is broad, covering both theoretical subtleties as well as sophisticated empirical analyses. It is written to serve both the skilled psychotherapy researcher as well as advanced students in the field. An extremely important book!"  Terence J. G. Tracey, PhD, ABPP, professor and faculty head of the counseling and counseling psychology program at Arizona State University.

Bruce E. Wampold, PhD, ABPP, is the Patricia L. Wolleat Professor of Counseling Psychology at the University of Wisconsin-Madison and director of the Research Institute at Modum Bad Psychiatric Center in Vikersund, Norway. Zac E. Imel, PhD, is an assistant professor with the counseling psychology program in the Department of Educational Psychology and an adjunct assistant professor in the Department of Psychiatry at the University of Utah.

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 results— 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 therefore 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. It provides evidence for what really makes a difference in treatment outcomes and offers guidance on how to achieve and demonstrate good superior outcomes. The authors make a compelling case that adhering to the medical model does not result in better outcomes and argue for freeing the therapist from the constraints imposed by the model. The alternative contextual model fits the data much better, and provides therapists with clear recommendations on how to achieve and demonstrate superior outcomes.

Provides a concise and well written overview of research on the efficacy of psychotherapy research. Requires a basic understanding of inferential statistics.

This is a must-read for any researcher interested in understanding the social context of "evidence based psychotherapy" for mental health problems. The authors provide a deep analysis of the evidence for the effectiveness of psychotherapy, that includes a critique of the very methods that are used to claim effectiveness. I also recommend this for mental health service providers and administrators who are wrestling with the current hot-topic of evidence based practice. This book will shine a lot of light on the topic and help inform essential programmatic issues.

A considerate critique of the hubris and peremptory cocksureness that besets a distracted discipline.

Should be read by anyone practicing or researching psychotherapy!

A must read for any serious therapist.

Powerful, fascinating, and too much technical jargon. Wampold / Imel are writing the book to be used as a graduate text, and I want a version that is for me, a practicing shrink. Parts put me to sleep, but it is tremendously important and work struggling with.

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