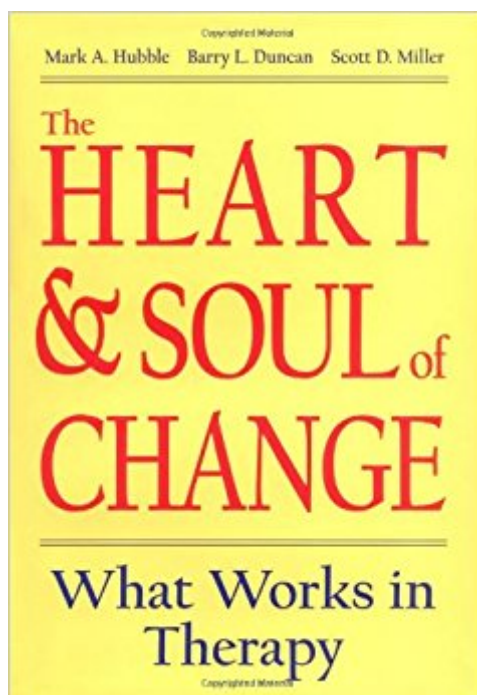


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# The Heart & Soul Of Change: What Works In Therapy



## Synopsis

Therapy is a profession under assault. Perhaps more than any time before, payers, consumer groups and legislators are putting what therapists do under the closest of scrutiny. Within the field itself, and especially among different theoretical schools, quarrels and contentious claims continue unabated. Various factions cast their model and their techniques as superior to the rest. Joining manualized therapy and protocol-driven interventions, so-called experimentally established therapies represent the latest campaign for a "technically correct" standard of care. One former president of the American Psychological Association was right: Therapy is being industrialized, as are virtually all who practice it. At the root of many controversies currently surrounding therapy is the important question of what works. Is efficiency based on the singular curative powers of specialized techniques or do other variables account for patient change? This book proposes the answer, which is not to be found in different languages, theories or procedural differences. Instead, the answer lies in common factors - the ingredients of effective therapy shared by all orientations. More than 40 years of outcome research is pointing the way to what really matters in the therapist's day-to-day work. The editors have assembled some of the best researchers and practitioners in the field today. Through their efforts, findings from multiple perspectives - clinical, research, quantitative and qualitative evidence, individual and family therapy, medical and school psychology, and, finally, a broad range of theoretical orientations - are bridged. The result is a book that provocatively interprets the empirical foundation of how people change in a scholarly yet accessible manner. Clinicians will especially appreciate the wealth of practical suggestions for employing the common factors in their daily practice.

## Book Information

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## Customer Reviews

The single best 'why' as well as 'how to' therapy manual I've read in 30 years of practice. Why didn't I think of actually asking my patients a few simple, but highly predictive questions whose answers give me a way to see/chart the success of the treatment/therapy. Why didn't they tell me in advanced stat. that all treatments work, but finding one that works for this patient...well it's not treatment informed therapy, it's patient informed treatment. You can do it, change the way you practice for the better, and measure your patient's progress. Now come on - what other single 'practice' volume can say that?

This is an excellent book for high School student interested in a general survey. Topics are generalized beyond usefulness. Once you understood that 40% of therapeutic change are due to the client's environment, 30% to the therapeutic relationship, 15% due to techniques, and another 15% to expectancy also called placebo you are done.

all good

One of my favorite books about psychotherapy. I have been in practice for almost 15 years, and do some teaching, and this book gave me lots to think about and to share with students.

I found this text to be of great help. The contributing chapters and the topics covered are fantastic. The authors take therapy constructs that have always been detailed in writing styles far too thick and complex and now describes them in descriptions much easier to understand, all the better for the transfer from theory to practice. While certainly pointed at the field of therapy, this book speaks to many of the "helping" disciplines---more can be "therapeutic" by aligning with these "common factors." The authors give great review to the ingredients to effective interventions and behavior change. When I finished this book, I was left with the impression that although everyone may not be in the "therapy business" this book shows how many who "help" can now be far more involved in the positive behavior change business. I read this with relish. A genuine "Thanks" to all those who contributed to this book. I can't say enough about it.

If you are a mental health provider in an agency or private practice you must read this book. As a Marriage and Family Therapy student this book was assigned for class. My time is short and classes are long. This book, however, I couldn't put down. Every chapter is helpful and makes a lasting impression on how I see clients and how I do therapy. Buy the book and read it. It will forever change your practice and how you see clients as agents of change, joining as critical, and theories as less important.

This book challenged what I was taught to do when doing therapy. The book inspired me--made me think about new ways to view "stuck" cases. The case examples were powerful and the writing was excellent. A bit of interspersed humor made the reading interesting. I highly recommend this book to anyone in the field of therapy. In fact, I suggest reading this book before going in to the field so that one can avoid becoming pigeon-holed into any certain formal, traditional model of therapy.

Based on the strong literature review, professionals in the human services field may well see an improvement in their clinical outcomes if they follow the suggestions in this book.

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