

BERGIN AND GARFIELD'S HANDBOOK *of* PSYCHOTHERAPY *and* BEHAVIOR CHANGE

7th Edition

Michael Barkham (Editor), Wolfgang Lutz (Editor),
Louis G. Castonguay (Editor)

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ABOUT THE BOOK

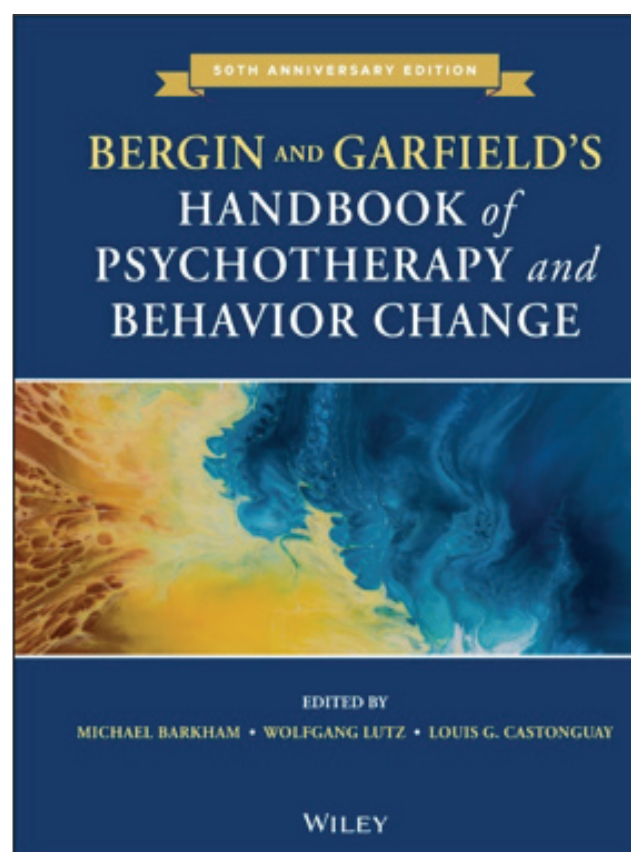
Celebrating the 50th anniversary of a best-selling and renowned reference in psychotherapy research and practice.

Now celebrating its 50th anniversary and in its seventh edition, *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*, maintains its position as the essential reference volume for psychotherapy research. This bestselling reference remains the most important overview of research findings in psychotherapy. It is a rigorous and evidence-based text for academics, researchers, practitioners, and students.

In recognition of the 50th anniversary, this edition contains a Foreword by Allen Bergin while the Handbook covers the following main themes: historical and methodological issues, measuring and evidencing change in efficacy and practice-based research, therapeutic ingredients, therapeutic approaches and formats, increasing precision and scale of delivery, and future directions in the field of psychotherapy research. Chapters have either been completely rewritten and updated or comprise new topics by contributors including:

- Characteristics of effective therapists
- Mindfulness and acceptance-based therapies
- Personalized treatment approaches
- The internet as a medium for treatment delivery
- Models of therapy and how to scale up treatment delivery to address unmet needs

The newest edition of this renowned Handbook offers state-of-the-art updates to the key areas in psychotherapy research and practice today. Over 60 authors, experts in their fields, from over 10 countries have contributed to this anniversary edition, providing in-depth, measured and insightful summaries of the current field.



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