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Titolo	Handbook of evidence-based psychotherapies [[electronic resource] ] : a guide for research and practice // edited by Chris Freeman and Mick Power
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Altri autori (Persone)	FreemanChris PowerMichael J
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Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Overview of therapies -- Introduction / Mick Power and Chris Freeman -- Cognitive therapy / Willem Kuyken and Aaron T. Beck -- Interpersonal psychotherapy and depression / Kathryn L. Bleiberg and John C. Markowitz -- Behaviour therapy / P.M.G. Emmelkamp, E. Vedel and J.H. Kamphuis -- Dialectical behaviour therapy (DBT) / Sharon Y. Manning -- Eye movement desensitisation and reprocessing (EMDR) / John Spector -- The effectiveness of counselling / John McLeod -- Constructivist and humanistic therapies / David A. Winter -- Psychological treatment of disorder and specific client groups -- Obsessive compulsive disorder / Katharine Logan -- Eating disorders / Jane Morris -- Personality disorders / Katherine Cheshire -- Intellectual disabilities / William R. Lindsay and Peter Sturmey -- Anger and forensic problems / Mark C. Ramm and Stanley J. Renwick -- Psychological therapy for depression and anxiety in older adults / Ken Laidlaw -- Alcohol problems / Nick Heather -- Bereavement / Fiona Cathcart -- Evidence-based psychological interventions in psychosis /

N. Sanjay Kumar Rao and Douglas Turkington -- Bipolar disorders / Jan Scott -- Depression / Roslyn Law -- Specific phobias / Stan Lindsay -- Social anxiety disorder / Winnie Eng and Richard G. Heimberg -- Children and adolescents / Alan Carr -- Generalised anxiety disorder / Rob Durham and Peter Fisher -- Adjuvant psychological therapy for patients with chronic physical illness / Tom M. Brown and Siobhan MacHale -- Conclusions -- Practice-based evidence as a complement to evidence-based practice / Michael Barkham and Frank Margison.

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Sommario/riassunto

At a time when evidence is everything, the comprehensive Handbook of Evidence-Based Psychotherapies handbook provides a unique, up-to-date overview of the current evidence-base for psychological therapies and major psychological disorders. The editors take a pluralistic approach, covering cognitive and behavioural therapies as well as counselling and humanistic approaches. Internationally-renowned expert contributors guide readers through the latest research, taking a critical overview of each practice's strengths and weaknesses. A final chapter provides an overview for the future.

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