

1. Record Nr.	UNINA9910778316903321
Titolo	Research in counselling and psychotherapy [[electronic resource] ] : practical applications / / edited by Windy Dryden
Pubbl/distr/stampa	London, : SAGE, 1996
ISBN	1-4462-3546-7 1-4462-7978-2 9786612262623 1-282-26262-9 1-84920-694-5
Descrizione fisica	1 online resource (x, 263 p.) : ill
Altri autori (Persone)	DrydenWindy
Disciplina	616.8914072
Soggetti	Psychotherapy - Research Counseling - Research
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; List of Contributors; Preface; Acknowledgement; 1 - The Assimilation Model: Theory, Research and Practical Guidelines; 2 - Research Applications of Prescriptive Therapy; 3 - A Research Program on Attitude Change Processes and Their Applications to Counseling; 4 - Research and Practice in the Treatment of Complex Anxiety Disorders: Developing More Effective Treatments; 5 - Cognitive-Behavioral and Psychodynamic Therapies: A Comparison of Change Processes; 6 - A Cognitive-Behavioral Approach to Couples' Problems: A Program of Research and Its Clinical Applications 7 - Modifying Irrational Control and Certainty Beliefs: Clinical Recommendations Based Upon Research8 - Clients' Perceptual Processing: An Integration of Research and Practice; 9 - Resolving Unfinished Business: A Program of Study; 10 - Discovery-Oriented Research on How to Do Psychotherapy; Index
Sommario/riassunto	This book bridges the gap that currently exists between research and practice in counselling and psychotherapy by providing detailed clinical examples of the practical relevance of research. It brings together contributions from leading British and American psychotherapy

researchers, who describe their research programmes and explore how their findings can substantially inform therapeutic practice. The book calls for the close integration of research, skills training and supervised clinical practice on training courses.

---