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Nota di bibliografia	Includes bibliographical references (p. [227]) and index.
Nota di contenuto	Preliminaries; Contents; 1 Science and Fiction in Psychotherapy; 2 Psychoanalytic Psychotherapy; 3 Cathartic Therapies From Primal to est; 4 Recovered Memory Therapy; 5 Humanistic Psychotherapy; 6 Behavioral and Cognitive Therapy; 7 Strategic Family Systems Therapy and Neurolinguistic Programming; 8 Spiritual Therapy; 9 From Buddha Psychotherapy to Alien Abductions; 10 The Death of Psychotherapy Conclusions; Selected Bibliography; Index
Sommario/riassunto	A critical examination of the effectiveness of psychotherapy through the lens of the scientific method. Using both case examples and clinical research, the book challenges the conclusion that there is empirical support for the notion that psychotherapy is effective.