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Titolo	Maximising the benefits of psychotherapy : a practice-based evidence approach / / David Green, Gary Latchford
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Descrizione fisica	1 online resource (234 p.)
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Soggetti	Evidence-based psychotherapy
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	The equivalence of psychotherapies -- Research into psychotherapy : what works and how? -- The conventional wisdom -- The real experimenter -- Practice-based evidence -- Using client feedback in psychotherapy : the research -- Using client feedback in psychotherapy : in practice -- Ideas in action -- Transforming training and supervision -- Conclusions and some recommendations.
Sommario/riassunto	Maximising the Benefits of Psychotherapy critiques Evidence-Based Practice and describes other approaches to improving the effectiveness of therapy, such as Practice-Based Evidence and the use of client feedback. The authors include a summary of key research findings and an accessible guide to applying these ideas to therapeutic practice. Puts forward a critique of existing research claiming that certain psychotherapy programmes are more effective than others in treating specific disordersIncludes an accessible summary of key research findings, a practical