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James O. Prochaska, John C. Norcross

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Comprehensive, systematic, and balanced, SYSTEMS OF PSYCHOTHERAPY uses a wealth of clinical case illustrations to help readers understand a wide variety of psychotherapies--including psychoanalytic, psychodynamic, existential, person-centered, experiential, interpersonal, exposure, behavioral, cognitive, systemic, multicultural, and integrative. The Eighth Edition thoroughly analyzes 17 leading systems of psychotherapy and briefly surveys another 31, thereby providing a broader scope than is available in most books. The authors explore each system's theory of personality, theory of psychopathology, and resulting therapeutic process and therapy relationship. By doing so, they demonstrate how much psychotherapy systems agree on the processes producing change, while showing how they disagree on the content that needs to be changed. To bring these similarities and differences to life, the authors also present the limitations, practicalities, and outcome research of each system of psychotherapy.



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