



The Effects of Psychological Therapy: International Series in Experimental Psychology (Monographs in Experimental Psychology)

S.J. Rachman, G.T. Wilson

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The Effects of Psychological Therapy, Second Enlarged Edition focuses on trends, methodologies, and technologies used in determining the effects of psychological therapy on neurotic disorders, behavior therapy, and psychotherapy.

The manuscript first discusses conventional outcome research, need for evaluations, and Eysenck's argument. The book also focuses on the spontaneous remission of neurotic disorders and effects of psychoanalytic treatment, including spontaneous remission rates in childhood, the American Psychoanalytic Association survey, Malan's contribution, and the Menninger clinic report.

The text ponders on the effects of psychotherapy, Rogerian psychotherapy, and psychotherapy with psychotic patients. The manuscript also takes a look at behavior therapy, as well as external and internal validity of studies on systematic desensitization, controlled-treatment outcome studies, and outcome of behavior therapy. Meichenbaum's self-instructional training, cognitive restructuring methods, and Beck's cognitive therapy are discussed.

The manuscript is a dependable reference for readers interested in the effects of psychological therapy.

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