HANDBOOK OF PSYCHOTHERAPY INTEGRATION

edited by
John C. Norcross
Marvin R. Goldfried
“This third edition reflects the maturing of the integration movement within psychotherapy. We have moved beyond saying that we need to integrate to having established models and solid empirical research. This edition can inspire us to move even further to determine the underlying mechanisms of change across approaches. Bravo!”

—Clara E. Hill, PhD, University of Maryland

“What are therapists actually doing and how does therapy work? Norcross and Goldfried have advanced the field of integrative psychotherapy to new heights and this excellent book brings it all together. As we move toward recognizing the importance of common processes and trans-theoretical approaches, this comprehensive volume will prove to be an excellent guide to practice and research. We should keep in mind that clients are less interested in brands than in what is going to help them. This superb volume will help clinicians and researchers accomplish this important task.”

—Robert L. Leahy, PhD, Director, American Institute for Cognitive Therapy

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“This is an impressive volume and valuable collection of contemporary views.... I recommend it highly. A commendable job at representing the excitement and freedom associated with an active, respectful, and fundamentally hopeful exploration of conceptual and practical diversities.”

—Journal of Psychotherapy Integration

“If you are already familiar with the ideas of integration, this important volume will keep you abreast of current developments in integration. If not, it will stimulate and challenge you to think more integratively... If you are interested in current developments and future directions in psychotherapy, I would put this on a must read list.”

—Contemporary Psychology (Leslie Greenberg, PhD)

“This book is an impressive review of the efforts made (toward integration) ... sophisticated, ingenious, and briskly written.”

—American Journal of Psychiatry (Leston Havens, MD)
August 13, 2017). This cultural characteristic may have played a role in the Czech Republic’s pluralistic spirit and its integrative interests.

United Kingdom*

The historical development of psychotherapy in Britain has been characterized by the dominant influence of separate schools of thought. From the 1930s, an extensive psychotherapy community developed, with an emphasis on psychodynamic approaches. At the Tavistock Institute in London, the ideas of Carl Jung for training and research in the Freudian tradition were influential. The same time, the ideas of Carl Rogers for person-centered therapy and counseling in the United States formed the foundation for professional associations and training that would enable dialogue in the counseling community. Until the 1960s, psychotherapy and counseling in Britain had divergent theoretical orientations.

Early signs of interest in integrative therapy can be seen in the work of American psychologists Kenneth Egan’s Skilled Helper (1985) and Lazarus’s Multimodal Therapy (Palmer, 2000). These approaches proved influential among UK practitioners. By the 1990s (Hollander, 1999), there was evidence of a growing influence of the empirical approach to integrative therapy. The Psychotherapy Project at University College London investigated the comparative efficacy of different treatment approaches to common mental disorders (Hollander, 1999). The results of this research showed that different methods were effective for different clients and settings. This led to a growing interest in the integration of different therapeutic approaches (Hollander, 1999). However, when asked about the specific techniques they used in their practices, many therapists reported using a variety of techniques, reflecting the diverse nature of their clients, as many as 80% of therapists reported using a variety of techniques.

* This section has been contributed by John McLeod and Mick Cooper.
seeks to enhance the effectiveness of psychological help in relieving human suffering any place in the world where people happen, have to, or choose to live.

References


