

3

### Preface xv

# PART I In the Beginning 1

## **Professional Psychology in Context**

The Mental Health Professions 5

Clinical Psychology 5 / Counseling Psychology 8 / Clinical Neuropsychology 9 / Educational Psychology 10 / School Psychology 10 / Other Fields in Professional Psychology 10 / Psychiatry 12 / Psychoanalysis 13 / Social Work 13 / Marriage and Family Therapy 14 / Other Mental Health Professions 15
Professional Psychology in Practice 16 Psychotherapy and Counseling 17 / Assessment 17 / Teaching and Research 17 / Consultation 18 / Administration 18 / Psychology in the Public Forum 19
Psychotherapy Integration 19
In Conclusion 20

Historical Development of Professional Psychology21Academic Psychology22Society's Treatment of Its Deviant Members24From the Supernatural to the Medical Model26Demonology26 / Nineteenth-Century Reform27 / The Medical ModelFrom the Medical to the Psychological Model: Sigmund Freud29

vii

#### viii Contents

The Psychological Model in the United States 30 Early Developments in Clinical Psychology 31 / Early Developments in Counseling Psychology 32 Professional Psychology in the Twentieth Century 33 Assessment 33 / Treatment and Interventions 36 / Professional Organizations 39 In Conclusion 42

### PART II **ASSESSMENT AND MEASUREMENT** 43

### **Issues in Psychological Assessment and Measurement** 3 45 A Review of Psychological Measurement 46 Scales of Measurement 46 / Norms and Standardization 46 / Reliability and Validity 47 Measurement and Assessment in Research 49 Clinical Psychological Assessment 50 The Clinical Assessment Process 51 / Controversial Issues in Psychological Assessment 53 / Criticisms of Clinical Psychological Assessment 57 Diagnosis 58 Reliability and Validity of Diagnosis 59 / The Diagnostic and Statistical Manual 59 / Criticisms of Diagnosis 63 Program Evaluation and Accountability 64 In Conclusion 66

#### **Methods of Clinical Assessment** 4

The Interview 68

The Intake Interview 68 / The Mental Status Exam 68 / The Case History Interview 69 / Pretest and Posttest Interviews 69 / Reliability and Validity of Interviews 70 / Clinical Uses of Interviews 70 Intellectual and Cognitive Assessment 70 The Stanford-Binet 71 / The Wechsler Tests 72 / Other Intellectual and Cognitive Tests 73 / Reliability and Validity of Cognitive Ability Tests 74 / Clinical Uses of Intelligence Tests 75 Neuropsychological Assessment 76 Single Neuropsychological Tests 78 / The Halstead-Reitan Neurological Test Battery 79 / The Boston Process Approach 80 / Reliability and Validity of Neuropsychological Tests 80 / Clinical Uses of Neuropsychological Assessment 81

#### Contents ix

### Projective Personality Tests 81

The Rorschach 82 / The Thematic Apperception Test (TAT) 83 / Drawing Tests 84 / Sentence Completion Tests 84 / Reliability and Validity of Projective Tests 85 / Clinical Uses of Projective Tests 85 **Objective Personality Tests** 87

MMPI and MMPI-2: An Example of the Empirical Approach 87 / The Millon Tests: Another Example of the Empirical Approach 90 / The NEO Personality Inventory—Revised (NEO-PI-R): An Example of the Inductive Approach 91 / The Beck Depression Inventory (BDI): An Example of the Deductive Approach 92 / Reliability and Validity of Objective Tests 92 / Clinical Uses of Objective Tests 93 Behavioral Assessment 93 Behavioral Assessment Interviews 94 / Naturalistic Observation 95 / Analogue Observation 95 / Participant Observation 95 / Self-Monitoring 95 / Psychophysiological Measures 95 / Behavioral Questionnaires and Checklists 95 / Product-of-Behavior Measures 96 / Radical Behavioral Assessment 96 / Reliability and Validity of Behavioral Assessment 96 / Clinical Uses of Behavioral Assessment 97 Vocational, Aptitude, and Interest Tests 97 Strong Interest Inventory 98 / Kuder Occupation Interest Survey 98 / Other Tests of Talents 98 / Reliability and Validity of Vocational and Interest Tests 99 / Clinical Uses of Vocational and Interest Tests 99 Psychological Tests on the Internet 99 In Conclusion 100

#### **Research in Psychotherapy** 5

Why We Need to Study Psychotherapy Empirically 106 Methods in Psychotherapy Research 110 Quantitative Research Methods 110 / Qualitative Research Methods 115 / Other Problems in Psychotherapy Research 117 The Effectiveness of Psychotherapy 118 Is Psychotherapy Effective? 119 / Is One Approach to Therapy Superior to Another? 119 / Other Research Findings 121 Making Sense of the Dodo Bird Verdict 122 The Therapeutic Alliance as a Common Factor 122 / Differential Treatments for Different Problems 123 / Understanding the Process of Change 124 Evidence-Based Practice 125 What Is Evidence-Based Practice? 126 / Treatment Guidelines and the APA Template 127 / Evidence-Based Practice and Empirically Supported Treatments 128 / Controversy over Empirically Supported Treatments 129 / Are There Multiple Ways to Be Evidence-Based? 131 / Measuring Outcome in Clinical Practice 132 In Conclusion 133

### PART III **PSYCHOTHERAPEUTIC APPROACHES** 135

#### 6 Sigmund Freud and Psychoanalysis

137

Theory of Personality 138 Hidden Meaning and the Concept of Repression 138 / Metapsychology 140 / Defense Mechanisms 142 / Psychopathology and Anxiety 144 / Developmental Stages and Id, Ego, and Superego 144 Psychotherapy 147

Free Association 148 / Therapist Interventions 149 / Therapeutic Conditions of Change 151 / Dreams and Resistance 152 / The Therapeutic Alliance and Transference 153 / Mechanics of Psychoanalysis 155 Recent Issues in Psychoanalysis 155 Historical Truth versus Narrative Truth 155 / Child Abuse and the Seduction Theory 157 Research Evaluation of Psychoanalytic Theory and Therapy 158 Effectiveness of Psychoanalysis 158 / Psychoanalytic Personality Theory 159 In Conclusion 163

7 **Relational Approaches to Psychoanalysis** 

165

Adler 166 / Jung 167 / Other Neo-Freudians 168 Contemporary Perspectives 169

Object Relations Theory 169 / Bowlby and Attachment Theory 176 / Kohut and Self Psychology 176 / Relational Concepts 180

Approaches to Psychotherapy 181

The Neo-Freudians 165

Self Psychology and Object Relations Theory 181 / Brief Forms of Psychoanalytic Psychotherapy 184 / Summing Up Recent Approaches 186 Evaluation of Relational Psychoanalytic Approaches 186 Research on Psychotherapy 186 / Research on Child Development 187 In Conclusion 191

### 8 **Client- and Person-Centered Therapies**

Client-Centered Therapy: Model of the Person 194 Multiple Realities 195 / The Meaning of Acceptance 195 / Personal Constructs and Values 197 / Process Orientation 197 / Internality, Authority, and Individualism 198 / Experiencing 199 / Experiential Knowing 200 Psychopathology 202

#### Contents xi

Psychotherapy 203 Therapeutic Process 203 / Role of the Therapist 205 From Client-Centered to Person-Centered 211 Evaluation of Client- and Person-Centered Therapies 212 Research 212 / Theory 214 In Conclusion 216

### **Experiential and Existential Psychotherapies** 2199 The Concept of the River 219 Experiential Psychotherapy 220 Gestalt Therapy 221 / Gendlin's Focusing-Oriented Psychotherapy 229 / Emotion-Focused Psychotherapy 230 / Mahrer's Experiential Psychotherapy 232

Existential Therapy 233

Philosophical Background 233 / Theory of Personality and Psychopathology 234 / Psychotherapy 237 Evaluation of Experiential and Existential Approaches 239 Effectiveness of Therapy 239 / Theoretical Evaluation 240 In Conclusion 241

#### **Behavioral Approaches to Therapy** 10

Foundations of Behavior Therapy 244

A Brief History of Behavior Therapy 246 / Principles of Learning 247 / The Development of Abnormal or Unwanted Behavior 250

Behavior Therapy 252

Exposure-Based Treatments (Classical Conditioning Methods) 253 / Skills Training (Operant Conditioning Methods) 257 / Social Learning Methods 265 / Broad Spectrum Behavior Therapy 266 Postmodern Behavior Therapy 266 Functional Analytic Psychotherapy (FAP) 268 / Acceptance and

243

Commitment Therapy (ACT) 269 / Dialectical Behavior Therapy (DBT) 270 Evaluation of Behavior Therapy 272 Criticisms of Behavior Therapy 272 / Strengths of Behavior Therapy 274 In Conclusion 274

### **Cognitive and Cognitive-Behavioral** 11 **Approaches to Psychotherapy**

Transition from Behavior Therapy to Cognitive-Behavioral Therapy 277 Albert Bandura 277 / Donald Meichenbaum 281 / Recent Cognitive-Behavioral Approaches 281 / Specific Cognitive-Behavioral Treatments for Specific Disorders 281

#### xii Contents

Cognitive Psychotherapy 282 Kelly's Construct Theory 283 / Beck's Cognitive Therapy 285 / Ellis's Rational Emotive Behavior Therapy 293 / Comparison of Ellis and Beck 298 Theoretical Advances 298 Evaluation of Cognitive Approaches 299 Effectiveness of Psychotherapy 299 / Theoretical Evaluation 300 In Conclusion 302

### 12 Behavior and Biology

Health Psychology 304 Theoretical Basis for Health Psychology 305 / Interventions in Health Psychology 306

303

Biofeedback 311

Theoretical and Empirical Basis of Biofeedback 312 / Interventions Utilizing Biofeedback 312

Hypnosis 315

Theoretical Explanations of Hypnosis 317 / The Cognitive-Behavioral View of Nicholas Spanos 319 / Hypnosis Interventions 320 Psychopharmacology 323 Evaluation of Biopsychosocial Interventions 325 In Conclusion 327

#### Marriage, Family, and Child Therapy 13

Psychological Interventions with Children 330 Psychoanalytically Oriented Therapy 330 / Client-Centered Therapy 331 / Play Therapy 331 / Behavior Therapy 332 / Cognitive-Behavioral Therapy 333 / Health Psychology 333 / Family Therapy 334 / Group Therapy 334

Marital and Couples Therapy 335

329

Psychodynamic Couples Therapies 336 / Behavioral and Cognitive Therapies for Couples 337 / Experiential-Humanistic Approaches 339

Family Therapy 340

Murray Bowen and Personal Differentiation 341 / Virginia Satir and Dysfunctional Communication 343 / Minuchin and the Structural Approach 344 / Strategic and Solution-Focused Approaches 345 / More-Recent Approaches to Family Therapy 357 Evaluation of Marriage, Family, and Child Therapy 358 Effectiveness of Marriage and Family Therapy 358 / Effectiveness of Child and Adolescent Therapy 359 / Theoretical Evaluation 360

In Conclusion 363

### Contents xiii

# PART IV CONTEMPORARY ISSUES 365

### 14 Psychotherapy Integration: Convergence in Psychotherapy

Types of Psychotherapy Integration 368 Technical Eclecticism 368 / Common Factors 370 / Theoretical Integration 372 / Assimilative Integration 375
The Basis of All Therapies: The Problem of Access 376 Strategies for Facilitating Access 377 / Theoretical Reasons for the Access Problem 388 367

Other Commonalities in Psychotherapy 389 *The Importance of Self-Acceptance 389 / Rigid Schemas as a Major Cause of Psychopathology 390 / Common Therapeutic Goals 391 / The Interpersonal Nature of the Human Being 393 / A Focus on Strength 394* In Conclusion 396

# 15 Postmodernism, Diversity, and Contemporary Therapy Approaches

Postmodernism 398

Constructivism 399 / Narrative Psychotherapies 399

The Challenge of Diversity 400

The Self 401 / Multicultural Counseling 403 / Afrocentric Psychotherapy 406 / Feminist Therapy 407 / Therapy with Lesbians, Gay Men, and Bisexual People 411 / Religion and Psychotherapy 412
Contemporary Treatment Modalities: Faster and Cheaper 415 Brief Therapy 415 / Group Therapy 419 / Self-Help and Mutual Support Groups 425 / Technology-Mediated Methods 426
In Conclusion 430

### 16 Professional, Ethical, Legal, and Social Issues

431

397

Professional Issues 431

Competition with Medicine 432 / Defining and "Diagnosing" Mental Disorders 432 / Professional Competence 434 / Hospital Privileges 434 / Prescription Privileges 434 / Corporate Control of the Health Care System 435 / Treatment Manuals and Empirically Supported Treatments 437

Ethical Issues 438

Confidentiality and Privilege 439 / Informed Consent 441

### xiv Contents

Legal Issues 441

Licensing of Professional Psychologists 442 / Health Care Regulation 442 / Malpractice 444

Social Issues and Psychology 444

Change versus Adjustment 445 / Misuses of Mental Health Concepts 445 / Psychological Intervention in Social Problems 446

The Future 447

Changes in Professional Practice 448 / Future Roles for Professional Psychologists 449 / Employment Prospects in Psychology 450
In Conclusion 452

Glossary 455

References 465

Index 495