



Toward Effective Counseling and Psychotherapy: Training and Practice

By Charles B. Truax, Robert R. Carkhuff

Download now

Read Online ➔

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff

The field of counseling and psychotherapy has for years presented the puzzling spectacle of unabating enthusiasm for forms of treatment whose effectiveness cannot be objectively demonstrated. With few exceptions, statistical studies have consistently failed to show that any form of psychotherapy is followed by significantly more improvement than would be caused by the mere passage of an equivalent period of time. Despite this, practitioners of various psychotherapeutic schools have remained firmly convinced that their methods are effective. Many recipients of these forms of treatment also believe that they are being helped.

The series of investigations reported in this impressive book resolve this paradoxical state of affairs. The investigators have overcome two major obstacles to progress in the past--lack of agreement on measures of improvement and difficulty of measuring active ingredients of the psychotherapy relationship. The inability of therapists of different theoretical persuasions to agree on criteria of improvement has made comparison of the results of different forms of treatment nearly impossible. The authors have solved this intractable problem by using a wide range of improvement measures and showing that, regardless of measures used in different studies, a significantly higher proportion of results favor their hypothesis than disregard it.

Overall, this book represented a major advance at the time of its original publication and is of continuing importance. The research findings resolve some of the most stubborn research problems in psychotherapy, and the training program based on them points the way toward overcoming the shortage of psychotherapists.

↓ [Download Toward Effective Counseling and Psychotherapy: Tra ...pdf](#)

📖 [Read Online Toward Effective Counseling and Psychotherapy: T ...pdf](#)

Toward Effective Counseling and Psychotherapy: Training and Practice

By Charles B. Truax, Robert R. Carkhuff

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff

The field of counseling and psychotherapy has for years presented the puzzling spectacle of unabating enthusiasm for forms of treatment whose effectiveness cannot be objectively demonstrated. With few exceptions, statistical studies have consistently failed to show that any form of psychotherapy is followed by significantly more improvement than would be caused by the mere passage of an equivalent period of time. Despite this, practitioners of various psychotherapeutic schools have remained firmly convinced that their methods are effective. Many recipients of these forms of treatment also believe that they are being helped.

The series of investigations reported in this impressive book resolve this paradoxical state of affairs. The investigators have overcome two major obstacles to progress in the past--lack of agreement on measures of improvement and difficulty of measuring active ingredients of the psychotherapy relationship. The inability of therapists of different theoretical persuasions to agree on criteria of improvement has made comparison of the results of different forms of treatment nearly impossible. The authors have solved this intractable problem by using a wide range of improvement measures and showing that, regardless of measures used in different studies, a significantly higher proportion of results favor their hypothesis than disregard it.

Overall, this book represented a major advance at the time of its original publication and is of continuing importance. The research findings resolve some of the most stubborn research problems in psychotherapy, and the training program based on them points the way toward overcoming the shortage of psychotherapists.

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff **Bibliography**

- Rank: #3729986 in Books
- Brand: Robert Carkhuff Charles B Truax
- Published on: 2007-12-17
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .88" w x 5.98" l, 1.33 pounds
- Binding: Paperback
- 432 pages

 [Download Toward Effective Counseling and Psychotherapy: Tra ...pdf](#)

 [Read Online Toward Effective Counseling and Psychotherapy: T ...pdf](#)

Download and Read Free Online Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff

Editorial Review

About the Author

Charles B. Truax is author of *Counseling and Psychotherapy: Process and Outcome*, *The Process of Group Psychotherapy: Relationships between Hypothesized Therapeutic Conditions and Intrapersonal Exploration*, *Toward a Tentative Measurement of the Central Therapeutic Ingredients*, and *Talking Won't Help: A Study of the Process and Outcome of Psychotherapy with Hospitalized Schizophrenics*.

Robert R. Carkhuff is president of Human Technology Inc. and chairman of Carkhuff Institute of Human Technology. He is the author of *The Possibilities Leader*, *The Possibilities Mind*, and *Beyond Counseling and Therapy*.

Users Review

From reader reviews:

Charles Carter:

Here thing why this specific Toward Effective Counseling and Psychotherapy: Training and Practice are different and trustworthy to be yours. First of all reading a book is good however it depends in the content of the usb ports which is the content is as scrumptious as food or not. Toward Effective Counseling and Psychotherapy: Training and Practice giving you information deeper including different ways, you can find any book out there but there is no guide that similar with Toward Effective Counseling and Psychotherapy: Training and Practice. It gives you thrill reading through journey, its open up your current eyes about the thing which happened in the world which is maybe can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your way home by train. Should you be having difficulties in bringing the branded book maybe the form of Toward Effective Counseling and Psychotherapy: Training and Practice in e-book can be your choice.

Lillian Carlucci:

Information is provisions for people to get better life, information today can get by anyone from everywhere. The information can be a information or any news even a concern. What people must be consider when those information which is inside former life are challenging to be find than now is taking seriously which one is appropriate to believe or which one often the resource are convinced. If you get the unstable resource then you have it as your main information it will have huge disadvantage for you. All of those possibilities will not happen in you if you take Toward Effective Counseling and Psychotherapy: Training and Practice as the daily resource information.

Michelle Pacheco:

Reading a book to become new life style in this season; every people loves to read a book. When you read a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what sorts of book that you have read. If you would like get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, in addition to soon. The Toward Effective Counseling and Psychotherapy: Training and Practice will give you a new experience in examining a book.

Thomas Palmer:

You can get this Toward Effective Counseling and Psychotherapy: Training and Practice by browse the bookstore or Mall. Simply viewing or reviewing it could possibly to be your solve challenge if you get difficulties for the knowledge. Kinds of this reserve are various. Not only by simply written or printed but also can you enjoy this book simply by e-book. In the modern era like now, you just looking of your mobile phone and searching what your problem. Right now, choose your current ways to get more information about your reserve. It is most important to arrange you to ultimately make your knowledge are still update. Let's try to choose suitable ways for you.

Download and Read Online Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff #S2NRXOGV9M1

Read Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff for online ebook

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff books to read online.

Online Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff ebook PDF download

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff Doc

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff Mobipocket

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff EPub