

Bergin and Garfield's Handbook of Psychotherapy and Behavior Change

By Michael J. Lambert

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One of the most important overviews of research findings in the field, this book has had an enormous impact on psychotherapy and has become a standard reference for citation and practice. This updated and revised fifth edition keeps pace with the rapid changes that are taking place in the world of psychotherapy and makes recommendations for future research and practice.

- Highlights the many weaknesses of traditional science for understanding human dilemmas and emotional problems
- Incorporates the latest developments and reflects important changes in the field
- Emphasizes practice-relevant findings, as well as methodological issues that will help direct future research

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