



# **Systems of Psychotherapy: A Transtheoretical Analysis**

*James O. Prochaska , John C. Norcross*

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# Systems of Psychotherapy: A Transtheoretical Analysis

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**Systems of Psychotherapy: A Transtheoretical Analysis** James O. Prochaska , John C. Norcross  
Comprehensive, systematic, and balanced, SYSTEMS OF PSYCHOTHERAPY uses a wealth of clinical case illustrations to help readers understand a wide variety of psychotherapies--including psychoanalytic, psychodynamic, existential, person-centered, experiential, interpersonal, exposure, behavioral, cognitive, systemic, multicultural, and integrative. The Eighth Edition thoroughly analyzes 17 leading systems of psychotherapy and briefly surveys another 31, thereby providing a broader scope than is available in most books. The authors explore each system's theory of personality, theory of psychopathology, and resulting therapeutic process and therapy relationship. By doing so, they demonstrate how much psychotherapy systems agree on the processes producing change, while showing how they disagree on the content that needs to be changed. To bring these similarities and differences to life, the authors also present the limitations, practicalities, and outcome research of each system of psychotherapy. Available with InfoTrac Student Collections <http://goengage.com/infotrac>.

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# From Reader Review Systems of Psychotherapy: A Transtheoretical Analysis for online ebook

## Maya says

I am using this predominantly for a chapter on gender- and culture-sensitive therapies.

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## Natalie says

Very balanced, interesting presentation of not only the theories and techniques of psychotherapy, but one that delved into the personal life and background of the major theorists. I liked the biographical aspect the most.

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## K says

I haven't finished teaching the course yet, but I think I can review the book at this point. My students found this text convoluted and cumbersome to read, but that may say more about their skills than about the book itself as their academic backgrounds are weak, by and large. Personally, I found this text thorough and informative. I'm not sure I would have organized the chapter sections the same way they did -- I wasn't crazy about the way they broke up the "Therapeutic Content" sections, although I see the benefit. Overall, though, I think this is a good text for students. As a teacher, I found it helpful to supplement the text with other texts but that would probably be the case no matter which text I assigned.

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## Robert says

Kinda disappointing for a \$200+ book. At first I was excited - it looked like a great idea. But after a few chapters I realized that the first and intro chapters contained the whole learning of the book, and I don't think I got much out of anything else. The chapters were mostly a more in-depth review of the theories of psychotherapy that I was already fairly well versed in. I think a better volume is Duncan et al.'s 2010 work: The Heart and Soul of Change - much more new research and insight. So - I have this to sell if anyone's lookin'!

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## Farshad says

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## Synnove says

Yes, I read an entire textbook on my own time. I don't really know what I'm talking about in the Land of

Psych quite yet, but this book seems to be a good survey of therapies.

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### **Andrea says**

I know a textbook right? This is the only textbook that I read cover to cover and found it fascinating. I didn't know how many systems of Psychotherapy there are. They all have good points for different reasons except Feminist Therapy which is whack.

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