

CHAPTER 4: TREATING PSYCHOPATHOLOGY

LINKS TO JOURNAL ARTICLES

Links in **bold** are open access articles.

THE NATURE AND FUNCTION OF TREATMENTS FOR PSYCHOPATHOLOGY

[Erwin E \(2000\) Is a science of psychotherapy possible? *American Psychologist*, 55, 1133-1138.](#)

[Fava GA \(2003\) Can long-term treatment with antidepressant drugs worsen the course of depression? *Journal of Clinical Psychiatry*, 64, 123-133.](#)

[Hofmann S G, Sawyer A T & Fang A \(2010\) The empirical status of the “new wave” of CBT. *Psychiatric Clinics of North America*, 33, 701-710.](#)

[Kaltenthaler E, Parry G & Beverly C \(2004\) Computerized cognitive behaviour therapy: A systematic review. *Behavioural & Cognitive Psychotherapy*, 32, 31-55.](#)

[Leach LS & Christensen H \(2006\) A systematic review of telephone-based interventions for mental disorders. *Journal of Telemedicine & Telecare*, 12, 122-129.](#)

[Marks, I. & Cavanagh, K. \(2009\) Computer-aided psychotherapy: state of the art and state of the science. *Annual Review of Clinical Psychology*, 5, 121-141.](#)

[**Marzillier J \(2004\) The myth of evidence-based psychotherapy. *The Psychologist*, 17, 392-395.**](#)

[Moritz S, Schilling L, Hauschildt M, Schroder J & Treszl A \(2012\) A randomized controlled trial of internet-based therapy in depression. *Behaviour Research & Therapy*, 50, 513-521.](#)

[Ost L-G \(2008\) Efficacy of the third wave of behavioural therapies: A systematic review and meta-analysis. *Behaviour Research & Therapy*, 46, 296-321.](#)

[Prochaska JO & Norcross JC \(2001\) Stages of change. *Psychotherapy*, 38, 443-448.](#)

[Tolin D F \(2010\) Is cognitive-behavioral therapy more effective than other therapies? A meta-analytic review. *Clinical Psychology Review*, 30, 710-720.](#)

[**Williams J M G & Kuyken W \(2012\) Mindfulness-based cognitive therapy: A promising new approach to preventing depressive relapse. *British Journal of Psychiatry*, 200, 359-360.**](#)

EVALUATING TREATMENTS

[Butler AC, Chapman JE, Forman EM & Beck AT \(2006\) The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26, 17-31.](#)

- [Chambless DL & Ollendick TH \(2001\) Empirically supported psychological interventions: Controversies and evidence. *Annual Review of Psychology*, 52, 685-716.](#)
- [Clark DM, Ehlers A, Hackmann A, McManus F et al. \(2006\) Cognitive therapy versus exposure and applied relaxation in social phobia: A randomised controlled trial. *Journal of Consulting and Clinical Psychology*, 74, 568-578.](#)
- [Jacobson, N. S., & Truax, P. \(1991\). Clinical significance: A statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology*, 59, 12–19.](#)
- [Seligman MEP \(1995\) The effectiveness of psychotherapy: The Consumer Reports study. *American Psychologist*, 50, 965-974.](#)
- [Shapiro DA, Barkham M, Rees A, Hardy GE et al. \(1994\) Effects of treatment duration and severity of depression on the effectiveness of cognitive-behavioral and psychodynamic-interpersonal psychotherapy. *Journal of Consulting & Clinical Psychology*, 62, 522-534.](#)
- [Smit Y, Huibers J H, Ioannidis J P A, van Dyck R et al. \(2012\) The effectiveness of long-term psychoanalytic psychotherapy – A meta-analysis of randomized controlled trials. *Clinical Psychology Review*, 32, 81-92.](#)
- [Smith ML & Glass GV \(1977\) Meta-analysis of psychotherapy outcome studies. *American Psychologist*, 32, 752-760.](#)
- [Westen D, Novotny CM & Thompson-Brenner H \(2004\) The empirical status of empirically supported psychotherapies: Assumptions, findings, and reporting in controlled clinical trials. *Psychological Bulletin*, 130, 631-663.](#)

TEXTS FOR FURTHER READING

- Barker C, Pistrang N & Elliott R (2002) *Research Methods in Clinical psychology*. Wiley. Second Edition.
- Bennett-Levy J, Richards D, Farrand P, Christensen H et al. (2010) *Oxford Guide to Low Intensity CBT Interventions*. OUP Oxford.
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- Hsiung RC (Ed) (2002) *E-therapy: Case studies, guiding principles, and the clinical potential of the internet*. Norton.
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- Nelson-Jones R (2006) *Theory & Practice of Counselling & Therapy*. Sage. Fourth Edition.
- Richard DCS & Lauterbach DL (2007) *Handbook of exposure therapies*. Elsevier.
- Rogers CR (2003) *Client Centred Therapy: Its Current Practice, implications and theory*. Constable & Robinson.
- Woolfe R, Strawbridge S, Douglas B & Dryden W (2009) *Handbook of Counselling Psychology*. Sage Publications.