Contents

PREFACE AND ACKNOWLEDGMENTS, V INTRODUCTION, VII

I. PRINCIPLES AND METHODS OF RESEARCH IN PSYCHOTHERAPY

1. Problems and Design in Psychotherapy Research

3

33

Definition of Psychotherapy, 3
Research and Social Responsibility, 6
Art or Science? 7
Reproducibility and Generalizability, 9
Research and Privacy, 10
The Nature of the Research Question, 12
Hypotheses, 16
Psychotherapy Research Designs, 17
The Need for Controls, 20
Control for Changes Not Due to Treatment, 21
Control of Extraneous Variables, 24
Research Strategies for Controlling Variables, 26
Control of Biases, 28

2. Change and Its Measurement

The Nature of Change, 33
Criteria for Appraising Change, 37
Criterion Measures, 40
Applying Criterion Measures, 46
What Criterion Measures Have Been Used? 60

II. RESEARCH ON THE EFFECTS OF PSYCHOTHERAPY

3.	The Effects of Psychotherapy	63
	Improvement in Untreated Subjects, 66 Eysenck's Appraisal Appraised, 71	
4.	Review of Controlled-Outcome Studies: I. Adequate Studies with Positive Results	75
	Adequate Studies: Major Benefits, 77 Adequate Studies: Minor Benefits, 105	
5.	Review of Controlled-Outcome Studies: II. Questionable Studies with Positive Results	118
	Questionable Studies: Major Benefits, 118 Questionable Studies: Minor Benefits, 126	
6.	Review of Controlled-Outcome Studies: III. Null and Negative Results	146
	Adequate Studies: Null or Negative Results, 146 Questionable Studies: Null or Negative Results, 153	
7.	Evaluation of Therapeutic Programs and Overview of Outcome Research	165
	Evaluation of Therapeutic Programs, 165 Overview of Outcome Research, 172	
8.	Therapeutic Method as an Outcome Variable	178
	Individual vs. Group Psychotherapy, 178 Variants of Group Psychotherapy, 184 "Schools" of Therapy, 186	
	Therapist Style and Technique and Outcome, 201	
9.	The Patient as an Outcome Variable: I. Diagnosis, Severity of Maladjustment, and the Search for Predictors	204
	Diagnosis, 204 Severity of Maladjustment, 215	
	The Search for Outcome Predictors, 218	

10.	The Patient as an Outcome Variable: II. Background, Organismic, Demographic, Motivational, and Attitudinal Factors Age, 230 IQ, 233 Education, 235 Sex, 236 Marital Status, 237 Social Class, 238 Motivation, 250 Environmental Factors, Conditions, and Settings, 251 Therapy Readiness, 255 Expectancy, 257	230
11.	The Therapist as an Outcome Variable: I. Qualifications Professional Discipline, 265 Personal Therapy of the Therapist, 266 Experience of the Therapist, 268 Training of the Therapist, 273 Therapy without Therapists—Psychoheresy? 288	265
12.	The Therapist as an Outcome Variable: II. Personal Characteristics and Attitudes Effect of Sex of the Therapist, 294 Therapist's Interests and Outcome, 299 Therapist's Personality and Outcome, 306 The Effect of Therapist-Patient Personality Similarity, 311 Liking for Patient as a Determinant of Outcome, 327 Therapist-Offered Conditions, 330 Therapeutic Relationship, 335	294
13.	Temporal Variables and Outcome Time-Restricted Therapies, 337 Temporal Variables, 340 Terminators and Remainers, 358	337

III. RESEARCH ON THE PROCESS OF PSYCHOTHERAPY

14.	The Therapist as a Variable in the Therapeutic Process	377
	Professional Discipline, Attitudes, and Performance, 377 Effect of "School" or Orientation of Therapist on Practices and Attitudes, 380 Personal Analysis of the Therapist and Performance, 383	
	Therapist Performance and Attitudes as a Function of Experience, 384	
	Therapist-Offered Conditions, 394	
15.	Verbal Processes and Techniques	403
	Research Problems and Methods, 403	
	Verbal Conditioning, 409	
	Reinforcement of Dependency Responses, 414 Degree of Lead, 415	
	Other Technique and Style Effects, 416	
	Interpretation, 419	
	Silence and Resistance, 428	
	Physiological Measures during Psychotherapy, 432	
16.	Patient-Therapist Interactions and Relationships	439
	Patient-Therapist Interaction, 439	
	The Therapeutic Relationship, 453	
	Transference and Countertransference, 461	
	Identification and Role Modeling, 464	
17.	An Overview of Process Research	47 3

REFERENCES, 485 NAME INDEX, 531 SUBJECT INDEX, 545