Contents

1.	Introduction1A Brief History of Social Psychology4A Brief History of Clinical Psychology7
	The Orientation and Format of This Book 10
	Conclusion 12
	Selected Readings 13
2.	Individual Therapy 14
	Case Study 14
	Social Dynamics of Individual Therapy19Setting the Stage19Therapist-Client Interactions26Summary34
	Applications in Clinical Practice35Behavior Therapies36Psychodynamic Therapies42Gestalt Therapy45Client-Centered Therapy47Communication Therapies48Social Psychological Therapies49General Considerations50
	Conclusion 51
	Selected Readings 51

x Contents

Group Therapy 3. 53 **Case Study** 53 **Social Dynamics of Group Therapy** 57 **Applications in Clinical Practice** 70 Behavioral Group Therapies 74 **Dynamic or Analytic Group Therapies** 76 **Gestalt Group Therapy** 77 **Client-Centered Group Therapy** 79 T-Groups 80 **Encounter Groups** 82 Personal Growth Groups 83 **Selected Readings** 83 **Couples Counseling** 4. 85 **Case Study** 85 Social Dynamics of Couples Counseling 89 **Applications in Clinical Practice** 101 Conclusion 107 **Selected Readings** 107 5. **Family Therapy** 108 **Case Study** 108 Social Dynamics of Family Therapy 111 **Applications in Clinical Practice** 121 Conclusion 127 **Selected Readings** 127

	Contents xi
6. Epilogue	129
References	131
Index	139

.