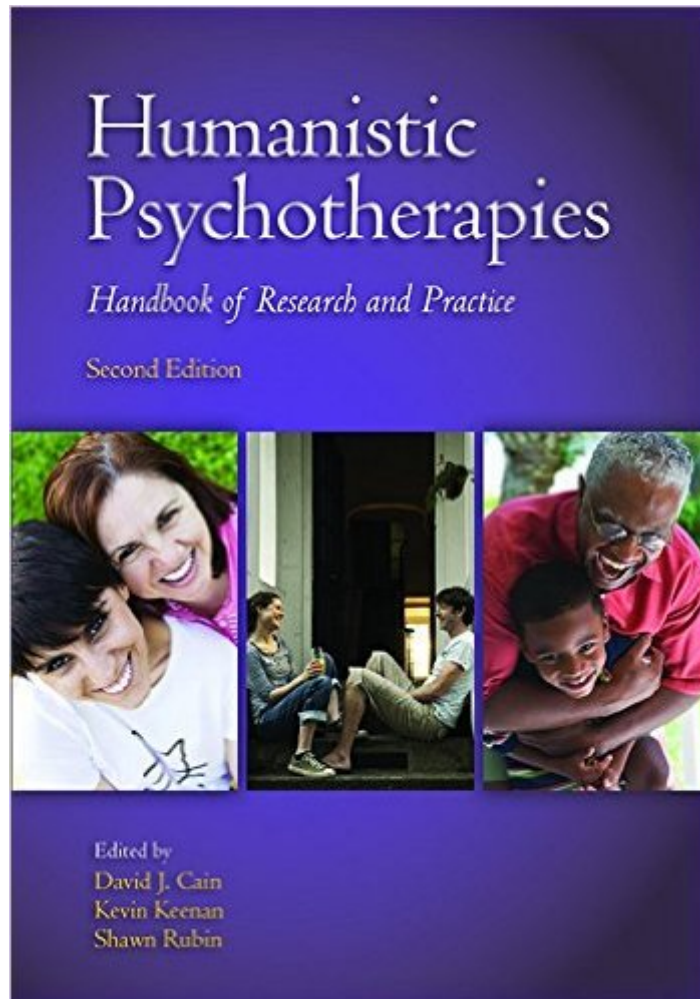


The book was found

# Humanistic Psychotherapies: Handbook Of Research And Practice



## Synopsis

Humanistic psychotherapy is based on more than 70 years of psychological research, but there has been a surge of literature since the first edition of *Humanistic Psychotherapies*. This extensively updated volume highlights the flourishing evidence base for humanistic approaches, demonstrating that they are equal to or more effective than other therapeutic approaches. In fact, cornerstones of humanistic practice, such as therapist empathy and authentic emotional expression and experience, are essential to promoting positive client outcomes for non-humanistic practitioners as well. In addition to a general review of research, the contributors focus on specific approaches, including: person-centered therapy, gestalt therapy, focusing-oriented therapy, existential therapy, emotion-focused therapy, relationship enhancement therapy, and child-centered play therapy. Also discussed are important therapist factors and client variables that contribute to effective psychotherapy. New findings are translated into practical guidelines for clinicians. Numerous case examples with vivid client–therapist dialogues illustrate how humanistic principles and approaches can be applied in actual practice not just with individuals, but also with couples, families, and children. The final chapter synthesizes the entire volume with a proposed model for optimal humanistic psychotherapeutic practice, based on 20 simple premises drawn from the best evidence available.

## Book Information

Hardcover: 552 pages

Publisher: American Psychological Association (APA); 2 edition (December 15, 2015)

Language: English

ISBN-10: 1433820773

ISBN-13: 978-1433820779

Product Dimensions: 7.2 x 1.3 x 10.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,560,163 in Books (See Top 100 in Books) [#97 in Books > Medical Books > Psychology > Movements > Humanistic](#) [#1346 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#) [#2673 in Books > Textbooks > Social Sciences > Psychology > Clinical Psychology](#)

## Customer Reviews

This second edition of *Humanistic Psychotherapies* takes its place as a major contribution to the

field of Humanistic Psychology. It fills a major need in the field- an evidence based grounding for the techniques and practices of humanistic psychotherapies. Concepts such as the role of relationship, forms of empathy, subjective experience, unconditional positive regard, the processing of emotion, and transference and counter-transference binds are explored and supported with research literature. Illustrative case examples are also provided to bring home the concepts. This is a must read reference book for students of humanistic psychotherapy and it is a benefit to the field of psychology overall by illustrating scientific support for the humanistic psychotherapy tradition.

Loved this book, an outstanding presentation of the evidence-based techniques and interventions utilized in Humanistic psychotherapies presented in a thorough, insightful, and authoritative fashion. Worth twice the price!!

[Download to continue reading...](#)

Humanistic Psychotherapies: Handbook of Research and Practice Dark Night, Early Dawn: Steps to a Deep Ecology of Mind (Suny Series in Transpersonal and Humanistic Psychology) (Suny Series, Transpersonal & Humanistic Psychology) Transforming Self and Others through Research: Transpersonal Research Methods and Skills for the Human Sciences and Humanities (SUNY Series in Transpersonal and Humanistic Psychology) Evidence-Based Psychotherapies for Children and Adolescents, Second Edition Modern Psychotherapies: A Comprehensive Christian Appraisal (Christian Association for Psychological Studies Partnership) The Practice of Nursing Research: Appraisal, Synthesis, and Generation of Evidence (PRACTICE OF NURSING RESEARCH: CONDUCT, CRITIQUE, & UTIL ( BURNS) Book 1) The Theory and Practice of Innovation Policy: An International Research Handbook (PRIME Series on Research and Innovation Policy in Europe) Holotropic Breathwork: A New Approach to Self-Exploration and Therapy (SUNY series in Transpersonal and Humanistic Psychology) Humanistic Psychology: A Clinical Manifesto. A Critique of Clinical Psychology and the Need for Progressive Alternatives Body of Knowledge: An Introduction to Body/Mind Psychology (SUNY Series in Transpersonal and Humanistic Psychology) Revisioning Transpersonal Theory : A Participatory Vision of Human Spirituality (Suny Series in Transpersonal and Humanistic Psychology) Textbook for Nursing Assistants: A Humanistic Approach to Caregiving 2nd (second) Edition by Carter, Pamela J. (2007) Workbook for Lippincott Textbook for Nursing Assistants: A Humanistic Approach to Caregiving Lippincott's Essentials for Nursing Assistants: A Humanistic Approach to Caregiving Textbook for Nursing Assistants: A Humanistic Approach to Caregiving Workbook to Accompany Lippincott's Essentials for Nursing Assistants: A Humanistic Approach to Caregiving Lippincott Textbook for Nursing Assistants: A

Humanistic Approach to Caregiving Existential-Humanistic Therapy (Theories of Psychotherapy)  
Ordinary Ecstasy: The Dialectics of Humanistic Psychology Research Handbook on International  
Law and Migration (Research Handbooks in International Law Series) (Elgar Original reference)

[Dmca](#)