



# Psychotherapy Theories and Techniques: A Reader

By Gary R. VandenBos

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*Psychotherapy Theories and Techniques* explores the richness and variety of psychotherapy in a collection of carefully chosen excerpts from APA publications. Intended for students and practitioners, this volume provides a unique look at contemporary psychotherapy theory and the specific interventions associated with each orientation. All major approaches in psychotherapy are included everything from cognitive behavioral therapy to psychoanalytic therapy as well as newer approaches such as acceptance and commitment therapy and schema therapy. Chapter appendixes direct readers to videos showing specific techniques in APA s database of psychotherapy demonstrations, PsycTHERAPY, so that readers can see interventions in action. Whether just beginning a clinical program of study or already in practice, readers may use this volume as both a companion to PsycTHERAPY as well as a unique survey of contemporary approaches and techniques.

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Review

This book is both rooted in the rich tradition of psychotherapy and offers seductive, tasty tidbits in a unique manner. --- PsycCRITIQUES

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