
Contents

Preface: The Therapist's Challenge xi

Acknowledgments xiii

PART I

THE TOOLS OF THE THERAPIST

- 1 Therapy Fundamentals 3**
 - The Therapeutic Orientation toward Clients 4
 - Getting Started 8
 - Basic Child Therapy Skills 15
 - Helping Clients Open Up 21
 - Therapeutic Collaborations 31
 - Collaborating with Other Child-Serving Systems 34
 - Termination 35
 - Summary 38
- 2 Behavior Therapy 40**
 - Learning Theory 41
 - Assessment and Case Formulation 47
 - Change Processes 51
 - Outcome Research 53
 - The Therapist's Style 55
 - Relaxation Training 56
 - Systematic Desensitization 57
 - Contingency Contracting 59
 - Social Skills Training 66
 - Summary 69
- 3 Cognitive Therapy 71**
 - Cognitive Theory 72
 - Assessment and Case Formulation 76
 - Change Processes 80
 - Outcome Research 81
 - The Therapist's Style 83
 - Self-Monitoring 86
 - Self-Instruction 88
 - Self-Reinforcement 89
 - Cognitive Restructuring 90
 - Socratic Questioning 93
 - Tests of Evidence 95

	Naming Cognitive Distortions	97
	Personal Experiments	98
	Summary	99
4	Psychodynamic Therapy	101
	Psychoanalytic Theory	102
	Assessment and Case Formulation	113
	Change Processes	117
	Outcome Research	121
	The Therapist's Style	123
	Facilitating the Expression of Material	123
	Interpretation and Insight	124
	Life Education	127
	Corrective Emotional Experience	131
	Summary	132
5	Constructivism: Solution-Oriented and Narrative Therapy	135
	Postmodernism and the Social Construction of Reality	136
	Assessment and Case Formulation	141
	Change Processes	143
	Outcome Research	148
	The Therapist's Style	149
	Solution-Oriented Therapy Techniques	150
	Narrative Therapy Techniques	158
	Summary	164
6	Family Systems Therapy	167
	Systems Theory	168
	Assessment and Case Formulation	176
	Change Processes	181
	Outcome Research	185
	The Therapist's Style	186
	Combining Family and Individual Modalities	187
	Facilitating Communication	187
	Psychoeducation	190
	Systemic Insight	191
	Reframing	192
	Treating Enmeshment and Disengagement	195
	Therapist Directives	196
	Treating Negative Feedback Loops	198
	Treating Positive Feedback Loops	199
	Extended Family and Multigenerational Therapy	202
	Summary	202

-
- 7 Atheoretical and Transtheoretical Techniques 205**
- Miscellaneous Techniques 206
 - Parent Counseling 210
 - Providing Information and Direction to Clients 212
 - Meeting the Client Halfway 222
 - Incorporating Experiences into New Structures of Meaning 228
 - Summary 240

PART II

THE NEEDS OF CLIENTS

- 8 Outcome Research and Clinical Reasoning in Treatment Planning 245**
- The Controversy: How Should Counselors Plan Therapy? 245
 - The Case for Outcome Research 246
 - What the Research Says 249
 - Mediators and Moderators of Treatment Effects 255
 - The Limitations of Outcome Research 257
 - What the Research Does Not Say 259
 - Bridging the Gap between Research and Practice 263
 - When to Consider Techniques without Strong Empirical Support 272
 - Summary 275
- 9 Cultural Factors in Therapy 277**
- The Role of Culture in Psychotherapy 278
 - Assessment and Case Formulation 289
 - The Therapist's Style 295
 - Connecting the Cultures of Therapy and Client 296
 - Conflicts between Client Cultures and the Predominant Culture 299
 - Addressing Prejudice and Discrimination 300
 - Culturally Specific Adaptations of Therapeutic Approaches 301
 - Bringing Spirituality into Therapy 302
 - Summary 304
- 10 Disruptive Behavior Disorders in Children 307**
- Diagnoses Treated in This Chapter 308
 - Clinical Presentation and Etiology 308
 - Assessment 312

- Treatment Planning 316
- Behavioral-Systemic Parent Training 319
- The Collaborative Problem Solving Approach 331
- Cognitive-Behavioral Therapy with the Child 334
- Psychodynamic Therapy 337
- Summary 339
- 11 Disruptive Behavior Disorders in Adolescents 341**
 - Diagnoses Treated in This Chapter 342
 - Clinical Presentation and Etiology 342
 - Assessment 347
 - Treatment Planning 348
 - Behavioral-Systemic Therapy 351
 - Substance Abuse 368
 - Psychodynamic Therapy 368
 - Parent Counseling 371
 - Summary 372
- 12 Aggression and Violence 375**
 - Diagnoses Treated in This Chapter 376
 - Clinical Presentation and Etiology 376
 - Assessment 382
 - Treatment Planning 384
 - Interventions Addressing Attitudes, Values, and Motivation 386
 - Cognitive-Behavioral Therapy 390
 - Psychodynamic Therapy 403
 - Systems-Oriented Intervention 404
 - Summary 405
- 13 Anxiety 407**
 - Diagnoses Treated in This Chapter 408
 - Clinical Presentation and Etiology 409
 - Assessment 415
 - Treatment Planning 416
 - Cognitive-Behavioral Therapy 420
 - Psychodynamic Therapy 432
 - Family Therapy and Parent Counseling 438
 - Summary 440
- 14 Depression 443**
 - Diagnoses Treated in This Chapter 444
 - Clinical Presentation and Etiology 445
 - Assessment 451
 - Treatment Planning 452
 - Special Topic: Suicide Risk 456

	Cognitive-Behavioral Therapy	459
	Psychodynamic Therapy	468
	Family Therapy and Parent Counseling	472
	Interpersonal Therapy	473
	Summary	474
15	Stress and Trauma	477
	Diagnoses Treated in This Chapter	478
	Clinical Presentation and Etiology	478
	Coping with Stress and Trauma	483
	Assessment	486
	Treatment Planning	489
	Cognitive-Behavioral Therapy	491
	Psychodynamic Therapy	498
	Constructivist Therapy	498
	Systems-Oriented Intervention	499
	Therapy for Parental Divorce	500
	Therapy for Bereavement	504
	Therapy for Sexual Abuse	506
	Summary	511

	Afterword: The Therapist's Experience	515
	References	519
	Author Index	583
	Subject Index	599

