# CONTENTS

<table>
<thead>
<tr>
<th>List of Contributors</th>
<th>vii</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface</td>
<td>xi</td>
</tr>
</tbody>
</table>

## PART I
HISTORICAL, METHODOLOGICAL, AND CONCEPTUAL FOUNDATIONS

**CHAPTER 1** - Introduction and Historical Overview  
_Michael J. Lambert_  

**CHAPTER 2** - Methodology, Design, and Evaluation in Psychotherapy Research  
_Jonathan S. Comer and Philip C. Kendall_

**CHAPTER 3** - Qualitative Research: Methods and Contributions  
_John McLeod_

**CHAPTER 4** - Practice-Oriented Research: Approaches and Applications  
_Louis Castonguay, Michael Barkham, Wolfgang Lutz, and Andrew McAleavey_

**CHAPTER 5** - Measuring Change in Psychotherapy Research  
_Benjamin M. Ogles_  

## PART II
EVALUATING THE INGREDIENTS OF THERAPEUTIC EFFICACY

**CHAPTER 6** - The Efficacy and Effectiveness of Psychotherapy  
_Michael J. Lambert_

**CHAPTER 7** - The Client in Psychotherapy  
_Arthur C. Bobart and Amy Greaves Wade_

**CHAPTER 8** - Therapist Effects: Findings and Methods  
_Scott A. Baldwin and Zac E. Imel_

**CHAPTER 9** - Psychotherapy Process-Outcome Research  
_Paul Crits-Christoph, Mary Beth Connolly Gibbons, and Dublia Mukberjee_

## PART III
MAJOR APPROACHES

**CHAPTER 10** - Behavior Therapy With Adults  
_Paul M. G. Emmelkamp_