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Humanistic Psychotherapies: Handbook of Research and Practice

David J. Cain, Kevin Keenan, and Shawn Rubin

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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.

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