



# Toward Effective Counseling and Psychotherapy: Training and Practice

By Charles B. Truax, Robert R. Carkhuff

Download now

Read Online 

**Toward Effective Counseling and Psychotherapy: Training and Practice** By Charles B. Truax, Robert R. Carkhuff

The field of counseling and psychotherapy has for years presented the puzzling spectacle of unabating enthusiasm for forms of treatment whose effectiveness cannot be objectively demonstrated. With few exceptions, statistical studies have consistently failed to show that any form of psychotherapy is followed by significantly more improvement than would be caused by the mere passage of an equivalent period of time. Despite this, practitioners of various psychotherapeutic schools have remained firmly convinced that their methods are effective. Many recipients of these forms of treatment also believe that they are being helped.

The series of investigations reported in this impressive book resolve this paradoxical state of affairs. The investigators have overcome two major obstacles to progress in the past--lack of agreement on measures of improvement and difficulty of measuring active ingredients of the psychotherapy relationship. The inability of therapists of different theoretical persuasions to agree on criteria of improvement has made comparison of the results of different forms of treatment nearly impossible. The authors have solved this intractable problem by using a wide range of improvement measures and showing that, regardless of measures used in different studies, a significantly higher proportion of results favor their hypothesis than disregard it.

Overall, this book represented a major advance at the time of its original publication and is of continuing importance. The research findings resolve some of the most stubborn research problems in psychotherapy, and the training program based on them points the way toward overcoming the shortage of psychotherapists.

 [Download Toward Effective Counseling and Psychotherapy: Tra ...pdf](#)

 [Read Online Toward Effective Counseling and Psychotherapy: T ...pdf](#)



# Toward Effective Counseling and Psychotherapy: Training and Practice

*By Charles B. Truax, Robert R. Carkhuff*

**Toward Effective Counseling and Psychotherapy: Training and Practice** By Charles B. Truax, Robert R. Carkhuff

The field of counseling and psychotherapy has for years presented the puzzling spectacle of unabating enthusiasm for forms of treatment whose effectiveness cannot be objectively demonstrated. With few exceptions, statistical studies have consistently failed to show that any form of psychotherapy is followed by significantly more improvement than would be caused by the mere passage of an equivalent period of time. Despite this, practitioners of various psychotherapeutic schools have remained firmly convinced that their methods are effective. Many recipients of these forms of treatment also believe that they are being helped.

The series of investigations reported in this impressive book resolve this paradoxical state of affairs. The investigators have overcome two major obstacles to progress in the past--lack of agreement on measures of improvement and difficulty of measuring active ingredients of the psychotherapy relationship. The inability of therapists of different theoretical persuasions to agree on criteria of improvement has made comparison of the results of different forms of treatment nearly impossible. The authors have solved this intractable problem by using a wide range of improvement measures and showing that, regardless of measures used in different studies, a significantly higher proportion of results favor their hypothesis than disregard it.

Overall, this book represented a major advance at the time of its original publication and is of continuing importance. The research findings resolve some of the most stubborn research problems in psychotherapy, and the training program based on them points the way toward overcoming the shortage of psychotherapists.

**Toward Effective Counseling and Psychotherapy: Training and Practice** By Charles B. Truax, Robert R. Carkhuff **Bibliography**

- Rank: #3729986 in Books
- Brand: Robert Carkhuff Charles B Truax
- Published on: 2007-12-17
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .88" w x 5.98" l, 1.33 pounds
- Binding: Paperback
- 432 pages

 [Download Toward Effective Counseling and Psychotherapy: Tra ...pdf](#)

 [Read Online Toward Effective Counseling and Psychotherapy: T ...pdf](#)



## **Download and Read Free Online Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff**

---

### **Editorial Review**

#### About the Author

*Charles B. Truax is author of Counseling and Psychotherapy: Process and Outcome, The Process of Group Psychotherapy: Relationships between Hypothesized Therapeutic Conditions and Intrapersonal Exploration, Toward a Tentative Measurement of the Central Therapeutic Ingredients, and Talking Won't Help: A Study of the Process and Outcome of Psychotherapy with Hospitalized Schizophrenics.*

*Robert R. Carkhuff is president of Human Technology Inc. and chairman of Carkhuff Institute of Human Technology. He is the author of The Possibilities Leader, The Possibilities Mind, and Beyond Counseling and Therapy.*

### **Users Review**

#### **From reader reviews:**

##### **James Fomby:**

Book is to be different per grade. Book for children until eventually adult are different content. As you may know that book is very important for all of us. The book Toward Effective Counseling and Psychotherapy: Training and Practice ended up being making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The book Toward Effective Counseling and Psychotherapy: Training and Practice is not only giving you considerably more new information but also being your friend when you sense bored. You can spend your own spend time to read your publication. Try to make relationship with the book Toward Effective Counseling and Psychotherapy: Training and Practice. You never sense lose out for everything in the event you read some books.

##### **Donald White:**

Why? Because this Toward Effective Counseling and Psychotherapy: Training and Practice is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will surprise you with the secret the item inside. Reading this book next to it was fantastic author who write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your talent and your critical thinking approach. So , still want to hold up having that book? If I ended up you I will go to the reserve store hurriedly.

**Manuel Arndt:**

Are you kind of hectic person, only have 10 as well as 15 minute in your day to upgrading your mind expertise or thinking skill also analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short time to read it because all this time you only find reserve that need more time to be learn. Toward Effective Counseling and Psychotherapy: Training and Practice can be your answer since it can be read by you actually who have those short spare time problems.

**Pat Thomas:**

What is your hobby? Have you heard this question when you got college students? We believe that that issue was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as reading through become their hobby. You need to know that reading is very important along with book as to be the point. Book is important thing to provide you knowledge, except your teacher or lecturer. You will find good news or update about something by book. Numerous books that can you choose to use be your object. One of them is this Toward Effective Counseling and Psychotherapy: Training and Practice.

**Download and Read Online Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff #UYP09C8EGRX**

# **Read Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff for online ebook**

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff books to read online.

## **Online Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff ebook PDF download**

**Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff Doc**

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff Mobipocket

Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff EPub

UYP09C8EGRX: Toward Effective Counseling and Psychotherapy: Training and Practice By Charles B. Truax, Robert R. Carkhuff