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The heart and soul of change: delivering what works in therapy, second edition (Book Review)

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Abstract

In 1936 Saul Rosenzweig (1907-2004) published a scientific paper concluding that psychotherapies of different theoretical and practical orientations all produce equivalent effectiveness—a conclusion that remains unchanged today despite 75 years of empirical research seeking to find differential effectiveness for different forms of psychotherapy treatment. What is less well known, however, is that despite equivalent effectiveness of therapy brand names, there is considerable variation in effectiveness between individual therapists. It is therefore fitting that this book begins with a message from Rosenzweig, which sets the scene for a very different volume from the first edition. The first edition (1999), edited by Hubble, Duncan and Miller, quickly became a classic text in the field because it took Rosenzweig's conclusion, and then turned it into a set of principles to help therapists become more effective. The idea at the time was that therapists should capitalise on four common factors: (1) mobilise the client's life circumstances and environment; (2) enhance the therapy relationship; (3) create an atmosphere of hope and expectation of change; and (4) use therapy techniques in the service of helping the client to make their own changes. These principles were patched together based on past research to create an argument for change.

Keywords

book, soul, heart, review, change, delivering, second, works, edition, therapy

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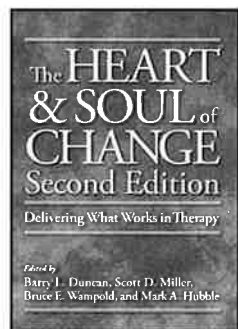
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The heart and soul of change: Delivering what works in therapy, Second edition

Barry Duncan, Scott Miller, Bruce Wampold and Mark Hubble, Editors

APA Books, 2010. HB. RRP \$79.95.



In 1936 Saul Rosenzweig (1907-2004) published a scientific paper concluding that psychotherapies of different theoretical and practical orientations all produce equivalent effectiveness—a conclusion that remains unchanged today despite 75 years of empirical research seeking to find differential effectiveness for different forms of psychotherapy treatment. What is less well know,

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A decade later, the second volume incorporates a maturing of these original statements about common factors and presents significant new research and a greater level of both academic scrutiny of the data, and also serious consideration of the political environment in which psychotherapy competes with other treatments both in insurance and managed care settings, and as driven by consumer demand and corporate marketing of therapy brands, pharmaceuticals and alternative medicines. The second edition adds a heavyweight meta-analytic psychotherapy researcher, Bruce Wampold, to the editor list, and as a consequence there is a greater integration of serious scientific research into the psychotherapy process chapters. For example, prominent focus is research by Michael Lambert that has been disseminated by Scott Miller in workshops, into providing feedback to therapists about their client's progress. Lambert's research, based on enormous managed care insurance company databases, shows that providing rapid information to therapists about their clients progress, derived from session by session feedback questionnaires, allows poorly performing clients to be quickly identified. Those clients who are not progressing can therefore be re-evaluated and new approaches formulated to assist them become 'unstuck'.

The book is divided into four parts. First, 'What works and

what does not', contains six chapters focused on the evidence for effectiveness, echoing the four factors emphasised in the first edition but with greater reliance on research validation of these ideas. New chapters focus on the disappointing efficacy of pharmacotherapies, and also dismantle 'empirically supported treatments' claims. Part two, 'Delivering what works', focuses on how to supercharge therapies using client feedback, and how to create systems of care within organisations and managed environments to become consumer-directed and outcome-informed. Part three, 'Special populations', expands this work to cover applications to children, adolescents, families, and groups such as those with drug dependence. Finally, part four, 'Conclusions', re-focuses on practice-based evidence and therapist excellence.

If readers of this journal should read one book this year, this is the one to read. The reason? For the busy psychotherapist it reinforces those factors that should most be attended to in day-to-day work: relationship enhancement, targeting core difficulties, instilling hope, and monitoring progress with the client. For those interested in the politics of therapy, it presents a way forward that empowers individuals to be confident that what they do has evidence, and shows simple ways that they can also collect evidence within their own practices to protect the therapeutic space from being devalued. For those in training, it presents a most comprehensive review of psychotherapy research findings in a way that is both authoritative and easy to read. In total, it inoculates the thoughtful reader against the 'cargo culture' of psychotherapy, that seeks to sell new brands as being superior to the old (therefore ready to be purchased and consumed), ignoring the power of Rosenzweig's enduring conclusions about equivalent effectiveness and common factors. The book finishes with a new project—to further discover what makes the 'super shrinks', those therapists that research reveals to be more effective than usual. This is a tantalising prospect, and hopefully something that we do not need a decade wait before a new edition arrives. To this goal another could be added, as yet overlooked by the editors: the power of peer consultation and supervision in maintaining therapist hope, competence and efficacy; which adds to growth but also a buffer, helping to consolidate psychotherapy as a critical touch point in the life of our clients and also ourselves.

Review by Brin F. S. Grenyer, Professor of Psychology at the University of Wollongong, assists in coordinating the Australian Regional Group of the Society for Psychotherapy Research.

Happiness, healing, enhancement: Your casebook collection for applying positive psychology in therapy

George W. Burns, Editor

John Wiley & Sons, 2010. PB. RRP \$59.95.

'I am not depressed anymore, but I don't feel happy. Can you help me with that too?' (p. xvii). This question not only provides the impetus for George W. Burns's latest book 'Happiness, Healing, Enhancement', but raises important questions about the goals of traditional and current therapeutic



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Original articles are published in two categories:

NON-PEER REVIEWED

Articles written for the advanced practitioner on any area of psychotherapy practice, education, topical issues or policy are selected by the editorial team. Articles are expected to be well-written, clearly and logically structured and focus on specific issues of interest to the readership. The Editor of *Psychotherapy in Australia* retains final decision as to which articles are accepted for non peer reviewed publication.

PEER REVIEW

Submissions of manuscripts for the peer-reviewed section are encouraged for all areas of psychotherapy practice, education and research. Articles are accepted after 'blind' review by two independent reviews, nominated by the Peer Review Editor. Reviewers are selected for their expertise in the subject matter or with the research methods of the manuscript. The peer review process results in higher standing for published articles, especially in the academic community. Two broad categories of article meet the requirements for peer review:

- literature reviews that address theoretical or practical issues of relevance to psychotherapy,
- empirical research reports.

Case Studies will be considered either as illustrative components of a literature review or as single case empirical studies.

Literature Reviews pose or seek to answer a question or identify what is known or not known about a topic. The topic is discussed in detail based on, or supported by, the existing literature in the area in question. Literature reviews require unbiased and systematic selection of publications, based on specified selection criteria and use specified search procedures and specified databases and other sources. Analysis of the literature may have a 'narrative' form in which the major themes and findings of the literature are extracted by the author or may use meta-analytic procedures to pool data from separate but related studies. Literature reviews may address either theoretical or empirical questions. Case studies and clinical vignettes may be used to illustrate issues raised by the review (subject to satisfaction of ethical requirements, below)

Empirical Research articles report on data gathered using qualitative or quantitative methods or a combination of the two. Qualitative studies might report on observation, interview or focus group data or content analysis. Authors must be clear about methods used to collect and analyse qualitative data and, where appropriate should cite published references for methods used. Quantitative studies will typically use survey, experimental or quasi-experimental methods and use statistical procedures to evaluate findings. It is important that statistical procedures are clearly described, using language that will be understood by the *Psychotherapy in Australia* readers who are clinicians, and may be unfamiliar with the language of research.

Empirical Studies should contain a brief literature review, a statement of hypotheses or questions to be examined, a description of participant sample, methodology of the study, results and a discussion of the findings including the limitations of the study and recommendations for future research where appropriate. The standard expected is that a reader is able to clearly understand all aspects of the study and (subject to necessary materials and technical expertise) be able to replicate the study. As this journal is read mainly by clinicians cautious discussion regarding any implications of findings for practice should be included.

Pilot studies or multi-case studies articles must demonstrate a clear methodology that indicates how the work was undertaken, participant details and a discussion of the results and findings. A relevant brief literature review should be provided on the current state of knowledge about the topic of interest and questions to be examined. Authors should clearly indicate the limitations relating to sample size and/or study design and be cautious regarding practice implications.

Individual Case Report articles should provide a clinical examination and refer to literature that assists in understanding or exploring the issues raised on the topic/s of interest. Case reports will be considered for the peer-review section only when they illustrate something new or different about psychotherapy: an unusual client presentation; a distinctive therapeutic intervention; or an unusual clinical dilemma or problem. Authors should consider possible ways to further investigate the phenomenon reported and must demonstrate awareness of the limitations to generalisability of single case reports. Case reports may also be considered when presented in the context of a literature review (see above). In these circumstances, authors should make it clear that the purpose of the case report is to illustrate a process or theme identified through consideration of the literature. Case reports have the potential to violate client confidentiality and privacy. Authors of case reports must submit, separate from the manuscript, details of procedures used to protect confidentiality and privacy.

Articles for peer review should be submitted with a covering letter, requesting the peer review process, and a separate title page. To ensure anonymity, the body of the article must not identify the author. Please attach a separate sheet with your name, address, telephone, fax, email and brief 'author notes' describing your relevant background details (approx 20 words). Articles are usually between 3000 to 6000 words in length and **MUST** be submitted as an email attachment or on CD. Please use minimal formatting.

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