Becoming an Effective Psychotherapist: Adopting a Theory of Psychotherapy That's Right for You and Your Client by Derek Truscott

Chapters Examine The Nine Leading Systems Of Psychotherapy, The Rationale Behind Each, And Each System's Inherent Assumptions

This title presents the nine leading systems of psychotherapy, the underlying rationale, approach to treatment, and the seminal theorists for each as well as methods for selecting an appropriate treatment method for any given client. It presents nine major theories of psychotherapy and explains the interventions and applications of each. It contains journal exercises, learning tasks, and case examples at the end of each chapter to assist readers in determining which theory is right for them and their clients. It offers sound, solid scholarship based on evidence.

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My Personal Review:
Written by experienced psychologist Derek Truscott, Becoming an Effective Psychotherapist: Adopting a Theory of Psychotherapy That's Right for You and Your Client lives up to its title by holding to the premise that there is no one, perfectly "right" theory of psychotherapy that fits all patients and situations. Instead, different therapeutic approaches are more effective for individual clients and therapists. Chapters examine the nine leading systems of psychotherapy, the rationale behind each, and each system's inherent assumptions about the relationship between client and therapist, the client's needs, and other critical factors. Terms are defined clearly and cogently, and the advantages and disadvantages of various methods in assorted situations are discussed. An excellent, well-rounded, and unbiased resource, Becoming an Effective Psychotherapist is an absolute "must-have" for college psychotherapy libraries and
enthusiastically recommended reading for professional therapists as well as therapists in training.

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