

Contents

<i>Preface</i>	viii
1 History of Medicine, Methods, and Psychotherapy: Progress and Omissions	1
2 The Contextual Model: Psychotherapy as a Socially Situated Healing Practice	37
3 Contextual Model Versus Medical Model: Choosing a Progressive Research Programme	62
4 Absolute Efficacy: The Benefits of Psychotherapy Established by Meta-Analysis	82
5 Relative Efficacy: The Dodo Bird Still Gets It	114
6 Therapist Effects: An Ignored but Critical Factor	158
7 General Effects: Surviving Challenges and Anticipating Additional Evidence	178
8 Specific Effects: Where Are They?	213
9 Beyond the Debate: Implications of the Research Synthesis for Theory, Policy, and Practice	255
<i>References</i>	279
<i>Index</i>	317



UNIVERSIDAD CES
Un Compromiso con la Excelencia

BIBLIOTECA FUNDADORES