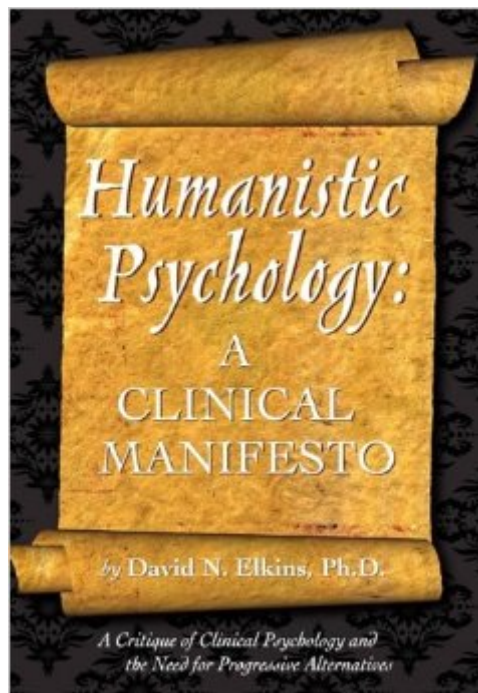


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# Humanistic Psychology: A Clinical Manifesto. A Critique Of Clinical Psychology And The Need For Progressive Alternatives



## Synopsis

Humanistic Psychology: A Clinical Manifesto is destined to impact not only the face of humanistic psychology, but the field of psychotherapy in general. David N. Elkins, a long time leading voice in humanistic psychology, presents a compelling case about what is wrong with contemporary psychotherapy and how, through a re-envisioned humanistic psychology, it needs to change. The book challenges the medical model in psychotherapy and summarizes contemporary analyses and meta-analyses of psychotherapy research that make it clear that "contextual factors" -- not techniques -- are the primary determinants of therapeutic effectiveness. With a foreword written by Natalie Rogers, daughter of Carl Rogers, one of the most influential clinical psychologists of the past century, Elkins is already receiving the praise from many leading figures in the humanistic psychology movement.

## Book Information

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## Customer Reviews

Elkins' book is misnamed, as it shouldn't be limited to psychology. Though "Manifesto" fits well: it describes basic principles that have strong training, practice & political implications. "Manifesto" also points to what's manifest, what's obvious in light of most-recent science. Summarizing the many good meta-analyses of psychotherapy research over the past 15 years or so, Elkins makes several key points. First, psychotherapy is, indeed, proven effective. Second, brief psychotherapy has not been established as always equally effective to longer forms. (See his Chapter 2, "Short-Term, Linear Approaches to Psychotherapy: What We Now Know".) And third, what heals, what "works"

about psychotherapy isn't mostly diagnosis & technique, isn't the medical model & the "manual model" of the so-called "empirically supported treatments" (which, by the way, I often use). Psychotherapy heals through "contextual factors", meaning those factors "common to all therapeutic systems", common to all psychotherapies - cognitive-behavioral, family therapy, psychodynamic therapy and even humanistic therapy. Contextual factors include: the alliance between therapist and client, personal qualities of the therapist, the relationship between client and therapist, client expectations & resources, "a plausible rationale and set of procedures", etc. (See especially, Chapter 3, "Empirically Supported Treatments: The Deconstruction of a Myth".) Much of this has been well-demonstrated, and further demonstrations are continuing. Two key books that extensively, carefully review the psychotherapy research evidence --

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