



# Maximising the Benefits of Psychotherapy: A Practice-based Evidence Approach

*David Green, Gary Latchford*

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*Maximising the Benefits of Psychotherapy* critiques Evidence-Based Practice and describes other approaches to improving the effectiveness of therapy, such as Practice-Based Evidence and the use of client feedback. The authors include a summary of key research findings and an accessible guide to applying these ideas to therapeutic practice.

- Puts forward a critique of existing research claiming that certain psychotherapy programmes are more effective than others in treating specific disorders
- Includes an accessible summary of key research findings, a practical introduction to a practice-based evidence approach, and a series of detailed case studies
- Offers a timely alternative to the prevailing wisdom in the mental health field by challenging the practical logic of the Evidence-Based Practice approach
- Reviews the empirical evidence examining the effects of client feedback on psychotherapy outcomes

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