



# Unifying Psychotherapy: Principles, Methods, and Evidence from Clinical Science

*Jeffrey Magnavita Ph.D. ABPP, Jack Ph.D. Anchin*

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With over 1,000 approaches to psychotherapy, many of which have few substantive differences, how can a therapist know which one will provide the most effective treatment? Unified psychotherapy, a significant new paradigm in the evolution of psychotherapy, is a multicomponent, biopsychosocial systems model that draws from all of the major psychotherapeutic models and is grounded in the belief that a combination of theory and practice, supported by evidence-based research, is the key to effective psychotherapy. This book provides a practice-friendly presentation of the theoretical and evidence-based foundations, principles, and methods of unified therapy.

The book offers clinicians and students a framework they can use to select from a variety of technical interventions based on an understanding of relational principles. It includes specific intervention strategies that can be used with the full spectrum of individuals suffering from psychological disorders and relational disturbances. Unifying Psychotherapy describes a paradigm that is anchored in a holistic biopsychosocial systems model of personality and psychopathology and encompasses four domain levels ranging from microscopic to macroscopic. Detailed assessment and treatment principles consider the interplay between the components of all four levels of the biopsychosocial systems model. Evidence-based interventions that are clearly described along with case illustrations underscore the importance of flexibility as an essential component in using unified psychotherapy. The book also discusses current developments in psychotherapy, clinical science, and the discipline of psychology itself as they pertain to the use of unified therapy.

## **Key Features:**

- Presents a state-of-the-art examination, analysis, and appraisal of unified psychotherapy as the next wave in the evolution of the field
- Details the theoretical and evidence-based foundations, principles, and methods of a specific unified approach to psychotherapy
- Provides an organizing metatheoretical model that draws on all domains to form a unifying framework to guide therapeutic processes and practices
- Describes evidence-based interventions with case examples

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