



# Twenty-First Century Psychotherapies: Contemporary Approaches to Theory and Practice

*Jay L. Lebow*

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"Jay Lebow has done a masterful job in presenting a lucid overview of the leading theories of psychotherapy, strategies of change, and intervention techniques at the forefront of the field. This outstanding volume is a must-read for seasoned clinicians and trainees alike."

—Froma Walsh, Mose & Sylvia Firestone Professor in the School of Social Service Administration, Professor of Psychiatry in the Pritzker School of Medicine, and Codirector of Center for Family Health, The University of Chicago

"This book provides a well-written, up-to-date survey of the theories and practices of psychotherapy that have stood the test of time and seem to be here to stay. A great strength is the chapter authors' inclusion of the evidence for each approach, since Evidence-Based Practice truly is a hallmark of the twenty-first century. This outstanding resource will enable readers to both understand and implement therapy."

—Ronald F. Levant, EdD, ABPP, Dean and Professor of Psychology, University of Akron, and 2005 President, American Psychological Association

"*Twenty-First Century Psychotherapies* offers a remarkably comprehensive, up-to-date, and scholarly examination of the dominant approaches to therapy. Written by leading and articulate experts in each intervention model, this book draws together the most forward-thinking perspectives in individual, group, and couples/family therapy. This will be a treasured reference to novice and experienced clinicians alike, and I expect it to be a much-consulted companion to professionals for many years to come."

—Nadine J. Kaslow, PhD, ABPP, Professor and Chief Psychologist, Emory University School of Medicine at Grady Health System

*Twenty-First Century Psychotherapies* provides thorough coverage of the methods of psychotherapy now held in the highest regard, both for the quality of the research evidence behind them and for their effectiveness with a variety of treatment populations and treatment settings.

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