

# PSD611: Integrative and Pluralistic Approaches to Counselling Psychology

View Online



[1]

J. Gold, 'Anxiety, conflict, and resistance in learning an integrative perspective on psychotherapy.', *Journal of Psychotherapy Integration*, vol. 15, no. 4, pp. 374-383, 2005, doi: 10.1037/1053-0479.15.4.374.

[2]

D. Murphy, Ed., *Counselling psychology: a textbook for study and practice*. Hoboken, New Jersey: The British Psychological Society, 2017 [Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=4908181>

[3]

K. Evans and M. Gilbert, *An introduction to integrative psychotherapy*. Basingstoke: Palgrave Macmillan, 2005 [Online]. Available: <http://www.vlebooks.com/vleweb/product/openreader?id=CityUniLon&isbn=9781137092335>

[4]

S. Palmer and R. Woolfe, *Integrative and eclectic counselling and psychotherapy*. London: SAGE, 2000 [Online]. Available: <https://0-sk-sagepub-com.wam.city.ac.uk/books/integrative-and-eclectic-counselling-and-psychotherapy>

[5]

SCOTT O. LILIENFELD and HAL ARKOWITZ, 'Are All Psychotherapies Created Equal?', *Scientific American Mind*, vol. 23, no. 4, 2012 [Online]. Available:

<https://www.jstor.org/stable/24942252>

[6]

'SEPI: The Integrative Therapist - Piecing together the things that work'. [Online].

Available:

[https://cdn.ymaws.com/www.sepiweb.org/resource/resmgr/Integrative\\_Therapist/Integrative\\_Therapist-v3-1.pdf](https://cdn.ymaws.com/www.sepiweb.org/resource/resmgr/Integrative_Therapist/Integrative_Therapist-v3-1.pdf)

[7]

I. Horton, 'Principles and Practice of a Personal Integration', in *Integrative and eclectic counselling and psychotherapy*, Los Angeles, Calif: SAGE, 2010, pp. 315–328 [Online].

Available:

<http://sk.sagepub.com/books/integrative-and-eclectic-counselling-and-psychotherapy/n18.xml>

[8]

P. Lapworth and C. Sills, *Integration in counselling and psychotherapy: developing a personal approach*, 2nd ed. London: SAGE, 2013.

[9]

A. A. LAZARUS, 'Insight Versus Desensitization in Psychotherapy: An Experiment in Anxiety Reduction', *Psychosomatic Medicine*, vol. 29, no. 1, pp. 96–97, Jan. 1967, doi: 10.1097/00006842-196701000-00017.

[10]

D. Murphy, Ed., *Counselling psychology: a textbook for study and practice*. Hoboken, New Jersey: The British Psychological Society, 2017 [Online]. Available:

<https://ebookcentral.proquest.com/lib/city/detail.action?docID=4908181>

[11]

G. A. Toska, G. J. Neimeyer, J. M. Taylor, A. B. Kavas, and K. G. Rice, 'Epistemology and allegiance: exploring the role of therapists' epistemic commitments on psychotherapy outcomes', *European Journal of Psychotherapy & Counselling*, vol. 12, no. 1, pp. 65–75,

Mar. 2010, doi: 10.1080/13642531003637783.

[12]

Ebook Central, Handbook of psychotherapy integration, Second edition. New York: Oxford University Press, 2005 [Online]. Available:  
<http://ebookcentral.proquest.com/lib/city/detail.action?docID=279761>

[13]

M. Cooper, J. McLeod, and Ebook Central, Pluralistic counselling and psychotherapy. Los Angeles, Calif: SAGE, 2011 [Online]. Available:  
<https://ebookcentral.proquest.com/lib/city/detail.action?docID=743584>

[14]

J. E. Brooks-Harris, Integrative multitheoretical psychotherapy. Boston: Lahaska Press/Houghton Mifflin Co, 2008.

[15]

J. C. Norcross and L. M. Grencavage, 'Eclecticism and integration in counselling and psychotherapy: Major themes and obstacle', British Journal of Guidance & Counselling, vol. 17, no. 3, pp. 227-247, Sep. 1989, doi: 10.1080/03069888908260036.

[16]

SCOTT O. LILIENFELD and HAL ARKOWITZ, 'Are All Psychotherapies Created Equal?', Scientific American Mind, vol. 23, no. 4, 2012 [Online]. Available:  
<https://www.jstor.org/stable/24942252>

[17]

C. Willig, 'Ontological and epistemological reflexivity: A core skill for therapists', Counselling and Psychotherapy Research, Jan. 2019, doi: 10.1002/capr.12204.

[18]

M. Cooper and British Association for Counselling and Psychotherapy, *Essential research findings in counselling and psychotherapy: the facts are friendly*. Los Angeles: SAGE, 2008 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&AN=1099447&authtype=shib&custid=s1089299>

[19]

B. E. Wampold, 'How important are the common factors in psychotherapy? An update', *World Psychiatry*, vol. 14, no. 3, pp. 270–277, Oct. 2015, doi: 10.1002/wps.20238.

[20]

'APA: Recognition of Psychotherapy Effectiveness'. [Online]. Available: <https://www.apa.org/about/policy/resolution-psychotherapy.aspx>

[21]

T. P. Asay and M. J. Lambert, 'The empirical case for the common factors in therapy: Quantitative findings.', in *The heart and soul of change: What works in therapy.*, M. A. Hubble, B. L. Duncan, and S. D. Miller, Eds. Washington: American Psychological Association, 1999, pp. 23–55 [Online]. Available: <http://content.apa.org/books/11132-001>

[22]

J. O. Prochaska and J. C. Norcross, 'Stages of change.', *Psychotherapy: Theory, Research, Practice, Training*, vol. 38, no. 4, pp. 443–448, 2001, doi: 10.1037/0033-3204.38.4.443.

[23]

D. L. Chambless, 'Beware the Dodo Bird: The Dangers of Overgeneralization', *Clinical Psychology: Science and Practice*, vol. 9, no. 1, pp. 13–16, May 2006, doi: 10.1093/clipsy.9.1.13.

[24]

L. Luborsky et al., 'The Researcher's Own Therapy Allegiances: A "Wild Card" in

Comparisons of Treatment Efficacy', *Clinical Psychology: Science and Practice*, vol. 6, no. 1, pp. 95–106, May 2006, doi: 10.1093/clipsy.6.1.95.

[25]

R. Mulder, G. Murray, and J. Rucklidge, 'Common versus specific factors in psychotherapy: opening the black box', *The Lancet Psychiatry*, vol. 4, no. 12, pp. 953–962, Dec. 2017, doi: 10.1016/S2215-0366(17)30100-1.

[26]

A. Roth, P. Fonagy, G. Parry, M. Target, and R. Woods, *What works for whom?: a critical review of psychotherapy research*. New York: Guilford, 1996.

[27]

I. Elkin, 'National Institute of Mental Health Treatment of Depression Collaborative Research Program', *Archives of General Psychiatry*, vol. 46, no. 11, Nov. 1989, doi: 10.1001/archpsyc.1989.01810110013002.

[28]

'The empirical status of empirically supported psychothera... - Google Scholar'. [Online]. Available: [https://scholar.google.co.uk/scholar?hl=en&as\\_sdt=0%2C5&q=The+empirical+status+of+empirically+supported+psychotherapies%3A&btnG=](https://scholar.google.co.uk/scholar?hl=en&as_sdt=0%2C5&q=The+empirical+status+of+empirically+supported+psychotherapies%3A&btnG=)

[29]

B. M. Ogles, T. Anderson, and K. M. Lunnen, 'The contribution of models and techniques to therapeutic efficacy: Contradictions between professional trends and clinical research.', in *The heart & soul of change: what works in therapy*, Washington, DC: American Psychological Association, 1999, pp. 201–225 [Online]. Available: <http://content.apa.org/books/11132-006>

[30]

E. Ward et al., 'Randomised controlled trial of non-directive counselling, cognitive-behaviour therapy, and usual general practitioner care for patients with

depression. I: Clinical effectiveness', *BMJ*, vol. 321, no. 7273, pp. 1383–1388, Dec. 2000, doi: 10.1136/bmj.321.7273.1383.

[31]

J. Siev and D. L. Chambless, 'Specificity of treatment effects: Cognitive therapy and relaxation for generalized anxiety and panic disorders.', *Journal of Consulting and Clinical Psychology*, vol. 75, no. 4, pp. 513–522, 2007, doi: 10.1037/0022-006X.75.4.513.

[32]

N. B. Hansen, M. J. Lambert, and E. M. Forman, 'The Psychotherapy Dose-Response Effect and Its Implications for Treatment Delivery Services', *Clinical Psychology: Science and Practice*, vol. 9, no. 3, pp. 329–343, May 2006, doi: 10.1093/clipsy.9.3.329.

[33]

W. Tschacher, U. M. Junghan, and M. Pfammatter, 'Towards a Taxonomy of Common Factors in Psychotherapy-Results of an Expert Survey', *Clinical Psychology & Psychotherapy*, vol. 21, no. 1, pp. 82–96, Jan. 2014, doi: 10.1002/cpp.1822.

[34]

M. Cooper, J. McLeod, and Ebook Central, *Pluralistic counselling and psychotherapy*. Los Angeles, Calif: SAGE, 2011 [Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=743584>

[35]

Lester Luborsky, 'The Dodo Bird Verdict Is Alive and Well--Mostly', *Clinical psychology (New York, N.Y.)*, vol. 9, no. 1, Feb. 2002.

[36]

D. A. Hope, R. G. Heimberg, and M. A. Bruch, 'Dismantling Cognitive-Behavioral Group Therapy for social phobia', *Behaviour Research and Therapy*, vol. 33, no. 6, pp. 637–650, Jul. 1995, doi: 10.1016/0005-7967(95)00013-N.

[37]

B. E. Wampold, 'How important are the common factors in psychotherapy? An update', *World Psychiatry*, vol. 14, no. 3, pp. 270–277, Oct. 2015, doi: 10.1002/wps.20238.

[38]

N. B. Hansen, M. J. Lambert, and E. M. Forman, 'The Psychotherapy Dose-Response Effect and Its Implications for Treatment Delivery Services', *Clinical Psychology: Science and Practice*, vol. 9, no. 3, pp. 329–343, May 2006, doi: 10.1093/clipsy.9.3.329.

[39]

M. J. Lambert, A. E. Bergin, S. L. Garfield, and Ebook Central, *Bergin and Garfield's handbook of psychotherapy and behavior change*, 6th ed. Hoboken, N.J.: Wiley, 2013 [Online]. Available: <http://city.ebib.com/patron/FullRecord.aspx?p=1162080>

[40]

Ebook Central, *Handbook of psychotherapy integration*, Second edition. New York: Oxford University Press, 2005 [Online]. Available: <http://ebookcentral.proquest.com/lib/city/detail.action?docID=279761>

[41]

'The empirical status of empirically supported psychothera... - Western 2004'. [Online]. Available: [https://scholar.google.co.uk/scholar?hl=en&as\\_sdt=0%2C5&q=The+empirical+s+tatus+of+empirically+supported+psychotherapies%3A&btnG=](https://scholar.google.co.uk/scholar?hl=en&as_sdt=0%2C5&q=The+empirical+s+tatus+of+empirically+supported+psychotherapies%3A&btnG=)

[42]

A. Guy, D. Loewenthal, R. Thomas, and S. Stephenson, 'Scrutinising NICE: The impact of the National Institute for Health and Clinical Excellence Guidelines on the provision of counselling and psychotherapy in primary care in the UK', *Psychodynamic Practice*, vol. 18, no. 1, pp. 25–50, Feb. 2012, doi: 10.1080/14753634.2012.640153.

[43]

Cepeda, Lisa M.. Counseling Psychology Program, Department of Educational Psychology, Texas A&M University, College Station, TX, US, lcepeda@neo.tamu.edu Davenport, Donna S.. Counseling Psychology Program, Department of Educational Psychology, Texas A&M University, College Station, TX, US, 'Person-centered therapy and solution-focused brief therapy: An integration of present and future awareness.', *Psychotherapy*, vol. 43, no. 1, pp. 1-12, 2006 [Online]. Available: <http://0-search.ebscohost.com.wam.city.ac.uk/login.aspx?direct=true&db=pdh&AN=2006-05485-001&site=ehost-live>

[44]

Lampropoulos, Georgios K.. Ball State U, Dept of Counseling Psychology & Guidance Services, Muncie, IN, US, 'Bridging technical eclecticism and theoretical integration: Assimilative integration.', *Journal of Psychotherapy Integration*, vol. 11, no. 1, pp. 5-19, 2001 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&authtype=ip,shib&custid=s1089299&db=pdh&AN=2001-17076-001>

[45]

Ebook Central, Handbook of psychotherapy integration, Second edition. New York: Oxford University Press, 2005 [Online]. Available: <http://ebookcentral.proquest.com/lib/city/detail.action?docID=279761>

[46]

Grumet, Robin. Department of Educational and Counselling Psychology, McGill University, Montreal, PQ, Canada, robin.grumet@mail.mcgill.ca Fitzpatrick, Marilyn. Department of Educational and Counselling Psychology, McGill University, Montreal, PQ, Canada, 'A case for integrating values clarification work into cognitive behavioral therapy for social anxiety disorder.', *Journal of Psychotherapy Integration*, vol. 26, no. 1, pp. 11-21, 2016 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&authtype=ip,shib&custid=s1089299&db=pdh&AN=2016-10268-003>

[47]

Stricker, George (Ed); Gold, Jerry (Ed)., 'Assimilative Psychodynamic Psychotherapy', 2006. [Online]. Available: <http://0-psycnet.apa.org.wam.city.ac.uk/PsycBOOKS/toc/11436>

[48]



John C. Norcross , and Marvin R. Goldfried, Handbook of Psychotherapy Integration (Cognitive-Behavioural Assimilative Integration - Chapter 11). Oxford University Press, 2005 [Online]. Available:  
<https://ebookcentral.proquest.com/lib/city/reader.action?docID=279761&ppg=262>

[49]

A. Sotskova, T. Carey, and B. Mak, 'Applying Goldfried's concept of assimilative psychotherapy integration: The process of synthesizing existential and cognitive behavioral therapy models.', Journal of Psychotherapy Integration, vol. 26, no. 1, pp. 36-48, 2016, doi: 10.1037/a0040040.

[50]

'An Integrative Perspective on the Anxiety Disorders.', A casebook of psychotherapy integration. [Online]. Available:  
<http://0-search.ebscohost.com.wam.city.ac.uk/login.aspx?direct=true&db=pzh&AN=2006-03275-006&site=ehost-live>

[51]

G. Stricker, J. R. Gold, and PsycBOOKS., A casebook of psychotherapy integration, 1st ed. Washington DC: American Psychological Association, 2006 [Online]. Available:  
<https://search.ebscohost.com/direct.asp?db=pzh&jid=200603275&scope=site&authtype=ip,shib&custid=s1089299>

[52]

Safran Jeremy D., Messer Stanley B., 'Psychotherapy Integration: A Postmodern Critique', Clinical Psychology: Science and Practice, vol. 4, no. 2, pp. 140-152, 2006, doi: 10.1111/j.1468-2850.1997.tb00106.x.

[53]

B. E. Wampold, 'How important are the common factors in psychotherapy? An update', World Psychiatry, vol. 14, no. 3, pp. 270-277, Oct. 2015, doi: 10.1002/wps.20238.

[54]

'Multimodal Therapy: A Seven-Point Integration.', in A casebook of psychotherapy integration, 1st ed., Washington DC: American Psychological Association, 2006 [Online]. Available:  
<http://0-search.ebscohost.com.wam.city.ac.uk/direct.asp?db=pzh&jid=200603275&scope=site>

[55]

G. Stricker, J. R. Gold, and PsycBOOKS., A casebook of psychotherapy integration, 1st ed. Washington DC: American Psychological Association, 2006 [Online]. Available:  
<https://search.ebscohost.com/direct.asp?db=pzh&jid=200603275&scope=site&authtype=ip,shib&custid=s1089299>

[56]

G. Egan and G. Egan, The skilled helper: a client-centred approach, Second edition. Australia: Cengage, 2018.

[57]

S. Palmer and R. Woolfe, Integrative and eclectic counselling and psychotherapy. London: SAGE, 2000 [Online]. Available:  
<https://0-sk-sagepub-com.wam.city.ac.uk/books/integrative-and-eclectic-counselling-and-psychotherapy>

[58]

A. Ryle and I. B. Kerr, Introducing cognitive analytic therapy: principles and practice of a relational approach to mental health, Second edition. Hoboken, NJ: Wiley, 2020 [Online]. Available:  
<https://go.openathens.net/redirector/city.ac.uk?url=https://onlinelibrary.wiley.com/doi/book/10.1002/9781119375210>

[59]

Stricker, George (Ed); Gold, Jerry (Ed)., 'Assimilative Psychodynamic Psychotherapy', 2006. [Online]. Available: <http://0-psycnet.apa.org.wam.city.ac.uk/PsycBOOKS/toc/11436>

[60]

M. Cooper and J. McLeod, 'A pluralistic framework for counselling and psychotherapy: Implications for research', *Counselling and Psychotherapy Research*, vol. 7, no. 3, pp. 135-143, Sep. 2007, doi: 10.1080/14733140701566282.

[61]

Lampropoulos, Georgios K.. Ball State U, Dept of Counseling Psychology & Guidance Services, Muncie, IN, US, 'Bridging technical eclecticism and theoretical integration: Assimilative integration.', *Journal of Psychotherapy Integration*, vol. 11, no. 1, pp. 5-19, 2001 [Online]. Available:  
<https://search.ebscohost.com/login.aspx?direct=true&authtype=ip,shib&custid=s1089299&db=pdh&AN=2001-17076-001>

[62]

'Person-centered therapy: A pluralistic perspective.', *Person-Centered & Experiential Psychotherapies*, 2011 [Online]. Available:  
<https://search.ebscohost.com/login.aspx?direct=true&authtype=ip,shib&custid=s1089299&db=asn&AN=63594205>

[63]

Safran Jeremy D., Messer Stanley B., 'Psychotherapy Integration: A Postmodern Critique', *Clinical Psychology: Science and Practice*, vol. 4, no. 2, pp. 140-152, 2006, doi: 10.1111/j.1468-2850.1997.tb00106.x.

[64]

M. Cooper, J. McLeod, and Ebook Central, *Pluralistic counselling and psychotherapy*. Los Angeles, Calif: SAGE, 2011 [Online]. Available:  
<https://ebookcentral.proquest.com/lib/city/detail.action?docID=743584>

[65]

P. Lapworth and C. Sills, *Integration in counselling and psychotherapy: developing a personal approach*, 2nd ed. London: SAGE, 2013.

[66]

M. Cooper and J. McLeod, 'A pluralistic framework for counselling and psychotherapy: Implications for research', *Counselling and Psychotherapy Research*, vol. 7, no. 3, pp. 135-143, Sep. 2007, doi: 10.1080/14733140701566282.

[67]

A. Faris and E. van Ooijen, *Integrative counselling & psychotherapy: a relational approach*. Los Angeles: SAGE, 2012 [Online]. Available: <https://go.openathens.net/redirector/city.ac.uk?url=https%3A%2F%2Fsk.sagepub.com%2Fbooks%2Fintegrative-counselling-and-psychotherapy>

[68]

J. E. Brooks-Harris, *Integrative multitheoretical psychotherapy*. Boston: Lahaska Press/Houghton Mifflin Co, 2008.

[69]

P. Lapworth, S. Fish, C. Sills, and Ebook Central, *Integration in counselling and psychotherapy: developing a personal approach*. London: SAGE Publications, 2001 [Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=355061>

[70]

M. Cooper and J. McLeod, *Pluralistic counselling and psychotherapy*. Los Angeles, Calif: SAGE, 2011 [Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=743584>

[71]

A. Faris and E. van Ooijen, *Integrative counselling & psychotherapy: a relational approach*. Los Angeles: SAGE, 2012 [Online]. Available: <https://go.openathens.net/redirector/city.ac.uk?url=https%3A%2F%2Fsk.sagepub.com%2Fbooks%2Fintegrative-counselling-and-psychotherapy>

[72]

M. Milton and Wiley InterScience (Online service), *Therapy and beyond: counselling*

psychology contributions to therapeutic and social issues. Chichester, West Sussex: Wiley-Blackwell, 2010 [Online]. Available: <https://go.openathens.net/redirector/city.ac.uk?url=https://onlinelibrary.wiley.com/doi/book/10.1002/9780470667279>

[73]

S. Palmer and R. Woolfe, Integrative and eclectic counselling and psychotherapy chapter 2 Hollanders. London: SAGE, 2000 [Online]. Available: <http://0-sk.sagepub.com.wam.city.ac.uk/books/integrative-and-eclectic-counselling-and-psychotherapy>

[74]

K. J. Gergen, 'The coming of creative confluence in therapeutic practice.', *Psychotherapy: Theory, Research, Practice, Training*, vol. 37, no. 4, pp. 364–369, 2000, doi: 10.1037/0033-3204.37.4.364.

[75]

K. Evans and M. Gilbert, *An introduction to integrative psychotherapy*. Basingstoke: Palgrave Macmillan, 2005 [Online]. Available: <http://www.vlebooks.com/vleweb/product/openreader?id=CityUniLon&isbn=9781137092335>

[76]

Safran Jeremy D., Messer Stanley B., 'Psychotherapy Integration: A Postmodern Critique', *Clinical Psychology: Science and Practice*, vol. 4, no. 2, pp. 140–152, 2006, doi: 10.1111/j.1468-2850.1997.tb00106.x.

[77]

S. Perren, M. Godfrey, and N. Rowland, 'The long-term effects of counselling: The process and mechanisms that contribute to ongoing change from a user perspective', *Counselling and Psychotherapy Research*, vol. 9, no. 4, pp. 241–249, Dec. 2009, doi: 10.1080/14733140903150745.

[78]

D. E. Orlinsky, M. H. Rønnestad, H. Ambühl, Society for Psychotherapy Research. Collaborative Research Network, and APA PsycBOOKS., *How psychotherapists develop: a study of therapeutic work and professional growth*, 1st ed. Washington, DC: American Psychological Association, 2005 [Online]. Available: <http://0-search.ebscohost.com.wam.city.ac.uk/direct.asp?db=pzh&jid=200504442&mp;scope=site>

[79]

S. Palmer and R. Woolfe, *Integrative and eclectic counselling and psychotherapy chapter 2* Hollanders. London: SAGE, 2000 [Online]. Available: <http://0-sk.sagepub.com.wam.city.ac.uk/books/integrative-and-eclectic-counselling-and-psychotherapy>

[80]

House, Richard1, 'Pluralistic, post-professional, postmodern? A debate whose time has come.', *Therapy Today*, vol. 22, no. Issue 1, pp. 38–40, 2011 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&authtype=ip,shib&custid=s1089299&db=asn&AN=59224725>

[81]

C. E. Hill, *Helping skills: facilitating exploration, insight, and action*, Fourth edition. Washington, D.C.: American Psychological Association, 2014.

[82]

M. H. Ronnestad and T. M. Skovholt, 'The Journey of the Counselor and Therapist: Research Findings and Perspectives on Professional Development', *Journal of Career Development*, vol. 30, no. 1, pp. 5–44, Jan. 2003, doi: 10.1177/089484530303000102.

[83]

S. Palmer and R. Woolfe, *Integrative and eclectic counselling and psychotherapy*. Los Angeles, Calif: SAGE, 2010.

[84]

P. Lapworth, S. Fish, C. Sills, and Ebook Central, Integration in counselling and psychotherapy: developing a personal approach. London: SAGE Publications, 2001 [Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=355061>

[85]

'Personal therapeutic approach: Concept and implications.', Journal of Psychotherapy Integration, 2017 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&authtype=ip,shib&custid=s1089299&db=pdh&AN=2017-12458-001>

[86]

P. Lapworth and C. Sills, Integration in counselling and psychotherapy: developing a personal approach, 2nd ed. London: SAGE, 2013.

[87]

Andrew R. Arthur, 'Personality, epistemology and psychotherapists' choice of theoretical model: a review and analysis', European Journal of Psychotherapy & Counselling, vol. 4, no. 1, pp. 45-64, doi: 10.1080/13642530110040082.

[88]

L. Johnstone, R. Dallos, and Taylor & Francis, Formulation in psychology and psychotherapy: making sense of people's problems, 2nd ed. Hove, East Sussex [England]: Routledge, 2014 [Online]. Available: <https://www.taylorfrancis.com/start-session?idp=https://eresources.city.ac.uk/oala/metadata&redirectUri=https://www.taylorfrancis.com/books/9780203380574>

[89]

'Good Practice Guidelines for Psychological Formulation - DCP'. 2011 [Online]. Available: <http://www.sisdca.it/public/pdf/DCP-Guidelines-for-Formulation-2011.pdf>

[90]

P. Lapworth, S. Fish, C. Sills, and Ebook Central, Integration in counselling and

psychotherapy: developing a personal approach. London: SAGE Publications, 2001  
[Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=355061>

[91]

'HCPC Standards of proficiency - Practitioner psychologists |'. [Online]. Available:  
<https://www.hcpc-uk.org/resources/standards/standards-of-proficiency-practitioner-psychologists/>

[92]

Andrew R. Arthur, 'Personality, epistemology and psychotherapists' choice of theoretical model: a review and analysis', *European Journal of Psychotherapy & Counselling*, vol. 4, no. 1, pp. 45-64, doi: 10.1080/13642530110040082.

[93]

'Good Practice Guidelines for Psychological Formulation - BPS'. [Online]. Available:  
<https://www1.bps.org.uk/system/files/Public%20files/DCP/cat-842.pdf>

[94]

M. Cooper, J. McLeod, and Ebook Central, *Pluralistic counselling and psychotherapy*. Los Angeles, Calif: SAGE, 2011 [Online]. Available:  
<https://ebookcentral.proquest.com/lib/city/detail.action?docID=743584>

[95]

J. T. Hansen, 'Counseling Theories Within a Postmodernist Epistemology: New Roles for Theories in Counseling Practice', *Journal of Counseling & Development*, vol. 84, no. 3, pp. 291-297, Jul. 2006, doi: 10.1002/j.1556-6678.2006.tb00408.x.

[96]

I. Elkin, J. Yamaguchi, D. Arnkoff, C. Glass, S. Sotsky, and J. Krupnick, "'Patient-Treatment Fit" and Early Engagement in Therapy', *Psychotherapy Research*, vol. 9, no. 4, pp. 437-451, Jan. 1999, doi: 10.1080/10503309912331332851.



[97]

D. Green, G. Latchford, and Wiley InterScience (Online service), Maximising the benefits of psychotherapy: a practice-based evidence approach. Chichester, West Sussex, UK: John Wiley & Sons Inc, 2012 [Online]. Available: <https://go.openathens.net/redirector/city.ac.uk?url=https://onlinelibrary.wiley.com/doi/book/10.1002/9781119967590>

[98]

S. Lappan, Z. Shamoon, and A. Blow, 'The importance of adoption of formal client feedback in therapy: a narrative review', *Journal of Family Therapy*, vol. 40, no. 4, pp. 466-488, Nov. 2018, doi: 10.1111/1467-6427.12183.

[99]

'International Integrative Psychotherapy Association (IIPA)'. [Online]. Available: <https://integrativeassociation.com/>

[100]

'Society for the Exploration of Psychotherapy Integration'. [Online]. Available: <http://www.sepiweb.org/>

[101]

'Psychotherapy Research'.

[102]

'International Journal of Integrative Psychotherapy' [Online]. Available: <http://www.integrative-journal.com/index.php/ijip>

[103]

'Journal of Psychotherapy Integration' [Online]. Available: <http://0-web.a.ebscohost.com.wam.city.ac.uk/ehost/command/detail?vid=0&sid=f1aa5186>

-724a-4111-8dfb-8f56848c570e%40sessionmgr4010&bdata=JnNpdGU9ZWZWhvc3QtbGl2ZQ%3d%3d#jid=INT&db=pdh

[104]

'Journal - The United Kingdom Association for Psychotherapy Integration' [Online]. Available: <http://www.ukapi.com/journal/>

[105]

E. Jones-Smith, Theories of counseling and psychotherapy: an integrative approach, Second edition. Los Angeles: SAGE, 2016.

[106]

'Integrative Psychotherapy: Constructing your own integrative approach (Ch 19 "Theories of Counselling and Psychotherapy" Jones-Smith'. [Online]. Available: <http://www.sisdca.it/public/pdf/Integrative-Psychotherapy.pdf>

[107]

G. Stricker, J. R. Gold, and PsycBOOKS., A casebook of psychotherapy integration, 1st ed. Washington DC: American Psychological Association, 2006 [Online]. Available: <https://search.ebscohost.com/direct.asp?db=pzh&jid=200603275&scope=site&authtype=ip,shib&custid=s1089299>

[108]

P. Lapworth and C. Sills, Integration in counselling and psychotherapy: developing a personal approach, 2nd ed. London: SAGE, 2013.

[109]

S. Palmer, R. Woolfe, and SAGE Knowledge EBA., Integrative and eclectic counselling and psychotherapy. London: SAGE, 2000 [Online]. Available: <http://0-sk.sagepub.com.wam.city.ac.uk/books/integrative-and-eclectic-counselling-and-psychotherapy>

[110]

M. Gilbert, M. Gilbert, and V. Orlans, *Integrative therapy: 100 key points and techniques*. Hove [England]: Routledge, 2011 [Online]. Available: <https://ebookcentral.proquest.com/lib/city/detail.action?docID=667828>

[111]

M. Cooper and J. McLeod, *Pluralistic counselling and psychotherapy*. Los Angeles, Calif: SAGE, 2011.

[112]

A. Faris, E. van Ooijen, and SAGE Knowledge EBA., *Integrative counselling & psychotherapy: a relational approach*. Los Angeles: SAGE, 2012 [Online]. Available: <http://0-sk.sagepub.com.wam.city.ac.uk/books/integrative-counselling-and-psychotherapy>

[113]

M. Milton, Wiley InterScience (Online service), and Wiley Online Library EBS., *Therapy and beyond: counselling psychology contributions to therapeutic and social issues*. Chichester, West Sussex: Wiley-Blackwell, 2010 [Online]. Available: <http://0-onlinelibrary.wiley.com.wam.city.ac.uk/book/10.1002/9780470667279>

[114]

K. Evans and M. Gilbert, *An introduction to integrative psychotherapy*. Basingstoke: Palgrave Macmillan, 2005 [Online]. Available: <http://www.vlebooks.com/vleweb/product/openreader?id=CityUniLon&isbn=9781137092335>

[115]

Zarbo, Cristina, 'Integrative Psychotherapy Works', *Frontiers in Psychology*, vol. 6, 2016, doi: 10.3389/fpsyg.2015.02021.

[116]

T. Rihacek and J. Roubal, 'Personal therapeutic approach: Concept and implications.', *Journal of Psychotherapy Integration*, vol. 27, no. 4, pp. 548–560, Dec. 2017, doi: 10.1037/int0000082.

[117]

Ebook Central, *Handbook of psychotherapy integration*, Second edition. New York: Oxford University Press, 2005 [Online]. Available: <http://ebookcentral.proquest.com/lib/city/detail.action?docID=279761>

[118]

J. C. Norcross, C. P. Karpiak, and K. M. Lister, 'What's an integrationist? A study of self-identified integrative and (occasionally) eclectic psychologists', *Journal of Clinical Psychology*, vol. 61, no. 12, pp. 1587–1594, Dec. 2005, doi: 10.1002/jclp.20203.

[119]

P. Lapworth and C. Sills, *Integration in counselling and psychotherapy: developing a personal approach*, 2nd ed. London: SAGE, 2013.

[120]

L. Johnstone, R. Dallos, and Taylor & Francis, *Formulation in psychology and psychotherapy: making sense of people's problems*, 2nd ed. Hove, East Sussex [England]: Routledge, 2014 [Online]. Available: <https://www.taylorfrancis.com/start-session?idp=https://eresources.city.ac.uk/oala/metadata&redirectUri=https://www.taylorfrancis.com/books/9780203380574>

[121]

'Good Practice Guidelines for Psychological Formulation - BPS'. [Online]. Available: <https://www1.bps.org.uk/system/files/Public%20files/DCP/cat-842.pdf>