

PSD611: Integrative and Pluralistic Approaches to Counselling Psychology

[View Online](#)



1.

Gold, J.: Anxiety, conflict, and resistance in learning an integrative perspective on psychotherapy. *Journal of Psychotherapy Integration*. 15, 374–383 (2005).
<https://doi.org/10.1037/1053-0479.15.4.374>.

2.

Murphy, D. ed: *Counselling psychology: a textbook for study and practice*. The British Psychological Society, Hoboken, New Jersey (2017).

3.

Evans, K., Gilbert, M.: *An introduction to integrative psychotherapy*. Palgrave Macmillan, Basingstoke (2005).

4.

Palmer, S., Woolfe, R.: *Integrative and eclectic counselling and psychotherapy*. SAGE, London (2000).

5.

SCOTT O. LILIENFELD and HAL ARKOWITZ: Are All Psychotherapies Created Equal? *Scientific American Mind*. 23, (2012).

6.

SEPI: The Integrative Therapist - Piecing together the things that work,
https://cdn.ymaws.com/www.sepiweb.org/resource/resmgr/Integrative_Therapist/Integrative_Therapist-v3-1.pdf.

7.

Horton, I.: Principles and Practice of a Personal Integration. In: Integrative and eclectic counselling and psychotherapy. pp. 315–328. SAGE, Los Angeles, Calif (2010).
<https://doi.org/10.4135/9781446280409.n18>.

8.

Lapworth, P., Sills, C.: Integration in counselling and psychotherapy: developing a personal approach. SAGE, London (2013).

9.

LAZARUS, A.A.: Insight Versus Desensitization in Psychotherapy: An Experiment in Anxiety Reduction. Psychosomatic Medicine. 29, 96–97 (1967).
<https://doi.org/10.1097/00006842-196701000-00017>.

10.

Murphy, D. ed: Counselling psychology: a textbook for study and practice. The British Psychological Society, Hoboken, New Jersey (2017).

11.

Toska, G.A., Neimeyer, G.J., Taylor, J.M., Kavas, A.B., Rice, K.G.: Epistemology and allegiance: exploring the role of therapists' epistemic commitments on psychotherapy outcomes. European Journal of Psychotherapy & Counselling. 12, 65–75 (2010).
<https://doi.org/10.1080/13642531003637783>.

12.

Ebook Central: Handbook of psychotherapy integration. Oxford University Press, New York (2005).

13.

Cooper, M., McLeod, J., Ebook Central: Pluralistic counselling and psychotherapy. SAGE, Los Angeles, Calif (2011).

14.

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

15.

Norcross, J.C., Grenavage, L.M.: Eclecticism and integration in counselling and psychotherapy: Major themes and obstacle. British Journal of Guidance & Counselling. 17, 227-247 (1989). <https://doi.org/10.1080/03069888908260036>.

16.

SCOTT O. LILIENFELD and HAL ARKOWITZ: Are All Psychotherapies Created Equal? Scientific American Mind. 23, (2012).

17.

Willig, C.: Ontological and epistemological reflexivity: A core skill for therapists. Counselling and Psychotherapy Research. (2019). <https://doi.org/10.1002/capr.12204>.

18.

Cooper, M., British Association for Counselling and Psychotherapy: Essential research findings in counselling and psychotherapy: the facts are friendly. SAGE, Los Angeles (2008).

19.

Wampold, B.E.: How important are the common factors in psychotherapy? An update. World Psychiatry. 14, 270-277 (2015). <https://doi.org/10.1002/wps.20238>.

20.

APA: Recognition of Psychotherapy Effectiveness,
<https://www.apa.org/about/policy/resolution-psychotherapy.aspx>.

21.

Asay, T.P., Lambert, M.J.: The empirical case for the common factors in therapy: Quantitative findings. In: Hubble, M.A., Duncan, B.L., and Miller, S.D. (eds.) *The heart and soul of change: What works in therapy*. pp. 23–55. American Psychological Association, Washington (1999). <https://doi.org/10.1037/11132-001>.

22.

Prochaska, J.O., Norcross, J.C.: Stages of change. *Psychotherapy: Theory, Research, Practice, Training*. 38, 443–448 (2001). <https://doi.org/10.1037/0033-3204.38.4.443>.

23.

Chambless, D.L.: Beware the Dodo Bird: The Dangers of Overgeneralization. *Clinical Psychology: Science and Practice*. 9, 13–16 (2006). <https://doi.org/10.1093/clipsy.9.1.13>.

24.

Luborsky, L., Diguer, L., Seligman, D.A., Rosenthal, R., Krause, E.D., Johnson, S., Halperin, G., Bishop, M., Berman, J.S., Schweizer, E.: The Researcher's Own Therapy Allegiances: A "Wild Card" in Comparisons of Treatment Efficacy. *Clinical Psychology: Science and Practice*. 6, 95–106 (2006). <https://doi.org/10.1093/clipsy.6.1.95>.

25.

Mulder, R., Murray, G., Rucklidge, J.: Common versus specific factors in psychotherapy: opening the black box. *The Lancet Psychiatry*. 4, 953–962 (2017). [https://doi.org/10.1016/S2215-0366\(17\)30100-1](https://doi.org/10.1016/S2215-0366(17)30100-1).

26.

Roth, A., Fonagy, P., Parry, G., Target, M., Woods, R.: What works for whom?: a critical

review of psychotherapy research. Guilford, New York (1996).

27.

Elkin, I.: National Institute of Mental Health Treatment of Depression Collaborative Research Program. *Archives of General Psychiatry*. 46, (1989).
<https://doi.org/10.1001/archpsyc.1989.01810110013002>.

28.

The empirical status of empirically supported psychothera... - Google Scholar,
https://scholar.google.co.uk/scholar?hl=en&as_sdt=0%2C5&q=The+empirical+status+of+empirically+supported+psychotherapies%3A&btnG=.

29.

Ogles, B.M., Anderson, T., Lunnen, K.M.: 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. pp. 201-225. American Psychological Association, Washington, DC (1999). <https://doi.org/10.1037/11132-006>.

30.

Ward, E., King, M., Lloyd, M., Bower, P., Sibbald, B., Farrelly, S., Gabbay, M., Tarrier, N., Addington-Hall, J.: Randomised controlled trial of non-directive counselling, cognitive-behaviour therapy, and usual general practitioner care for patients with depression. I: Clinical effectiveness. *BMJ*. 321, 1383-1388 (2000).
<https://doi.org/10.1136/bmj.321.7273.1383>.

31.

Siev, J., Chambless, D.L.: Specificity of treatment effects: Cognitive therapy and relaxation for generalized anxiety and panic disorders. *Journal of Consulting and Clinical Psychology*. 75, 513-522 (2007). <https://doi.org/10.1037/0022-006X.75.4.513>.

32.

Hansen, N.B., Lambert, M.J., Forman, E.M.: The Psychotherapy Dose-Response Effect and Its Implications for Treatment Delivery Services. *Clinical Psychology: Science and Practice*.

9, 329–343 (2006). <https://doi.org/10.1093/clipsy.9.3.329>.

33.

Tschacher, W., Junghan, U.M., Pfammatter, M.: Towards a Taxonomy of Common Factors in Psychotherapy-Results of an Expert Survey. *Clinical Psychology & Psychotherapy*. 21, 82–96 (2014). <https://doi.org/10.1002/cpp.1822>.

34.

Cooper, M., McLeod, J., Ebook Central: Pluralistic counselling and psychotherapy. SAGE, Los Angeles, Calif (2011).

35.

Lester Luborsky: The Dodo Bird Verdict Is Alive and Well--Mostly. *Clinical psychology* (New York, N.Y.). 9, (2002).

36.

Hope, D.A., Heimberg, R.G., Bruch, M.A.: Dismantling Cognitive-Behavioral Group Therapy for social phobia. *Behaviour Research and Therapy*. 33, 637–650 (1995).
[https://doi.org/10.1016/0005-7967\(95\)00013-N](https://doi.org/10.1016/0005-7967(95)00013-N).

37.

Wampold, B.E.: How important are the common factors in psychotherapy? An update. *World Psychiatry*. 14, 270–277 (2015). <https://doi.org/10.1002/wps.20238>.

38.

Hansen, N.B., Lambert, M.J., Forman, E.M.: The Psychotherapy Dose-Response Effect and Its Implications for Treatment Delivery Services. *Clinical Psychology: Science and Practice*. 9, 329–343 (2006). <https://doi.org/10.1093/clipsy.9.3.329>.

39.

Lambert, M.J., Bergin, A.E., Garfield, S.L., Ebook Central: Bergin and Garfield's handbook of psychotherapy and behavior change. Wiley, Hoboken, N.J. (2013).

40.

Ebook Central: Handbook of psychotherapy integration. Oxford University Press, New York (2005).

41.

The empirical status of empirically supported psychothera... - Western 2004,
https://scholar.google.co.uk/scholar?hl=en&as_sdt=0%2C5&q=The+empirical+status+of+empirically+supported+psychotherapies%3A&btnG=.

42.

Guy, A., Loewenthal, D., Thomas, R., Stephenson, S.: 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*. 18, 25-50 (2012). <https://doi.org/10.1080/14753634.2012.640153>.

43.

Cepeda, Lisa M.. Counseling Psychology Program, Department of Educational Psychology, Texas A&M University, College Station, TX, US, Icepeda@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*. 43, 1-12 (2006).

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*. 11, 5-19 (2001).

45.

Ebook Central: Handbook of psychotherapy integration. Oxford University Press, New York

(2005).

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*. 26, 11-21 (2016).

47.

Stricker, George (Ed); Gold, Jerry (Ed).: Assimilative Psychodynamic Psychotherapy, <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).

49.

Sotskova, A., Carey, T., Mak, B.: Applying Goldfried's concept of assimilative psychotherapy integration: The process of synthesizing existential and cognitive behavioral therapy models. *Journal of Psychotherapy Integration*. 26, 36-48 (2016). <https://doi.org/10.1037/a0040040>.

50.

An Integrative Perspective on the Anxiety Disorders. A casebook of psychotherapy integration.

51.

Stricker, G., Gold, J.R., PsycBOOKS.: A casebook of psychotherapy integration. American Psychological Association, Washington DC (2006).

52.

Safran Jeremy D., Messer Stanley B.: Psychotherapy Integration: A Postmodern Critique. Clinical Psychology: Science and Practice. 4, 140–152 (2006).
<https://doi.org/10.1111/j.1468-2850.1997.tb00106.x>.

53.

Wampold, B.E.: How important are the common factors in psychotherapy? An update. World Psychiatry. 14, 270–277 (2015). <https://doi.org/10.1002/wps.20238>.

54.

Multimodal Therapy: A Seven-Point Integration. In: A casebook of psychotherapy integration. American Psychological Association, Washington DC (2006).

55.

Stricker, G., Gold, J.R., PsycBOOKS.: A casebook of psychotherapy integration. American Psychological Association, Washington DC (2006).

56.

Egan, G., Egan, G.: The skilled helper: a client-centred approach. Cengage, Australia (2018).

57.

Palmer, S., Woolfe, R.: Integrative and eclectic counselling and psychotherapy. SAGE, London (2000).

58.

Ryle, A., Kerr, I.B.: Introducing cognitive analytic therapy: principles and practice of a relational approach to mental health. Wiley, Hoboken, NJ (2020).

59.

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

60.

Cooper, M., McLeod, J.: A pluralistic framework for counselling and psychotherapy:
Implications for research. *Counselling and Psychotherapy Research*. 7, 135–143 (2007).
<https://doi.org/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*. 11, 5–19 (2001).

62.

Person-centered therapy: A pluralistic perspective. *Person-Centered & Experiential Psychotherapies*. (2011).

63.

Safran Jeremy D., Messer Stanley B.: Psychotherapy Integration: A Postmodern Critique.
Clinical Psychology: Science and Practice. 4, 140–152 (2006).
<https://doi.org/10.1111/j.1468-2850.1997.tb00106.x>.

64.

Cooper, M., McLeod, J., Ebook Central: Pluralistic counselling and psychotherapy. SAGE, Los Angeles, Calif (2011).

65.

Lapworth, P., Sills, C.: Integration in counselling and psychotherapy: developing a personal approach. SAGE, London (2013).

66.

Cooper, M., McLeod, J.: A pluralistic framework for counselling and psychotherapy: Implications for research. *Counselling and Psychotherapy Research*. 7, 135–143 (2007). <https://doi.org/10.1080/14733140701566282>.

67.

Faris, A., Ooijen, E. van: *Integrative counselling & psychotherapy: a relational approach*. SAGE, Los Angeles (2012).

68.

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

69.

Lapworth, P., Fish, S., Sills, C., Ebook Central: *Integration in counselling and psychotherapy: developing a personal approach*. SAGE Publications, London (2001).

70.

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

71.

Faris, A., Ooijen, E. van: *Integrative counselling & psychotherapy: a relational approach*. SAGE, Los Angeles (2012).

72.

Milton, M., Wiley InterScience (Online service): *Therapy and beyond: counselling psychology contributions to therapeutic and social issues*. Wiley-Blackwell, Chichester, West Sussex (2010).

73.

Palmer, S., Woolfe, R.: Integrative and eclectic counselling and psychotherapy chapter 2
Hollanders. SAGE, London (2000).

74.

Gergen, K.J.: The coming of creative confluence in therapeutic practice. *Psychotherapy: Theory, Research, Practice, Training.* 37, 364–369 (2000).
<https://doi.org/10.1037/0033-3204.37.4.364>.

75.

Evans, K., Gilbert, M.: An introduction to integrative psychotherapy. Palgrave Macmillan, Basingstoke (2005).

76.

Safran Jeremy D., Messer Stanley B.: Psychotherapy Integration: A Postmodern Critique. *Clinical Psychology: Science and Practice.* 4, 140–152 (2006).
<https://doi.org/10.1111/j.1468-2850.1997.tb00106.x>.

77.

Perren, S., Godfrey, M., Rowland, N.: The long-term effects of counselling: The process and mechanisms that contribute to ongoing change from a user perspective. *Counselling and Psychotherapy Research.* 9, 241–249 (2009). <https://doi.org/10.1080/14733140903150745>.

78.

Orlinsky, D.E., Rønnestad, M.H., Ambühl, H., Society for Psychotherapy Research. Collaborative Research Network, APA PsycBOOKS.: How psychotherapists develop: a study of therapeutic work and professional growth. American Psychological Association, Washington, DC (2005).

79.

Palmer, S., Woolfe, R.: Integrative and eclectic counselling and psychotherapy chapter 2
Hollanders. SAGE, London (2000).

80.

House, Richard1: Pluralistic, post-professional, postmodern? A debate whose time has come. *Therapy Today*. 22, 38-40 (2011).

81.

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

82.

Ronnestad, M.H., Skovholt, T.M.: *The Journey of the Counselor and Therapist: Research Findings and Perspectives on Professional Development*. *Journal of Career Development*. 30, 5-44 (2003). <https://doi.org/10.1177/089484530303000102>.

83.

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

84.

Lapworth, P., Fish, S., Sills, C., Ebook Central: *Integration in counselling and psychotherapy: developing a personal approach*. SAGE Publications, London (2001).

85.

Personal therapeutic approach: Concept and implications. *Journal of Psychotherapy Integration*. (2017).

86.

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

87.

Andrew R. Arthur: Personality, epistemology and psychotherapists' choice of theoretical model: a review and analysis. European Journal of Psychotherapy & Counselling. 4, 45–64.
<https://doi.org/10.1080/13642530110040082>.

88.

Johnstone, L., Dallos, R., Taylor & Francis: Formulation in psychology and psychotherapy: making sense of people's problems. Routledge, Hove, East Sussex [England] (2014).

89.

Good Practice Guidelines for Psychological Formulation - DCP,
<http://www.sisdca.it/public/pdf/DCP-Guidelines-for-Formulation-2011.pdf>, (2011).

90.

Lapworth, P., Fish, S., Sills, C., Ebook Central: Integration in counselling and psychotherapy: developing a personal approach. SAGE Publications, London (2001).

91.

HCPC Standards of proficiency - Practitioner psychologists |,
<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. 4, 45–64.
<https://doi.org/10.1080/13642530110040082>.

93.

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

94.

Cooper, M., McLeod, J., Ebook Central: Pluralistic counselling and psychotherapy. SAGE, Los Angeles, Calif (2011).

95.

Hansen, J.T.: Counseling Theories Within a Postmodernist Epistemology: New Roles for Theories in Counseling Practice. *Journal of Counseling & Development*. 84, 291–297 (2006). <https://doi.org/10.1002/j.1556-6678.2006.tb00408.x>.

96.

Elkin, I., Yamaguchi, J., Arnkoff, D., Glass, C., Sotsky, S., Krupnick, J.: "Patient-Treatment Fit" and Early Engagement in Therapy. *Psychotherapy Research*. 9, 437–451 (1999). <https://doi.org/10.1080/10503309912331332851>.

97.

Green, D., Latchford, G., Wiley InterScience (Online service): Maximising the benefits of psychotherapy: a practice-based evidence approach. John Wiley & Sons Inc, Chichester, West Sussex, UK (2012).

98.

Lappan, S., Shamoon, Z., Blow, A.: The importance of adoption of formal client feedback in therapy: a narrative review. *Journal of Family Therapy*. 40, 466–488 (2018). <https://doi.org/10.1111/1467-6427.12183>.

99.

International Integrative Psychotherapy Association (IIPA),
<https://integrativeassociation.com/>.

100.

Society for the Exploration of Psychotherapy Integration, <http://www.sepiweb.org/>.

101.

Psychotherapy Research.

102.

International Journal of Integrative Psychotherapy.

103.

Journal of Psychotherapy Integration.

104.

Journal - The United Kingdom Association for Psychotherapy Integration.

105.

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

106.

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

107.

Stricker, G., Gold, J.R., PsycBOOKS.: A casebook of psychotherapy integration. American Psychological Association, Washington DC (2006).

108.

Lapworth, P., Sills, C.: Integration in counselling and psychotherapy: developing a personal approach. SAGE, London (2013).

109.

Palmer, S., Woolfe, R., SAGE Knowledge EBA.: Integrative and eclectic counselling and psychotherapy. SAGE, London (2000).

110.

Gilbert, M., Gilbert, M., Orlans, V.: Integrative therapy: 100 key points and techniques. Routledge, Hove [England] (2011).

111.

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

112.

Faris, A., Ooijen, E. van, SAGE Knowledge EBA.: Integrative counselling & psychotherapy: a relational approach. SAGE, Los Angeles (2012).

113.

Milton, M., Wiley InterScience (Online service), Wiley Online Library EBS.: Therapy and beyond: counselling psychology contributions to therapeutic and social issues. Wiley-Blackwell, Chichester, West Sussex (2010).

114.

Evans, K., Gilbert, M.: An introduction to integrative psychotherapy. Palgrave Macmillan, Basingstoke (2005).

115.

Zarbo, Cristina: Integrative Psychotherapy Works. *Frontiers in Psychology*. 6, (2016). <https://doi.org/10.3389/fpsyg.2015.02021>.

116.

Rihacek, T., Roubal, J.: Personal therapeutic approach: Concept and implications. *Journal of Psychotherapy Integration*. 27, 548–560 (2017). <https://doi.org/10.1037/int0000082>.

117.

Ebook Central: *Handbook of psychotherapy integration*. Oxford University Press, New York (2005).

118.

Norcross, J.C., Karpiak, C.P., Lister, K.M.: What's an integrationist? A study of self-identified integrative and (occasionally) eclectic psychologists. *Journal of Clinical Psychology*. 61, 1587–1594 (2005). <https://doi.org/10.1002/jclp.20203>.

119.

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

120.

Johnstone, L., Dallos, R., Taylor & Francis: *Formulation in psychology and psychotherapy: making sense of people's problems*. Routledge, Hove, East Sussex [England] (2014).

121.

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