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**PATHFINDER**

# **PSYCHOTHERAPY**

April 2003

## Definition

**Psychotherapy** - Literally called 'mind treatment'; any treatment based on psychological principles designed to alleviate emotional distress, social difficulties or behavioral disorders. (*Kristal, Leonard. The ABC of Psychology, BF 31 A15 1981*)

**Psychotherapy** is a method of working with patients/clients to assist them to modify, change, or reduce factors that interfere with effective living. (*Corsini, Raymond J. Encyclopedia of Psychology, BF 31 E5 1994 v.3*)

**Psychotherapy** - Any form of treatment for mental illnesses, behavioral maladaptations, and/or other emotional problems, in which a trained person deliberately establishes a professional relationship with a client for the purpose of removing, modifying, or retarding existing symptoms and/or behavior problems, and of promoting positive personality growth and development. (*Ramachandran, V.S. Encyclopedia of Human Behavior, BF 31 E45 1994 v.3*)

**Books dealing with the topic are listed in the catalog under the headings:**

Adolescent psychotherapy  
Bioenergetic psychotherapy  
Brief psychotherapy - Case studies  
Child psychotherapy  
Child psychotherapy - Philippines  
Client-centered psychotherapy  
Existential psychotherapy  
Family psychotherapy  
Family psychotherapy - Technique  
Group psychotherapy  
Group psychotherapy - Addresses, essays, lectures  
Group psychotherapy - Case studies  
Marital psychotherapy  
Psychodynamic psychotherapy  
Psychotherapist and patient  
Psychotherapy - Addresses, essays, lectures  
Psychotherapy - Decision making  
Psychotherapy - Dictionaries  
Psychotherapy - Education  
Psychotherapy - History  
Psychotherapy - Methods  
Psychotherapy - Moral and ethical aspects  
Psychotherapy - Philippines  
Psychotherapy - Religious aspects  
Psychotherapy - Study and teaching  
Psychotherapy for the aged  
Psychotherapy patients - Cases, clinical reports, statistics  
Rational-emotive psychotherapy

**The following subject headings may be helpful in locating related books:**

Behavior therapy  
Family - Mental health  
Family - Psychological aspects  
Gestalt therapy  
Grief therapy  
Group counseling - Addresses, essays, lectures  
Mental disorders - Therapy  
Mental Health Counseling  
Mental illness - Treatment  
Physician-Patient Relations  
Small groups - Psychological aspects

*Basic references located at the Information-Reference Section, 2<sup>nd</sup> floor are:*

- Ammerman, Robert T. and Michel Hersen. **Handbook of prevention and treatment with children and adolescents : intervention in the real world context.** RJ 499 H36 1997
- Archer, James and Cooper, S.E. **Counseling and mental health services on campus : a handbook of contemporary practices and challenges.** LB 2343 A735 1998
- Bergin, Allen E. and S.L. Garfield. **Handbook of psychotherapy and behaviour change.** RC 480 H36 1994
- Bor, Robert and Mary Watts. **The Trainee handbook : a guide for counseling and psychotherapy trainees.** BF 637 C6 T735 1999.
- Chethik, Morton. **Techniques of child therapy: psychodynamic strategies.** RJ 504 C46 2000.
- Corsini, R.J. **Handbook of innovative psychotherapies.** RC 480.5 H35 1981
- Douglas, T. **A handbook of common groupwork.** RC 488 D68 1991.
- Dryden, Windy. **Handbook of individual therapy.** RC 480 H35 1996
- Ellis, Albert and Shawn Blau. **The Albert Ellis reader : a guide to well-being using rational emotive behavior therapy.** RC 489 R3 A44 1998
- Gatchel, R.J. & D.C. Turk. **Psychological approaches to pain management : a practitioner's handbook.** RB 127 P89 1996
- Grotjahn, Martin; F.M. Kline & C.T.H. Friedmann. **Handbook of group therapy.** RC 488 H36 1983
- Gurman, Alan S. and D.P. Kniskern. **Handbook of family therapy.** RC 488.5 H35 1991
- Hackney, Harold L. and Cormier, L. S. **The professional counselor : a process guide to helping.** RC 466 H3 1996

- Huber, Charles H. and P.G. Driskill. **Equilibrium family therapy : a basic guide for the helping professions.** RC 488.5 H8 1993
- Kratochwill, Thomas R. and Richard J. Morris. **Handbook of psychotherapy with children and adolescents.** RJ 54 H36 1993
- L'Abate, Luciano. **The handbook of family psychology and therapy.** HQ 728 H268 1985
- Lakin, M. **Coping with ethical dilemmas in psychotherapy.** RC 455.2 E8 L34 1991
- McManus, Ron and Glen Jennings. **Structured exercises for promoting family and group strengths : a handbook for group leaders, trainers, educators, counselors, and therapists.** RC 488 S77 1996
- Norcross, John C. and M.R. Goldfried, **Handbook of psychotherapy integration.** RC 489 E24 H36 1992
- Stuart-Hamilton, Ian. **Dictionary of psychological testing, assessment and treatment : includes key terms in statistics, psychological testing, experimental methods and therapeutic.** BF 176 S78 1996
- Walker, N. **A short history of psychotherapy : in theory and practice.** RC 454 I57 v.18
- Wolman, Benjamin B. **The Therapist's handbook : treatment methods of mental disorders.** RC 480 T49 1976
- Worden, James William, 1932- **Grief counselling and grief therapy : a handbook for the mental health practitioner** RC 455.4 L67 W67 1991
- Schabracq, Marc J.; Winnubst, J.A. & Cooper, C.L. **Handbook of work and health psychology** HF 5548.8 H36513 1996

*Selected texts located at the Circulation, 3<sup>rd</sup> floor are:*

- Amada, G. **A guide to psychotherapy.** RC 480 A4 1995
- Appley, Dee G. and Alvin E. Winder. **T-groups and therapy groups in a changing society.** RC 488 A6
- Argelander, Hermann. **The initial interview in psychotherapy.** RC 480.7 A713
- Baraff, Alvin. **Men talk : how men really feel about women, sex, relationships and themselves.** BF 692.5 B37 1991
- Baruth, Leroy G. & Charles H. Huber. **Counseling and psychotherapy : theoretical analyses and skills applications.** BF 637 C6 B37 1985
- Belkin, Gary S. **Contemporary psychotherapies.** RC 480 B37
- Berenson, Bernard G. & Robert R. Carkhuff. **Sources of gain in counseling and psychotherapy : readings and commentary.** RC 475 B4
- Berger, Milton M. **Videotape techniques in psychiatric training and treatment.** RC 489 M67 B4
- Bergin, Allen E. & Hans H. Strupp. **Changing frontiers in the science of psychotherapy.** RC 480 B4

- Berne, Eric. **Transactional analysis in psychotherapy : a systematic individual and social psychotherapy : a systematic individual and social psychiatry.** RC 488 B4 1973
- Beutler, Larry E. and Marjorie Crago. **Psychotherapy research : an international review of programmatic studies.** RC 337 P78 1991
- Boylan, John Charles; P.B. Malley & Judith Scott. **Practicum and internship textbook for counseling and psychotherapy.** RC 459 B68 1988
- Bradford, Leland P.; Jack R. Gibb & K.D. Benne. **T-Group theory and laboratory method : innovation in re-education.** HM 251 B7
- Brammer, Lawrence M. & Everett L. Shostrom. **Therapeutic psychology : fundamentals of actualization counseling and psychotherapy.** RC 480.5 B7 1968
- Brazier, David. **Zen therapy : transcending the sorrows of the human mind.** BQ 9288 B7 1996
- Brems, Christiane **A comprehensive guide to child psychotherapy.** RJ 504 B74 1993
- Breunlin, Douglas C.; Richard C. Schwartz and Betty Mac Kune-
- Karrer. **Metaframeworks : transcending the models of family.** RC 488.5 B74 1992
- Brodsky, Annette M. [et al] **Psychotherapy research and behavior change.** RC 337 P79 1982
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- Brown, Dennis and Jonathan Pedder. **Introduction to psychotherapy : an outline of psychodynamic principles and practice.** RC 489 P72 B76 1991
- Brown, Joseph H. and D.N. Christensen. **Family therapy : theory and practice.** RC 488.5 B76 1999 [3rd floor, Reserve]
- Bry, Adelaide. **Inside psychotherapy : nine clinicians tell how they work and what they are trying to accomplish.** RC 480 I48 1973
- Burton, Arthur. **Modern humanistic psychotherapy.** RC 480 B8
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- Capuzzi, David and Douglas R. Gross. **Youth at risk : a prevention resource for counselors, teachers, and parents.** HV 1431 Y67 1999
- Chertok, Léon. **Sense and nonsense in psychotherapy : the challenge of hypnosis.** RC 495 C4513 1981
- Clarkson, Petruska. **Transactional analysis psychotherapy : an integrated approach.** RC 489 T7 C5 1992
- Cohen, Abraham I. **Confrontation analysis : theory and practice.** RC 480.5 C58 1982

- Cohen, Elliot D. and Gale Spieler Cohen. **The virtuous therapist : ethical practice of counseling & psychotherapy.** BF 637 C6 C59 1999
- Cohn, Hans W. **Existential thought and therapeutic practice : an introduction to existential psychotherapy.** RC 489 E93 C64 1997
- Corey, Gerald. **Theory and practice of counseling and psychotherapy.** BF 637 C6 C65 2001
- Corey, Marianne Schneider and Gerald Corey. **Groups : process and practice.** RC 488 C67 1992
- Cornett, Carlton. **The soul of psychotherapy : recapturing the spiritual dimension in the therapeutic encounter.** BF 637 C6 C66 1998
- Corsini, R.J. & D. Wedding. **Current psychotherapies.** RC 480 C67 1989
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- Curran, Charles A. **Counseling and psychotherapy : the pursuit of values.** BF 637 C6 C79 1968
- Dallos, R. and R. Draper **An introduction to family therapy : systemic theory and practice.** RC 488.5 D34 2000
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- Nerin, William F. **Family reconstruction : long day's journey into light.** RC 488.5 N47 1986
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- Neukrug, Ed. **The world of the counselor : an experiential workbook for developing professional competencies.** BF 637 C6 N48 1999
- Norwood, Robin. **Women who love too much : when you keep wishing and hoping he'll change.** RC 552 R44 N68 1997
- Palmer, James O. **A primer of eclectic psychotherapy.** RC 480.5 P34
- Palmer, Stephen and G. McMahon. **Client assessment.** RC 481 C56 1997
- Parker, Ian. **Deconstructing psychotherapy.** RC 480 D4 1999
- Patterson, C. H. **Counseling and psychotherapy : theory and practice.** RC 480 P3
- Patterson, C.H. and C. Edward Watkins, Jr. **Theories of psychotherapy.** RC 480 P39 1996
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- Seu, I. Bruna and M. Colleen Heenan. **Feminism and psychotherapy : reflections on contemporary theories and practices.** RC 489 F45 F45 1998
- Slife, Brent D.; Richard N. Williams and Sally H. Barlow. **Critical issues in psychotherapy : translating new ideas into practice.** RC 480 C75 2001
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- Tallis, Frank **Changing minds : the history of psychotherapy as an answer to human suffering.** RC 480.5 T34 1998
- Teyber, Edward. **Interpersonal process in psychotherapy : a relational.** RC 480.8 T49 1997
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Vander Kolk, Charles J. **Introduction to group counseling and psychotherapy.** RC 488 V36 1985

Virginia G. **Brief psychodynamic strategies for counseling and psychotherapy.** RC 465.4 V54 2001

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Weiner, Irving B. **Principles of psychotherapy.** RC 480 W45 1975

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Wilde, Jerry. **Treating anger, anxiety, and depression in children and adolescents : a cognitive-behavioral perspective.** RJ 505 R33 W54 1996

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Yalom, Irvin D. **The Yalom reader : selections from the work of a master therapist and storyteller.** RC 480.5 Y34 1998

Yalom, Irvin D. **The theory and practice of group psychotherapy.** RC 488 Y3

Young, Mark E. **Learning the art of helping : building blocks and techniques.** BF 637 C6 Y68 1998

Young, Mark E. and Lynn L. Long. **Counseling and therapy for couples.** RC 488.5 Y68 1998

*Selected texts located at the Filipiniana, 4<sup>th</sup> floor are:*

Arockiam, Arul A. **Self-actualization as your map of the world.** BF 637 S4 A76 1997

Carandang, Maria Lourdes Arellano. **Filipino children under stress : family dynamics and therapy.**  
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Carandang, Ma. Lourdes A. and Ma. E. Concepcion Liwag. **Making connections : a group therapy program for Filipino autistic children and their families.** RJ 506 A9 C37 1992

Rosqueta-Rosales, Lily. **Counseling in perspective : theory, process and skills.** BF 637 C6 R66 2000

*Selected texts located at the Special Collections, 4<sup>th</sup> floor are:*

Gibson, Dennis L. **Vitality therapy : techniques for short-term counselling.** RC 489 C63 G5 1989  
[Bitanga-Valeros Collection ]

Frankl, Viktor E. **Psychotherapy and existentialism : selected papers on logotherapy.** RC 480.5 F7  
1968 [Quito Collection ]

Paolino, Thomas J. **Psychoanalytic psychotherapy : theory, technique, therapeutic relationship and treatability.** RC 480.5 P36 1981 [Bitanga-Valeros Collection ]

***SOURCES OF JOURNAL ARTICLES***

***Print Journal Titles***

*(Periodicals Section, 2<sup>nd</sup> floor)*

Psychotherapy

American Journal of Psychotherapy

Behavior Research and Therapy: An International Multi-Disciplinary Journal

***Electronic Journal Titles***

*(Information-Reference Section, 2<sup>nd</sup> floor)*

**ProQuest Complete** - <http://www.umi.com/pqdauto>

American Journal of Family Therapy

American Journal of Psychotherapy

The American Journal of Psychiatry

Archives of General Psychiatry

International Journal of Group Psychotherapy

International Journal of Psychotherapy

The International Journal of Social Psychiatry

The Journal of Family Therapy

Journal of Marital and Family Therapy

Psychiatry

Psychology and Psychotherapy

Psychotherapy and Psychosomatics

**PsycArticle - OVID** – <http://gateway.ovid.com>

Journal of Consulting and Clinical Psychology

Journal of Psychotherapy Integration

Psychotherapy: Theory, Research, Practice, Training

**Social Science Source CD-ROM**

American Journal of Psychotherapy

Counseling Psychology Quarterly

Psychology Today

**VERTICAL FILE ARTICLES** located at Information-Reference Section, 2<sup>nd</sup> floor are:

**Psychotherapy and miscommunication** N.S. Holy. *Americana Great Gorge Conference Center* (VF 207)

**Research on mental illness and addictive disorders : Progress and prospects : A Report of the Board on Mental Health and Behavioral Medicine, Institute of Medicine.** The American Journal of Psychiatry. (VF 147)

***FACULTY PUBLICATIONS***  
*(Archives Section, 4<sup>th</sup> floor)*

Del Callar, Emilia B. **Behavior therapy: its place in psychotherapy.** 1982 Kaya-tao. V(1): 21-30 Mr '82. 01484

Villar, Imelda V.G. **Brief psychodynamic strategies for counseling and psychotherapy.** 2001 Manila: DLSU Press. 11320

***AUDIOVISUAL MATERIALS***  
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Ellis, Albert. **Rational emotive-therapy.** CT 230 rat. [sound cassette]

Rogers, Carl. **Client-centered therapy.** CT 224 cli. [sound cassette]

***THESES AND DISSERTATIONS***  
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Alookaran, Mary Lynn (1996) **The therapeutic effectiveness of vipassana and creative imagery for promoting wellness among nurses.** [G 2561]

Antao, Andre A.J. (1995) **The effects of meditation and actualizing therapy on selected personality factors, self-esteem and self-actualization of seminarians.** [G 2440]

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Atizado, Karen and Eula Cantimbulan (1997) **Fifty-fifty : Sa pagitan ng pag-asa at dalamhati.** [U 8899]

- Canlas, Maribel M. (1995) **The effectiveness of multimodal therapy on basic I.D. of shabu-users.** [G 2482]
- Carlile, Christopher John (1992) **An analysis of the level of client self-disclosure in code-switches during individual counseling.** [G 2147]
- Cempron, Jaime T. (1995) **Gestalt dreamwork as a therapeutic tool : an exploratory study.** [G 2483]
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