



Psychological Interventions: A Guide to Strategies

Mary Ballou

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This book examines a variety of psychological intervention strategies used in counseling and therapy to bring about change. It is a handbook of strategies which reviews major forms of interventions, reviews research evidence of effectiveness, and challenges existing theoretical boundaries. In contrast to existing handbooks, Ballou offers interventions identified by their goal of change, rather than by a particular theoretical orientation or the kind of difficulty the client is undergoing.

Each chapter describes a strategy, presents clear instruction for its use, and considers appropriate and inappropriate uses for the strategy. Each chapter also addresses the research evidence underlying claims of effectiveness. Edited by an academic and practitioner of counseling psychology, the book seeks to address the needs of both professionals in the field and students and scholars in the academic community.

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