



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

*Jay L. Lebow*

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—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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