The maintaining and the stability of a reliable and consistent environment are the paramount considerations in the design of effective educational programs. The establishment of a supportive and nurturing environment is essential for the success of educational programs. This involves creating a positive and engaging atmosphere that encourages participation and facilitates learning. It also necessitates the provision of adequate resources and support to ensure that all students have equal opportunities to succeed. Furthermore, the integration of technology and the use of innovative teaching methods can enhance the learning experience and make the educational process more effective.

Meta-Analyses and the Study of Gender Differences.
An Introduction to Psychotherapy

Gary S. Belkin
Contemporary Psychotherapies (2nd ed.)
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Review by Alan E. Kazdin

Gary S. Belkin, professor in the Department of Counseling and Development at Long Island University (Greenvale, New York), is author of Introduction to Counseling (3rd ed.). Alan E. Kazdin, professor of psychiatry and psychology at the University of Pittsburgh School of Medicine and editor of the Journal of Consulting and Clinical Psychology, is author of Child Psychotherapy: Developing and Identifying Effective Treatments.

The present book is directed toward introductory students or clinical trainees who are interested in understanding current psychotherapy techniques. To that end, major approaches to treatment are described and illustrated. The book is organized into five sections, each of which covers a major approach to treatment: psychodynamic therapies; behavior therapies; humanistic approaches; cognitive-dynamic therapies; and group and family therapies. An overview conveys general assumptions, background material, and unique characteristics of each approach. Within each approach, several different therapy techniques are presented. The majority of the text is devoted to case studies that illustrate each of the therapy techniques.

Several excellent features are evident in this book. To begin with, the coverage is fairly broad. A wide range of therapy techniques (e.g., child psychoanalysis, client-centered therapy, systematic desensitization, cognitive therapy, gestalt therapy, reality therapy, strategic family therapy, transactional analysis) and clinical problems (e.g., various phobias, depression, sleepwalking, obsessive-compulsive disorder, voyeurism, schizophrenia) are presented. Second, the case studies, drawn almost exclusively from the published literature, maximize the interest value of the book. Finally, several significant features (e.g., concise overviews of treatment, essay questions for students at the end of each section, and a glossary) make this book quite useful for classroom adoption.

There are a number of topics pivotal to contemporary psychotherapy that were omitted. First, salient commonalities among alternative techniques (e.g., the therapeutic relationship, mobilization of hope for improvement on the part of the client) were not elaborated. Second, recent shifts in the field toward eclecticism and integrationism in practice and research would have been worth discussing. These represent pervasive movements that encompass practitioners and researchers. Finally, the role of research in psychotherapy evaluation is essential and warrants inclusion. The development of new treatments has never been a problem in contemporary psychotherapy; rather, the problem has been proceeding from development to careful evaluation. The importance of controlled studies to evaluate processes and outcomes of treatment is not conveyed. The "experimental method" is mentioned in passing and quickly dismissed as not useful in studying dynamic therapy.

Overall, I believe the book could be improved with a chapter that considered current issues, questions, and trends in psychotherapy research and practice. Contemporary psychotherapy is more than a set of alternative techniques and their application. The field embraces research, ethics, and policy matters. Also, many problems brought to treatment (e.g., posttraumatic stress disorder, psychological effects of physical or sexual abuse, or rape) are at the core of critical social issues (e.g., casualties of war, violence). Mention of these issues could convey the broad social relevance of psychotherapy.

The omissions of the text should not detract from what the book accomplishes well. The first edition, published in 1980, was noteworthy for clarity in introducing treatment approaches. The second edition updates the cases and adds group and...