

CURRENT PSYCHOTHERAPIES

NINTH EDITION

Editors

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PREFACE

The ninth edition of *Current Psychotherapies* reflects our commitment to maintaining the currency alluded to in the book's title, and the text in its entirety provides a comprehensive overview of the state of the art of psychotherapy. The book was first published in 1973, and since that time it has been used by more than a million students and translated in more than a dozen languages. One reviewer recently referred to the text as "venerable."

New chapters on Interpersonal Psychotherapy and Multicultural Psychotherapy have been added to the latest edition. A previous chapter on Multimodal Psychotherapy has been eliminated to keep the book to a reasonable length; however, this chapter is still available on the *Current Psychotherapies* Web site. Dr. Irvin Yalom has returned to *Current Psychotherapies* and has contributed a new chapter on Existential Psychotherapy coauthored by Ruthellen Josselson; a previous excellent chapter on Existential Psychotherapy, written by Ed Mendelowitz and Kirk Schneider, is still available on the book's Web site. In addition, anyone interested can watch an interview of Dr. Raymond J. Corsini at this site by simply clicking on "Corsini videos."

All other chapters in the book have been updated or totally rewritten. A new author has been added for the chapter on Family Therapy. All chapters have been revised to include up-to-date references and the most current psychotherapy research available. Each chapter describing a particular approach to psychotherapy examines the evidence base supporting that particular theory, and I have asked each contributor to share his or her ideas about the current controversy regarding the importance—and limitations—of evidence-based practice. In addition, all of the core chapters now address the very important topic of multiculturalism, and I'm delighted to add a separate chapter on Multicultural Psychotherapy to the new edition.

In a preface to an earlier edition, Raymond J. Corsini described six features of *Current Psychotherapies* that have helped ensure the book's utility and popularity. These core principles guided the development of the ninth edition.

1. *The chapters in this book describe the most important systems in the current practice of psychotherapy.* Because psychotherapy is constantly evolving, deciding what to put into new editions and what to take out demands a great deal of research. The opinions of professors were central in shaping the changes we have made. Before each new edition, professors who have taught from the book at least 2 years are asked what they would want in the next edition and what they no longer want in the current one. Their diverse opinions helped us decide what changes to make.
2. *The most competent available authors are recruited.* Newly established systems are described by their founders; older systems are covered by those best qualified to describe them.
3. *This book is highly disciplined.* Each author follows an outline in which the various sections are limited in length and structure. The purpose of this feature is to make it as convenient as possible to compare the systems by reading the book "horizontally" (from section to section across the various systems), as well as in the usual "vertical" manner (from chapter to chapter). The major sections of each chapter include an overview of the system being described, its history, a discussion of the theory of personality that shaped the therapy, a detailed discussion of how psychotherapy using the system is actually practiced, and

an explanation of the various applications of the approach being described. In addition, each of the therapies described is accompanied by a case study illustrating the techniques and methods associated with the therapy. Students interested in more detailed case examples can read this book's companion volume, *Case Studies in Psychotherapy* (Wedding & Corsini, 2011). Those students who want to understand psychotherapy in depth will benefit from reading both *Current Psychotherapies* and *Case Studies in Psychotherapy*.

4. *Current Psychotherapies is carefully edited.* Every section is examined to make certain that its contents are appropriate and clear. In the long history of this text, only one chapter was ever accepted in its first draft. Some chapters have been returned to their original authors as many as four times before finally being accepted.

5. *Chapters are as concise as they can possibly be and still cover the systems completely.* We have received consistent feedback that the chapters in *Current Psychotherapies* need to be clear, succinct, and direct. We have taken this feedback seriously, and every sentence in each new edition is carefully edited to ensure that the information provided is not redundant or superfluous.

6. *The glossary for each new edition is updated and expanded.* One way for students to begin any chapter would be to read the relevant entries in the glossary, thereby generating a mind-set that will facilitate understanding the various systems. Personality theorists tend to invent new words when no existing word suffices. This clarifies their ideas, but it also makes understanding their chapter more difficult. A careful study of the glossary will reward the reader.

Ray Corsini died on November 8, 2008. He was a master Adlerian therapist, the best of my teachers and a cherished friend. This edition of *Current Psychotherapies* is dedicated to his memory.

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