At a time when evidence is everything, the comprehensive Handbook of Evidence-Based Psychotherapies handbook provides a unique, up-to-date overview of the current evidence-base for psychological therapies and major psychological disorders.

The editors take a pluralistic approach, covering cognitive and behavioural therapies as well as counselling and humanistic approaches. Internationally-renowned expert contributors guide readers through the latest research, taking a critical overview of each practice’s strengths and weaknesses. A final chapter provides an overview for the future.