



# Handbook of Psychotherapy Case Formulation, Second Edition

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This indispensable practitioner guide and text serves as a comprehensive primer on case formulation within all of the major therapeutic approaches. Prominent experts offer step-by-step guidelines for developing strong formulations and putting them to use in day-to-day practice. The chapters follow a standard format to allow comparison across models. Coverage includes the conceptual and empirical underpinnings of each approach, the relationship of case formulation to therapeutic technique, issues in treating clients from different backgrounds and with different types of presenting problems, and training resources. Illustrative case material and user-friendly examples of completed formulations are featured throughout.

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## **Editorial Review**

### Review

"Case conceptualization is the cognitive hub of the wheel of psychotherapy. It provides a framework for linking theory, the assessment of individual needs and strengths, possible techniques and change processes, and desired outcomes. This comprehensive volume draws together in one place the major perspectives on the process of case conceptualization. Eells has produced a volume that is both theoretically grounded and practical, and that will help students and professionals explore a variety of models and approaches. If you want the best of current thinking about case conceptualization, there is no better volume to own."--Steven C. Hayes, PhD, University of Nevada

"Case formulation is a necessary component of treatment planning, yet it often has been overlooked in the literature. This volume sets a standard for the field. Clear and accessible, the book is written and edited by leading authorities, and can be used both in graduate classes and by professionals. A significant feature of the second edition is the focus on cultural factors. The reader will come away with a better understanding of what case formulation is and why and how to do it."--Clara E. Hill, PhD, University of Maryland, College Park

"Case formulation has become more topical and relevant than ever in contemporary psychotherapy practice and research. Eells has assembled an impressive group of scholars at the forefront of the various traditions. The strengths of this book are its organization and coverage. It provides complete examples of case formulation and addresses multicultural considerations. Eells has also included material that provides a critical analysis of the various presentations and of the field at large. Eells has significantly advanced the ball with this work."--J. Christopher Muran, PhD, Derner Institute for Advanced Psychological Studies, Adelphi University

"A useful addition to clinical practice and supervision."  
(*Doody's Review Service* 2010-05-16)

### About the Author

Tracy D. Eells, PhD, received his doctorate in clinical psychology at the University of North Carolina, Chapel Hill, and completed a postdoctoral fellowship at the John D. and Catherine T. MacArthur Foundation Program on Conscious and Unconscious Mental Processes at the University of California, San Francisco. He is currently Associate Professor of Psychiatry and Behavioral Sciences and Associate Dean for Faculty Affairs at the University of Louisville School of Medicine. He has a busy individual and group psychotherapy practice and teaches psychotherapy to psychiatry residents and clinical psychology graduate students. Dr. Eells has published several papers on psychotherapy case formulation and has conducted workshops on the topic for professionals. He is on the editorial boards of multiple psychotherapy journals and currently serves as Executive Officer of the Society for Psychotherapy Research.

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#### **Shirley Drago:**

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