



Therapy Breakthrough: Why Some Psychotherapies Work Better Than Others

Michael R. Edelstein, Richard K. Kujoth, David Ramsay Steele

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More people are in psychotherapy than ever before. Yet most of them have no idea of the vast differences between the hundreds of various schools of therapy. *Therapy Breakthrough* is the first book to clearly explain the theories and practices of the two big camps: Psychodynamic or PD therapy and Cognitive-Behavioral or CB therapy. PD therapists believe that emotional problems are caused by hidden forces in our unconscious minds, forces that cannot be observed directly and that resist being uncovered. CB therapists, by contrast, maintain that the roots of people's emotional and behavioral disturbances can be identified by direct questions, and these problems can then be tackled by straightforward techniques. *Therapy Breakthrough* is written from the standpoint of CB therapy. Using psychological research, philosophy, and common sense, it argues that PD therapy is founded on mistaken theories of the mind, and explains how to apply CB methods directly to your own problems.

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