SOME EMPIRICAL AND CONCEPTUAL BASES FOR
COORDINATED RESEARCH IN PSYCHOTHERAPY:
A Critical Review of Issues, Trends, and Evidence

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Thus far, research in psychotherapy has failed to make a deep impact on practice and technique. Presumably, this is due to the fact that the results of most investigations have not had substantial practical significance. Reasons for this include the relatively short period of time systematic research has been focused on the problems of psychotherapy, deficiencies in techniques available to the researcher, and practical difficulties in designing and carrying out adequately controlled studies.

Most researchers have been faced with serious limitations in collecting and analyzing data from representative samples of patients and therapists, follow-up studies have been difficult to carry out; the crucial requirement of enlisting the full cooperation of therapists, patients, and institutions has been a continual stumbling block, and in general rigorous designs have been difficult to impose upon the therapeutic phenomena themselves. Researchers who have attacked problems in the area through experimental analogues and similar techniques frequently have been unable to relate their findings to actual therapy situations.

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