
Book Reviews / Comptes rendus

Lambert, M. J. (Ed.). (2004). *Bergin and Garfield's handbook of psychotherapy and behavior change* (5th ed.). New York: Wiley. ISBN 0-471-37755-4. 864 pages.

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For more than three decades the *Handbook of Psychotherapy and Behaviour Change* has been the standard reference for a synthesis of research and current trends in psychotherapy. The previous four editions, all edited by Allen Bergin and Sol Garfield, were "must-reads" for graduate students in counselling and psychotherapy and are widely regarded as citation classics. The 5th edition sees Michael Lambert, known and respected for his meta-analyses of outcome research in psychotherapy, take over the editorship of the *Handbook* and he picks up right where Garfield and Bergin left off: Bringing together a coherent and lucidly written collection of the current thinking in the theory and practice of psychotherapy that is at the cutting edge of practice-relevant research.

Those familiar with the previous editions will find the organization of the book familiar. The *Handbook* is organized around four major sections. The first section is comprised of four chapters under the general subjects of historical, methodological, ethical, and conceptual foundations. This section provides an updated version of methodology and contemporary practices in psychotherapy research. The chapter by Brent Slife, *Theoretical Challenges to Therapy Practice and Research: The Constraint of Naturalism*, is new to the *Handbook* and is especially provocative as it challenges the very foundations of traditional research. Slife calls for *reflective pragmatism* and embracing alternative points of view in research rather than passively acquiescing to mainstream, and often unexamined, methods.

The second section, also comprised of four chapters, focuses on evaluating the ingredients of therapeutic efficacy. This section is a straight-forward update from the 4th edition and includes chapters on the efficacy and effectiveness of psychotherapy, the influence of client variables on psychotherapy, therapist variables, and finally an over-view of the outcome and process research in the last half century. In reading this section I was reminded of the complexity of doing counselling and the multiple variables at work in the counselling process. It succinctly summarizes the key factors and research findings in the process and outcome of psychotherapy.

The third section, major approaches, includes three chapters: Behaviour therapy with adults, cognitive and cognitive behaviour therapies, and research on experiential psychotherapies. I found these chapters well-written and comprehensive and I think that most practicing counsellors will find information that will inform their practice within this section regardless of their theoretical orientation. Conspicuously absent from this edition was the chapter on psychodynamic therapies. Although a decreasing number of practitioners espouse a dynamic approach, research in brief dynamic psychotherapy continues to be thriving and in my view merits

inclusion in a comprehensive handbook such as this. Equally surprising was the omission of a chapter on postmodern approaches. As we move toward collaborative practices it is important to include research findings in constructivist, solution-focused, and narrative approaches, to name a few.

The final section emphasizes research on applications in special groups and settings and includes six chapters that adequately update the previous edition: Psychotherapy with children and adolescents, family and couple therapy, small-group treatment, health psychology, the combination of psychotherapy and psychopharmacology for the treatment of mental disorders, and research on culturally diverse populations. A final chapter provides an overview of the field and examines trends and future issues.

We are in an age of accountability, and evidence-based practice seems to be emerging as *the* current trend in the helping professions. In this light, counsellors who are interested in providing research-based practices as well as keeping abreast of the literature are highly encouraged to read this book. It provides a wealth of information that is highly relevant to the practicing counsellor and a synthesis of knowledge by the leading researchers in the field of psychotherapy.