



The Heart and Soul of Change, Second Edition: Delivering What Works in Therapy

Bruce E. Wampold, Barry L. Duncan, Scott D. Miller

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Updating the classic first edition of *The Heart and Soul of Change*, editors Duncan, Miller, Wampold, and Hubble, have created a new and enriched volume that presents the most recent research on what works in therapeutic practice, a thorough analysis of this research, and practical guidance on how a therapist can truly "deliver what works in therapy." This volume examines the common factors underlying effective psychotherapy and brings the psychotherapist and the client-therapist relationship back into focus as key determinants of psychotherapy outcome.

The second edition of *The Heart and Soul of Change* also demonstrates the power of systematic client feedback to improve effectiveness and efficiency and legitimize psychotherapy services to third party payers. In this way, psychotherapy is implemented one person at a time, based on that unique individual's perceptions of the progress and fit of the therapy and therapist.

Readers familiar with the first edition will encounter the same pragmatic focus but with a larger breadth of coverage—this edition adds chapters on both youth psychotherapy and substance abuse treatment. Through reading *The Heart and Soul of Change, Second Edition: Delivering What Works in Therapy* clinicians of varied levels of experience will improve their understanding of what is truly therapeutic in the diverse forms of psychotherapy practiced today.



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