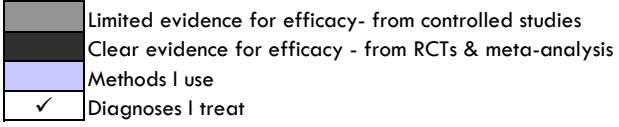


What Psychotherapy Works For Whom? The evidence from controlled studies up to 2003

(This information is my summary of the conclusions from Roth A & Fonagy P (2005) "What Works for Whom? A Critical Review of Psychotherapy Research" Guildford Press, New York.) 			Cognitive-behavioural Orientation					Integrative Orientation				Psychodynamic Orientation				Systemic Orientation	Transpersonal Orientation
			Behavioural	Cognitive	Cognitive Behavioural	Community Reinforcement Approach	Rational Emotive	Cognitive Analytic	EMDR	Interpersonal	Interpersonal and Social Rhythm Therapy	Focal Psychodynamic Therapy	Psychodynamic Therapy	Structured Psychodynamic Psychotherapy	Supportive and Expressive Psychotherapy	Family and Marital Therapy	12-Step Approach (AA, NA)
I treat	ICD10	Diagnoses															
✓	F10	Alcohol Misuse															
	F11	Drug Misuse: Opioids															
✓	F14	Drug Misuse: Cocaine															
	F20	Schizophrenia															
	F31	Bipolar Affective Disorder															
✓	F32	Depressive Episode															
✓	F40.0	Agoraphobia with/without Panic															
✓	F40.1	Social Phobia															
✓	F40.2	Specific (Isolated) Phobia															
✓	F41.1	Generalised Anxiety Disorder															
✓	F42	Obsessive-Compulsive Disorder															
✓	F43.1	Post-traumatic Stress Disorder															
	F50.0	Anorexia Nervosa															
✓	F50.2	Bulimia Nervosa															
✓	F52	Sexual Dysfunction, not organic															
✓	F60.3	Emotionally Unstable (Borderline) Personality Disorder															
✓	F60.6	Anxious (Avoidant) Personality Disorder															