Brief but Comprehensive Psychotherapy: The Multimodal Way

In his latest addition to the psychotherapy literature, Dr. Lazarus modernizes his eclectic and goal-oriented approach to psychotherapy. The current healthcare environment has created a need for short-term, time-limited, cost-effective and brief forms of psychotherapy, emphasizing efficiency and efficacy. The central message is “don’t waste time.” But how can one be brief and also comprehensive?

Dr. Lazarus employs and transcends customary methods of diagnosis and treatment by providing several distinctive assessment procedures and therapeutic recommendations. Using his traditional acronym--BASIC ID--he stresses the assessment of seven dimensions of a client's personality:

- Behavior
- Affect
- Sensation
- Imagery
- Cognition
- Interpersonal relationships
- (the need for) Drugs

This volume contains many ideas that will augment and enhance the skills and clinical repertoires of every therapist.