

This Week's Citation Classic

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Bergin A E & Garfield S L. (eds.) *Handbook of psychotherapy and behavior change: an empirical analysis*. New York: Wiley, 1978 (1971). 957 p. [Dept. Psychol., Brigham Young Univ., Provo, UT and Dept. Psychol., Washington Univ., St. Louis, MO]

An interdisciplinary group of thirty-five authors and editors contributed to this comprehensive review, evaluation, and synthesis of empirical literature on all aspects of psychotherapy. It attempted to place each aspect of clinical change within a context of scientific evaluation. [The *Science Citation Index*[®] (*SCI*[®]) and the *Social Sciences Citation Index*[™] (*SSCI*[™]) indicate that this book has been cited over 255 times since 1971.]

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"During six years together at Teachers College, Columbia University, where Sol Garfield was director of the Clinical Psychology program, we developed a fruitful collaboration from which I benefited greatly. Before Garfield went to Washington University (St. Louis) and I to BYU, we had the pleasure of completing our finest joint project, the Handbook. It was an attempt to bring order out of a bewildering array of claims and counterclaims in the field of psychotherapy. We decided that the clinical issues could best be addressed by establishing as clearly as possible the empirical status of each question. Unlike many fields, this one is greatly influenced by unverified but strongly held opinions. We wanted to clarify how the field could advance by bringing it solidly within a research as opposed to a purely clinical framework. Among some professionals this goal was controversial. The result far exceeded our expectations.

"We have been surprised and pleased to find that the book became a standard text and reference in the US and many parts of

the world, as well as gaining acceptance among disciplines

as diverse as social work, psychiatry, and school counseling. It clearly filled a need and apparently its empirical framework proved persuasive. We have often remarked upon the fact that this synthesis of other people's research has had far more influence than any of the original data-gathering projects we conducted and published. It seems that the time was ripe for a vigorous attempt to separate wheat from chaff.

"One thing that made the Handbook such a frequent reference source was the original way in which some of the chapters were written. More than good reviews of the literature, they creatively reassessed large domains of inquiry, rearranged existing data, and came forward with new empirically-based implications for practitioners and original hypotheses for further study. Each was reviewed by both editors and an outside reviewer, and was revised from one to four times. Some authors became bitter over our obsessionizing and expressed feelings toward us that are not printable, but ultimately all were reconciled and proud of the final product.

"Due to the multifaceted and expansive literature in the field, we depended upon the expertise of many distinguished collaborators who share our empiricist philosophy and whose creative contributions we gratefully acknowledge. They are: Albert Bandura, Richard Bednar, H.R. Beech, Gerald Davison, H.J. Eysenck, Donald Ford, Jerome Frank, Jack Gibb, Arnold Goldstein, Kenneth Heller, Leonard Jacobson, Donald Kiesler, Leonard Krasner, Peter Lang, Frank Lawlis, Arnold Lazarus, Eugene Levitt, Lester Luborsky, Gerald Marsden, Ruth Matarazzo, Joseph Matarazzo, Philip May, Kevin Mitchell, Edward Murray, Roger Myers, Gerald Patterson, Sheldon Roen, Arthur Shapiro, Norman Simonson, Donald Spence, Hans Strupp, Charles Truax (deceased), and Hugh Urban."