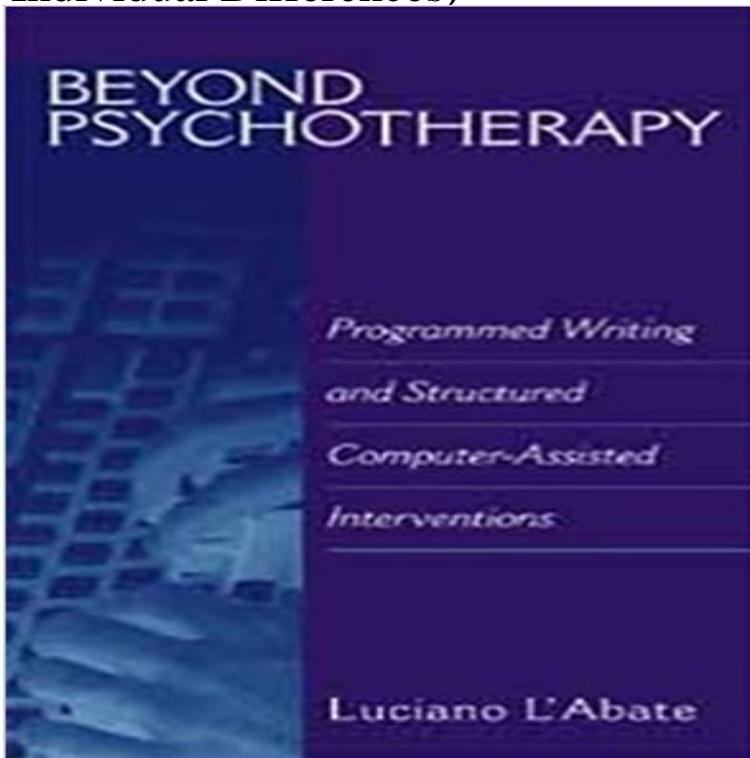


# Beyond Psychotherapy: Programmed Writing and Structured Computer-Assisted Interventions (International Perspectives on Individual Differences)



The field of psychotherapy is beset by a variety of problems including relative ineffectiveness, relatively high cost, and low availability. Hence, a more cost-effective, efficient and mass-producible method is needed that the current talk-based approach lacks. This volume explains that programmed distance writing - workbooks - can fill that need. Workbooks are inexpensive, specific, controllable, verifiable, and can be transmitted via the Internet to be used in clinical treatment, prevention, rehabilitation and research, all at a cost saving over talk therapy. The rationale behind workbooks for children, adolescents, adults, couples, and families is explained. Professionals in the fields of psychology, psychiatry, counseling, and social work will find this approach intriguing, as will academics and researchers seeking economic ways to link theory with practice. This volume will also interest graduate students studying alternative methods of behavioral intervention.

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