



Evidence-Based Practices for Christian Counseling and Psychotherapy (CAPS)

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“The concept of evidence-based practice is continually evolving and needs to be applied more systematically to a Christian context. In this volume, top researcher-clinicians come together to provide the state of the art of evidence-based practices for Christian counseling and psychotherapy. It is both broad and deep, and represents a significant advancement in the field of Christian counseling. I highly recommend it for lay counselors, graduate students and seasoned clinicians alike.”

—Todd W. Hall, Biola University

Does Christian Psychotherapy Work?

In the groundbreaking new book, Evidence-Based Practices for Christian Counseling and Psychotherapy, InterVarsity Press has again partnered with the Christian Association for Psychological Studies (CAPS) to demonstrate that Christian approaches to counseling and psychotherapy are as effective as their secular counterparts. Combing current literature and research, these four coeditors illustrate for counselors, students and professors the breadth of solid scientific evidence, revealing the approaches that are most beneficial for Christian clients.

Everett L. Worthington Jr. (PhD, University of Missouri) is a professor of psychology at Virginia Commonwealth University. He is a licensed clinical psychologist and former executive director of the Templeton Foundation’s A Campaign for Forgiveness Research. Worthington has studied forgiveness since the 1980s and has published more than two hundred articles and papers on forgiveness, marriage and family, psychotherapy and virtue in a wide variety of journals and magazines. He was the founding editor of *Marriage and Family: A Christian Journal* and sits on the editorial boards of several professional journals. He has appeared on *Good Morning America*, CNN and *The 700 Club* and been featured in award-winning documentary movies on forgiveness such as *The Power of Forgiveness* and *The Big Question*. He is the author of seventeen books including *Handbook of Forgiveness*, *Hope-Focused Marriage Counseling* and *Forgiving and Reconciling*.

Eric L. Johnson (PhD, Michigan State University) is trained as an academic psychologist and is the Lawrence and Charlotte Hoover Professor of Pastoral Care at the Southern Baptist Theological Seminary in Louisville, Kentucky. He is coeditor of *God Under Fire* and the author of *Foundations for Soul Care*. He is an associate editor of the *Journal of Psychology and Theology*, the *Journal of Psychology and Christianity*, and the *Journal of Spiritual Formation and Soul Care*, and he is the director of the Society for Christian Psychology.

Joshua N. Hook (PhD, Virginia Commonwealth University) is assistant professor of psychology at the University of North Texas. He is a licensed clinical psychologist and has written several journal articles and book chapters, mainly on the topics of humility, forgiveness, spirituality and religion.

Jamie D. Aten (PhD, Indiana State University) is the founder and codirector of the Humanitarian Disaster Institute, and the Dr. Arthur P. Rech and Mrs. Jean May Rech Associate Professor of Psychology at Wheaton College (Wheaton, Illinois). Previously he served as the assistant director of the Katrina Research Center and as assistant professor of psychology at the University of Southern Mississippi.

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