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.

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