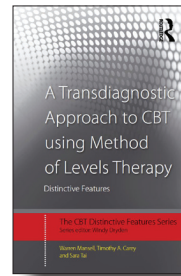


# *A Transdiagnostic Approach to CBT*

## *using Method of Levels Therapy*

### Reviews from the web



Routledge, Taylor & Francis Group  
East Sussex, UK, and NY, NY

978-0-415-50764-6 (paperback)

978-0-415-50763-9 (hardcover)

978-0-203-08133-4 (e-book)

*By Warren Mansell,  
Timothy A. Carey  
and Sara J. Tai*

Having worked in and studied quite a few psychotherapy modalities, I've found this book to be one of the top three most useful publications I've read in the last decade.

It has helped me understand why some interventions are more effective than others, whilst providing the best explanation of how the process of change happens in psychotherapy that I've encountered to date.

It was a breath of fresh air to see an approach that works with common aspects of psychological disorders. Everyone who works with numerous patients in the field of psychotherapy eventually learns that most people have at least two or three co-morbid disorders, which are maintained by similar processes more often than not. Specific treatment protocols for individual disorders still have their place, but it's a relief to learn that we as clinicians can become more effective and save everyone time and effort by also addressing the common transdiagnostic processes.

There are allowances made in the book for those of us who prefer to integrate Method of Levels approach into our existing practice, combining the transdiagnostic approach and disorder-specific protocols.

I feel I would need to read some more about the Perceptual Control Theory, not because it wasn't explained well in the book, but because it is such a big and important scientific body, offering a refreshingly common sense approach to psychological and other processes.

I've found the understanding that psychological distress arises when we are trying to achieve conflicting goals at same time very useful. This is something I've felt for years in my work as a therapist, but I never saw it explained in such a clear, accessible way.

Asking questions, and asking clients what is it that bothers them in what they are describing is among many invaluable strategies I've taken from the book. It has really helped me understand my own and my clients' discomfort when I or one of my former therapists would try and empathise by assuming that something was bothersome, when in fact, something quite different was happening!

I can't recommend this book enough. Anyone working in the field of CBT, counselling and psychotherapy would benefit greatly from reading it. I am very much looking forward to the future publications on Method of Levels approach.

I also required a strong theory and an empirically validated treatment that I could easily use in practice

*By Nina TL on 4 July 2014*

An essential companion to anyone wishing to understand Method of Levels Therapy as a Transdiagnostic process.

I am currently working in the field of violent perpetration and have long been looking for a treatment guide that is able to shed light on many of the processes involved in both the facilitation and recidivism of violent behaviour. I required a theory that actually describes how (violent) behaviour occurs, why it occurs, and the way in which it can be effectively treated. I also required a strong theory and an empirically validated treatment that I could easily use in practice. A tall order! However, this book has it all...

It contains a great overview of Perceptual Control Theory - a theory that describes how the modification of ones behaviour (whether this be violent or otherwise) in an attempt to reduce internal conflict, allowing one to regain control (or a better perception) of the world around them. However, a huge benefit for me was that it contains an empirically validated psychotherapy known as the Method of Levels that is user-friendly and accessible to myself and many of my colleagues in the forensic field. There are informative descriptions of how Method of Levels is Transdiagnostic - and how this process is the same for individuals experiencing a variety of symptoms across disorders.

However, the most inspiring part of this book for me was how it not only related to my area of interest, but to many others also. More specifically, It was refreshing to read on how the combination of both theory and application can shed light on many of the unanswered questions that consistently rise within my field. For example, 'Why does violence occur, exactly how does it occur, and what can be done to reduce or stop the recidivism of violent behaviour?' to name but a few. With this in mind, I believe that Perceptual Control Theory, as well as the theory-driven application of Method of Levels, has the potential to help many individuals with or without psychological disorders find balance in their lives.

Given the above, I would wholeheartedly recommend this book to anyone interested in, or working in the field of forensic psychology in the hope that it will not only adequately inform your practice, but in the hope that it may just revolutionise the way in which you view individual behaviour for the foreseeable future.

*By Matt on 25 Oct. 2014*

This is a comprehensive and well balanced study of the subject. Perceptual control is very definitely what we all do and it is good to see a cohesive link between this reality and the modern race to be 'the best at CBT'! Buy it.

*C. Spratt on 12 Sept. 2013*