

Contents

<i>Preface</i>	ix
1. A New Psychotherapy for Each Patient	3
2. The Research Evidence	21
3. The Clinical Evidence	37
4. Assessment of Client Preferences	63
5. Assessment With the Cooper–Norcross Inventory of Preferences and Other Measures	93
6. Implementing Client Preferences in Treatment	115
7. Patient Preferences in Training and Supervision	139
8. Limitations and Contraindications of Personalizing	161
9. Toward an Evidence-Based Bespoke Psychotherapy	169
<i>Appendix. Cooper–Norcross Inventory of Preferences (C-NIP)</i>	181
<i>References</i>	185
<i>Index</i>	205
<i>About the Authors</i>	213