# Chapter 19

1. What defines a formal psychological therapy?
2. Psychodynamic therapies work, so why are they controversial?
3. Why are token economies in in-patient settings controversial?
4. Has mindfulness enhanced CBT? Or is it just up-to-date public relations?
5. CBT relies mostly on efficacy studies for evidence whereas psychoanalysis relies more on effectiveness studies. What are the limitations of each kind of evidence?
6. What is the best psychological therapy?
7. How important are common factors in therapy?
8. The drugs don’t work (Ashcroft, 1996). Discuss.
9. Is ECT good for you?
10. Why is the research base for drugs particularly controversial?