

Psychotherapists

Psychology



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The Effectiveness of Different Psychotherapists and The Dodo Hypothesis

There is a huge array of psychotherapists. The “ Dodo Bird Verdict” proposed in the 1930s proposed that the many and different types of psychological therapy available are all effectively equal. It does not identify or select whether an individual is receiving treatment from psychoanalysis, cognitive behaviour therapy-CBT, or neurolinguistic programming. It proposes that what really aids an individual to recover are intermediate factors like the willingness to open up and discuss their concerns or worries with sympathetic and skilled therapists or the extent to they are willing to engage with treatment.

Many researchers have conducted their studies with the aim to disapprove the Dodo Bird Verdict. However, these researchers are mostly proponents of ostensibly superior therapy who are only after making the theory irrelevant to propose the contrary and give skeptics a chance to think that there conclusions and findings are not impartial (Jared, 2008).

For instance, Cuijpers, Andersson, van Straten, and van Oppen carried out a meta-analysis on depression psychotherapy using 53 studies that sampled over 2500 patients suffering from depression. They realized that 7 major types of psychotherapy (cognitive- behavior therapy-CBT, behavioral activation treatment, nondirective supportive treatment, psychodynamic treatment, interpersonal psychotherapy-IPT, problem-solving therapy, and social skills training) produced similar efficacy with little insignificant differences (Jared, 2008).

Given the matters, the Dodo Bird Verdict advocates for like, the willingness to open up and discuss one’s worries with sympathetic and skilled therapists or the willingness to engage with treatment, would help form a basis for <https://assignbuster.com/psychotherapists/>

research and investigation to establish the critical factors contributing to recovery of individuals suffering from the different types of psychological disorders.

References

Jared D. (2008). Psychotherapy in practice, research, and pop culture.

Treating depression: Many major brands of psychotherapy are equally effective. Retrieved from [http://www. psychologytoday. com/blog/the-shrink-tank/200812/treating-depression-many-major-brands-psychotherapy-are-equally-effectiv](http://www.psychologytoday.com/blog/the-shrink-tank/200812/treating-depression-many-major-brands-psychotherapy-are-equally-effectiv)