

Control Therapy

An Integrated Approach
to Psychotherapy,
Health, and Healing

Deane H. Shapiro, Jr.

John Astin

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Nothing is as basic to human dignity and emotional well-being as a sense of control over one's life. Little is as baneful to the integrity of the individual psyche, the quality of interpersonal relationships, or the fabric of a free society as the sense of loss of control—except, perhaps, an irrational and unceasing fear of losing it. From cradle to grave, fundamental control issues shape our personalities, determine how we interact with one another, inform virtually all our important choices, and even provide the themes of many of our most memorable dreams. And, as Deane H. Shapiro and John Astin aver in this groundbreaking book, helping clients achieve a more balanced and realistic sense of control is, ultimately, what every psychotherapeutic endeavor is all about.

Control Therapy: An Integrated Approach to Psychotherapy, Health, and Healing is both a fascinating exploration of the role of control in healthy and disordered cognitive, behavioral, and affective functioning and a practical guide to integrating control-based techniques into virtually any practice. Weaving theory, research, and clinical insight into a coherent framework, the authors identify the personal, interpersonal, and cosmic control issues that run throughout everyone's life. They explore the role of control in nearly every aspect of existence, including interpersonal relationships, family, work, and physical health. They also explain how most major psychological and behavioral disorders can be defined in terms of effective and ineffective control responses. Finally, they demonstrate that control is a major common thread running through all schools of psychotherapeutic thought, including psychoanalytic, cognitive, behavioral, and humanistic/existential.

(continued on back flap)

As one of the primary objectives in writing *Control Therapy* was to provide therapists of all disciplines with the means of integrating control techniques into their practices, the authors have included various assessment matrixes useful in determining clients' control profile or control story and their levels, styles, and modes of control, and for identifying areas of real or imagined control deficiencies. They also provide practicable guidelines for planning interventions geared to assisting clients in self-assessing the degree of control they have over their lives, whether their control responses are functional, and, most importantly, how to develop more effective control strategies. These strategies include ways to balance and integrate both an assertive/change mode of control and a yielding/accepting mode of control.

Eloquent, wise, eminently practical, *Control Therapy: An Integrated Approach to Psychotherapy, Health, and Healing* is must reading for all mental health professionals.

DEANE H. SHAPIRO, PhD, is Professor Emeritus at the University of California, Irvine. He has served for several years as a member of the Clinical Faculty at Stanford University Medical School and as Dean of Academic Affairs at the Pacific Graduate School of Psychology, and he was cofounder and president of the Institute for the Advancement of Human Behavior. He is also the author/coeditor of more than one hundred scientific and professional publications. His books include *Precision Nirvana: Care and Maintenance of the Mind: An Owner's Manual*; *Meditation: Self-Regulation Strategy and Altered States of Consciousness*; and *Beyond Health and Normality: Explorations of Exceptional Psychological Well-being*.

JOHN ASTIN, PhD, holds a doctorate in health psychology from the University of California, Irvine. He is currently a research fellow at the Stanford Center for Research in Disease Prevention.

"An excellent, comprehensive survey of the state of the art in control theory and therapy."

— Ellen McGrath, PhD
Past President

Division of Psychotherapy, Division of Media Psychology
American Psychological Association

"A landmark work documenting the importance of personal control in both mental and physical health. Drs. Shapiro and Astin do a masterful job of weaving theory and research together with practical clinical strategies for facilitating an individual's development of health, mastery, and control."

— Kenneth R. Pelletier, PhD, MD (HC)
Clinical Associate Professor of Medicine, Stanford University School of Medicine
Author of *Sound Mind, Sound Body*

"This is an excellent book that touches upon the very heart of control issues in health and human development. The authors offer a unique integration of scientific information and spiritual wisdom in suggesting practical methods for therapists and other health professionals. I recommend it highly."

— Michael J. Mahoney, PhD

"The book will make a substantive contribution to the literature, not only for practicing clinicians looking for a theoretical framework on which to base their therapy, but also for clinical researchers interested in the construct of control."

— Kenneth A. Wallston, PhD
Professor of Psychology, Vanderbilt University

"A gem, a wonderful integration, and a challenge for psychology, psychiatry, and the health care professions in general."

— Gary E.R. Schwartz, PhD
Professor of Psychology, Neurology, Psychiatry, and Medicine
University of Arizona

"A monumental synthesis, giving rise to something profoundly new in Western behavioral science—a wisdom-based framework for understanding self and other and the full spectrum of the possible in the therapeutic relationship."

— Jon Kabat-Zinn, PhD
Department of Medicine
Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical Center

"A masterpiece on the topic of personal control and how it can be applied in the context of psychotherapy. This is a landmark book and I recommend it highly!"

— G. Alan Marlatt, PhD
Professor and Director, Addictive Behaviors Research Center
University of Washington

"An exceptionally thoughtful, thorough, and comprehensive, yet highly readable, survey of a topic of major importance to our individual and societal well-being."

— Roger Walsh, MD, PhD
Professor of Psychiatry, Anthropology, and Philosophy
University of California

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