

**SUPPLEMENT TO
SECTION 2
PSYCHOTHERAPY INTEGRATION**

**CHAPTER 8, V1¹:
PSYCHOTHERAPY INTEGRATION: PROBLEMS AND ISSUES**

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Karlin and Cross (2014) noted that despite established efficacy and recommendations as first-line treatments, most evidence-based psychotherapies (EBPs) are not presently featured in mainstream clinical settings. They cited the following studies as evidence that EBPs are at least as or more effective than psychopharmacotherapies for treating anxiety disorders: Butler, Chapman, Forman, and Beck (2006), DeRubeis, Gelfand, Tang, and Simons (1999), Jacobs, Pace-Schott, Stickgold, and Otto (2004). Butler et al. (2006) and the Institute of Medicine (2007).

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¹ V1 stands for Version 1 which implies that subsequent chapter updates will become available.

² References not included in this list are in the reference section of the Tryon (2014).

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