The complementary use of behavior therapy and psychotherapy: Some comments.

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AB Reports clinical evidence in support of the concurrent, successive, and complementary application of behavioral and traditional therapeutic techniques. The case histories reported point to the flexibility required in treating varied patient problems. Criticism is leveled at practitioners who maintain a particular therapeutic strategy only to be consistent with their theoretical underpinnings. It is argued that specific techniques are utilized most effectively when applied to specific difficulties in attainment of maximum benefit for patients. In the theoretical struggles that arise among practitioners of opposing camps, the patient should be of main concern. Empirical examination of the most effective treatment combinations appears warranted.