

Literatuur over de Method of Levels

Ger Schurink, januari 2017

Er zijn inmiddels tientallen publicaties over de MOL en de Perceptual Control Theory waar de MOL op gebaseerd is. Hieronder staan de belangrijkste en meest toegankelijke publicaties.

Boeken:

Mansell, W., Carey, T. A., & Tai, S. J. (2016) *Method of Levels. Een transdiagnostische benadering*. Amsterdam: Uitgeverij Hogrefe:

Carey, T. A., Mansell, W., & Tai, S. J. (2015). *Principles-based counselling and psychotherapy: A Method of Levels approach*. London: Routledge.

Carey, T. A. (2017). Wat gebeurt er nu? Twee stappen om effectief helpende gesprekken te voeren. (verschijnt in februari 2017) Vertaling van: Carey, T. A. (2008). *Hold that thought! Two steps to effective counseling and psychotherapy with the Method of Levels*. Chapel Hill, NC: Newview Publications.

Artikelen:

Carey, T. A. (2009). Dancing with distress: Helping people transform psychological troubles with the Method of Levels two step. *The Cognitive Behaviour Therapist*, 2, 167-177.

Mansell, W. (2009). Perceptual control theory as an integrative framework and method of levels as a cognitive therapy: What are the pros and cons? *The Cognitive Behaviour Therapist*, 2, 178–196.

Carey, T. A. (2011). Exposure and reorganization: The what and how of effective psychotherapy. *Clinical Psychology Review*, 31, 236-248. DOI 10.1016/j.cpr.2010.04.004

Marken, R. S., & Carey, T. A. (2014). Understanding the Change Process Involved in Solving Psychological Problems: A Model-Based Approach to Understanding How Psychotherapy Works. *Clinical Psychology and Psychotherapy*. DOI: 10.1002/cpp.1919

Alsawy, S., Mansell, W., Carey, T. A., McEvoy, P., & Tai, S. J. (2014). Science and practice of transdiagnostic CBT: A Perceptual Control Theory (PCT) approach. *International Journal of Cognitive Therapy*, 7/, 334-359.

Higginson, S., Mansell, W., & Wood, A.M. (2011). An integrative mechanistic account of psychological distress, therapeutic change and recovery- The Perceptual Control Theory approach. *Clinical Psychology Review* 31 (2011) 249–259.

Carey, T. A. (2010) Will you follow while they lead? Introducing a patient-led approach to low intensity CBT interventions. In: Bennett-Levy, J. et al. (eds) *Oxford Guide to Low Intensity CBT Interventions*. Oxford University Press Inc., New York

Morris, L., Mansell, W., & McEvoy, P. (2016). The take control course: Conceptual rationale for the development of a transdiagnostic group for common mental health problems. *Frontiers in psychology*, 7.

Carey, T. A., Tai, S. J., & Stiles, W. B. (2013). Effective and efficient: Using patient-led appointment scheduling in routine mental health practice in remote Australia. *Professional Psychology: Research and Practice*, 44(6), 405.

Mansell, W., & Carey, T. A. (2015). A perceptual control revolution? *The Psychologist*, 28(11), 896-899.

Tai, S. J. (2016). An Introduction to Using the Method of Levels (MOL) Therapy to Work with People Experiencing Psychosis. *American journal of psychotherapy*, 70(1), 125-148.

Carey, T. A., Kelly, R. E., Mansell, W., & Tai, S. J. (2012). What's therapeutic about the therapeutic relationship? A hypothesis for practice informed by Perceptual Control Theory. *The Cognitive Behaviour Therapist*, 5(2-3), 47-59. doi:10.1017/S1754470X12000037