



# **Physiology and Behavior Therapy: Conceptual Guidelines for the Clinician (The Springer Series in Behavioral Psychophysiology and Medicine)**

*James G. Hollandsworth Jr.*

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Despite the widespread use of psychophysiological concepts and methods in behavior therapy, there is no text devoted specifically to the subject. The publication of this book is necessary and timely, and should promote a better appreciation of the physiological roots of behavior therapy. The important connections between physiology and behavior therapy receive insufficient recognition nowadays, despite the fact that historically one of the two main streams of behavior therapy grew out of a physiological basis. Wolpe's early work was closely connected to physiology, and in contemporary behavior therapy, Lang's critical contribution is firmly based in psychophysiology. The physiological component is prominent in Lang's highly productive three-systems analysis of emotion and in its application to psychological disorders. In addition, there are philosophical reasons for maintaining the close connection between behavior therapy and physiology. The existence of these connections, and their justification, can raise few objections, and it is therefore curious that a book on this significant subject has not appeared earlier. The importance of physiology for behavior therapy can be illustrated by considering the nature of a behavior therapy deprived of its physiological connections. It would survive, certainly, but as a rather scrawny, uninteresting orphan among many clamorous competitors.

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