



Special Issue on Psychotherapy Research

Call for Papers

Psychotherapy Research studies the effectiveness, processes and outcomes of psychological therapies used to treat mental and emotional disorders. It examines therapeutic techniques, client–therapist relationships, treatment mechanisms and evidence-based interventions across different populations and settings. The field integrates clinical psychology, counseling and behavioral science to improve psychotherapy practices, enhance mental health outcomes and develop more effective and personalized treatment approaches.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on **Psychotherapy Research**. Potential topics include, but are not limited to:

- Therapeutic process and outcome research
- Comparative psychotherapy studies
- Cognitive behavioral therapy
- Mechanisms of change
- Therapeutic alliance and relationship processes
- Psychodynamic and psychoanalytic therapy
- Clinical psychology and psychotherapy
- Group and family therapy
- Well-being therapy
- Psychotherapy and counseling
- Evidence-based psychotherapy
- Adaptation and personalization of treatment
- Mindfulness and acceptance-based therapies
- Trauma-focused and PTSD therapies
- Humanistic and client-centered therapy
- Negative effects and harms
- Psychotherapy for children and adolescents
- Cultural and diversity issues in therapy
- Psychosocial interventions
- Digital and online psychotherapy

Authors should read over the journal's [For Authors](#) carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal's [Paper Submission System](#).

Please kindly notice that the “**Special Issue**” under your manuscript title is supposed



to be specified and the research field “**Special Issue – Psychotherapy Research**” should be chosen during your submission.

According to the following timetable:

Submission Deadline	September 18th, 2026
Publication Date	November 2026

For publishing inquiries, please feel free to contact the Editorial Assistant at submission.entrance1@scirp.org

PSYCH Editorial Office