

A Yale Psychologist Calls for the End of Individual Psychotherapy

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TIME:

Is individual therapy overrated and outdated? Yes, says Alan Kazdin, a professor of psychology and child psychiatry at Yale University, writing in the leading journal *Perspectives on Psychological Science*.

Kazdin contends that treatments for mental health issues have made great strides over the last few decades, but the problem is that these evidence-based therapies aren't getting to the people who need them. Nearly 50% of the American population will suffer some kind of mental illness at least once in their lifetimes, but the mental health field, which relies largely on individual psychotherapy to deliver care, isn't equipped to help the vast majority of patients.

TIME spoke with Kazdin about his views and recommendations for change.

Read the whole story: [TIME](#)