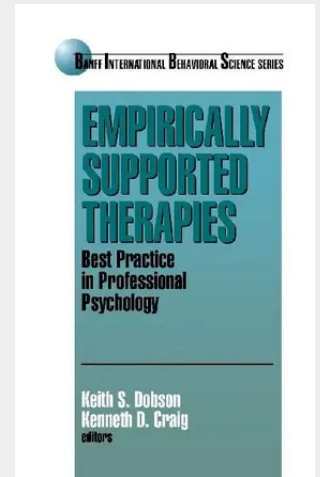


Empirically Supported Therapies

Best Practice in Professional Psychology

In 1995, the APA division on clinical psychology created a task force to compile a list of empirically validated procedures. Those left off the list were deemed invalid, leading to much controversy in the field of mental health service. Adding to the controversy are mental health corporations and HMOs that are using or planning to use the task force's lists to determine which interventions they will reimburse for and which they will not. Empirically Supported Therapies responds to this recent interest in basing practice on the empirical validation of interventions and treatments. Organized into two parts, the first comprises theoretical issues surrounding the development and promotion of empirically validated interventions. In the second part, contributors examine some of the validated interventions as illustrations of the issues involved in the debate. Presenting a balanced examination of a controversial topic, Empirically Supported Therapies is a much needed contribution to the literature for professionals in clinical and counseling psychology, human services, interpersonal violence, social work, developmental psychology, and nursing.

Basing psychological interventions and mental-health treatments on empirically validated 'best practice' is the subject of this controversial book. The first part of the book comprises theoretical issues surrounding the development and promotion of empirically validated interventions. In particular, the contributors consider whether many empirically validated interventions are actually valid with all clients and in all the circumstances claimed for them. Part Two examines a range of specific validated interventions as illustrations of the issues involved in the debate.



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