



Translating Psychological Research Into Practice

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It is refreshing to see both a researcher's and a clinician's viewpoint. The case examples in the clinician sections are great learning tools. This is a wonderful reference for both new therapists and seasoned veterans. Researchers also will learn how clinicians use theories in the real world. **Score: 92, 4 Stars**

Medical Reviews

"The format, whereby the evidence for efficacy of psychological interventions for the problem in question is reviewed by an expert followed by a clinician presenting a case where these treatments were actually utilized, and the real-life problems one runs up against in the course of treatment is innovative enough. But then to repeat this for 65 different problems in a manageable and succinct format represents a true integration of science and practice in a way that will move us forward."

David H. Barlow, PhD, ABPP, Center for Anxiety and Related Disorders, Boston University

It is only through the development of true partnerships between researchers and clinicians that mental health treatment can achieve an optimal level of success. This highly accessible desk reference will assist clinicians in easily incorporating findings from current evidence-based research into their day-to-day practice. It bridges the gap between empirical research and the needs of practicing clinicians and clinicians-in-training.

The guide brings together respected researchers and clinicians to discuss approaches to treating over 60 problem areas for adults, adolescents, and children. It provides concise, easily digestible summaries of the most current evidence-based research regarding interventions for many of the most common clinical disorders and mental health issues encountered in everyday clinical practice. These summaries present research that has been translated by experienced clinicians into practical applications that can be easily incorporated in therapeutic practice.

Research coverage of each problem area includes:

- Brief description
- Incidence/ prevalence data
- Summary findings of best practices for treatment
- Suggestions for research directions
- Key references for further consultation

The corresponding clinical application includes:

- Response to the research summary
- Case example that applies the evidence-based research to clinical practice
- Identification of challenges and cultural considerations in applying these interventions
- Suggestions for future research
- Key references

By presenting the perspectives of the mental health researcher and clinician side by side, this reference

facilitates an important dialogue that narrows the gap between research and practice and ultimately fosters better mental health outcomes for clients.

Key Features:

- Covers over 60 of the most frequently encountered disorders and issues for both adult and pediatric clients that mental health clinicians face today
- Brings together leading researchers and clinicians to discuss their approaches to treating a clinical problem area
- Summarizes the current research on treatments in each problem area
- Interprets research for clinicians, offering practice wisdom that helps them become more effective evidence-based practitioners

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