Clinical Psychology for Trainees

This book describes the practice of clinical psychology with special emphasis on providing trainee therapists with the skills and strategies to achieve the core competencies required for a science-informed clinical practice. It will support the reader in making the transition from the lecture theatre to the consulting room. The approach incorporates a contemporary perspective on the multiple roles of clinical psychologists within a competitive health care market, where professional psychologists not only need to be accountable for their outcomes and efficiency in achieving them, but also need to be conscious of the social and political context in which psychology is practiced. Chapters are organized around the acquisition of key competencies and linked within an evidence-based, science-informed framework. Case studies, hand-outs, graphics and worksheets are employed to encourage the implementation of the skills described. This book should be read by all those enrolled in, or contemplating, postgraduate studies in clinical psychology.

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Clinical Psychology for Trainees

Foundations of Science-informed Practice

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To Gilbert and Ruth
(AP)
To Alfred and Ursula
(WS)
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Preface

Errors using inadequate data are much less than those using no data at all.

Charles Babbage

All learning involves making errors. Knowing when errors occur and how to correct them is an important skill when developing the competencies needed to provide quality services as a clinical psychologist. From our clinical experience we have learned that a science-informed approach, while not perfect, is the best one available because, as Babbage said, the errors made are less than if we used no data at all. Good practice involves the integration of evidence-based treatment with treatment-based evidence, and is therefore inherently data-driven. Science can serve as an ally to the clinical psychology trainee by providing the foundation upon which the therapeutic relationship can flourish and produce beneficial outcomes. Although making errors when learning the complex tasks of a clinical psychologist may not be fun, the process of becoming a clinical psychologist deserves to be fun. The enjoyment comes from the excitement of developing new practical skills and gaining mastery in the effective delivery of therapeutic interventions. However, perhaps the most enjoyment of all comes from collaborating with another human being to bring about improvement in his or her well-being. Consequently, our aim in writing this book has been to provide a suitable companion on your journey to becoming a clinical psychologist. The journey and the destination should be enjoyable and, therefore, if we found it tedious to write about and irrelevant to the goal of becoming the best clinical psychologist, we left it out. This means that the book provides a practical guide to complement what you learn in your training.

In developing the ideas and content in this book as well as the mode of presentation there are more people who should be acknowledged than is possible. Therefore, we will limit ourselves to thanking our students, who have allowed us the privilege of sharing the enjoyment as they begin the journey
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of becoming a clinical psychologist, who have guided us to teach better, and who contributed to our School’s training programme by enthusiastically embracing the principles of science-informed practice while becoming actively involved in numerous programme evaluation projects and quality control exercises.

Andrew Page and Werner Stritzke