

Cambridge University Press
978-0-521-61540-2 - Clinical Psychology for Trainees: Foundations of Science-Informed Practice
Andrew C. Page and Werner G. K. Stritzke
Frontmatter
[More information](#)

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.

Andrew Page is Associate Professor in the School of Psychology, University of Western Australia, Co-director of the Robin Winkler Clinic and consultant to a private psychiatric service, Perth Clinic.

Werner Stritzke is a Senior Lecturer in the School of Psychology, University of Western Australia and Co-director of the Robin Winkler Clinic.

Cambridge University Press
978-0-521-61540-2 - Clinical Psychology for Trainees: Foundations of Science-Informed Practice
Andrew C. Page and Werner G. K. Stritzke
Frontmatter
[More information](#)

Clinical Psychology for Trainees

Foundations of Science-informed Practice

Andrew C. Page

and

Werner G. K. Stritzke

University of Western Australia



Cambridge University Press
978-0-521-61540-2 - Clinical Psychology for Trainees: Foundations of Science-Informed Practice
Andrew C. Page and Werner G. K. Stritzke
Frontmatter
[More information](#)

CAMBRIDGE UNIVERSITY PRESS
Cambridge, New York, Melbourne, Madrid, Cape Town, Singapore, São Paulo
Cambridge University Press
The Edinburgh Building, Cambridge CB2 2RU, UK

Published in the United States of America by Cambridge University Press,
New York

www.cambridge.org
Information on this title: www.cambridge.org/9780521615402

© A. Page and W. Stritzke 2006

This Publication is in copyright. Subject to statutory exception
and to the provisions of relevant collective licensing agreements,
no reproduction of any part may take place without
the written permission of Cambridge University Press.

First published 2006

Printed in the United Kingdom at the University Press, Cambridge

A catalog record for this publication is available from the British Library

Library of Congress Cataloging-in-Publication Data

Clinical psychology for trainees : foundations of science-informed
practice / edited by Andrew C. Page and Werner G.K. Stritzke.
p. ; cm.

Includes bibliographical references and index.

ISBN-13: 978-0-521-61540-2 (pbk.)

ISBN-10: 0-521-61540-2 (pbk.)

1. Clinical psychology. 2. Clinical psychologists--Training of. I.
Page, Andrew C. (Andrew Charles), 1964- II. Stritzke, Werner G. K.,
1956-

[DNLM: 1. Psychotherapy--methods. 2. Professional-Patient
Relations. 3. Psychology, Clinical--methods. WM 420 C6418 2006]

RC467.2.C555 2006

616.89--dc22

2006018835

ISBN-13 978-0-521-61540-2 paperback
ISBN-10 0-521-61540-2 paperback

Cambridge University Press has no responsibility for the persistence or accuracy of URLs for external
or third-party internet websites referred to in this publication, and does not guarantee that any
content on such websites is, or will remain, accurate or appropriate.

Every effort has been made in preparing this publication to provide accurate and up-to-date information
which is in accord with accepted standards and practice at the time of publication. Although case histories
are drawn from actual cases, every effort has been made to disguise the identities of the individuals
involved. Nevertheless, the authors, editors and publishers can make no warranties that the information
contained herein is totally free from error, not least because clinical standards are constantly changing
through research and regulation. The authors, editors and publishers therefore disclaim all liability for
direct or consequential damages resulting from the use of material contained in this publication.
Readers are strongly advised to pay careful attention to information provided by the manufacturer of
any drugs or equipment that they plan to use.

Cambridge University Press
978-0-521-61540-2 - Clinical Psychology for Trainees: Foundations of Science-Informed Practice
Andrew C. Page and Werner G. K. Stritzke
Frontmatter
[More information](#)

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

Contents

	<i>Preface</i>	<i>page ix</i>
1	A science-informed model of clinical psychology practice	1
2	Relating with clients	11
3	Assessing clients	27
4	Linking assessment to treatment: case formulation	60
5	Treating clients	93
6	Group treatment	134
7	Programme evaluation	147
8	Case management	157
9	Supervision	181
10	Managing treatment non-compliance	199
11	Respecting the humanity of clients: cross-cultural and ethical aspects of practice	217
12	Working in rural and remote settings	230
13	Psychologists as health care providers	240
	<i>References</i>	252
	<i>Useful resources</i>	277
	<i>Index</i>	281

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

x **Preface**

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