

Cambridge University Press

978-1-107-61398-0 - Clinical Psychology for Trainees: Foundations of Science-Informed Practice,  
Second Edition

Andrew C. Page and Werner G. K. Stritzke

Frontmatter

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# Clinical Psychology for Trainees

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

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## Preface

The first edition laid out a model for the science-informed practice of clinical psychology. It aimed to give clinical psychology trainees a blueprint for how science can be used to influence the day-to-day practice of clinical psychology. The second edition retains that theme, but much has changed. In the intervening years our profession's knowledge base has grown and one of the key classificatory systems for mental disorders has been revised. Therefore, our book required updating. But even more fundamentally, a second edition was needed because in the past eight years there has been a seismic shift in the practice of clinical psychology. Like most change in life we were carried along with it and adapted to it as it happened. However, the starkness of the change was evident when we were confronted by the growing disparity between the health care environment in which we now live and the clinical psychology practice we described in 2006. Therefore, the second edition is not just an updating; it is in many ways a qualitatively different book. Some of the seeds that we described in 2006 have now become young saplings. The vista of clinical psychology has grown as the profession has developed greater depth and breadth. Therefore, the new edition not only incorporates new chapters on brief interventions, routine monitoring of treatment progress, and managing alliance ruptures, with around 200 new references, but it captures the profession at an exciting juncture. Today's clinical psychology trainees venture into health care environments that are increasingly interdisciplinary. Their skill set has broadened from specialist care and research expertise to incorporate a range of generalist competencies. Together, these define the unique value they add to integrated care settings. This second edition conveys the development of the profession and the excitement of the new challenges facing clinical psychology. We trust that after reading this book, not only will you feel that you have a sense of what a science-informed practice of clinical psychology might look like, but you will also share our enthusiasm for exploring the vital contributions that this science-informed brand of clinical psychology can make to the well-being of people in our society.