Introduction to Clinical Psychology
Ninth Edition

Thoroughly updated and revised, the ninth edition of this bestselling textbook introduces students to clinical psychology as a bridge between science and practice. Extensive revisions since the previous edition have resulted in the most accessible, up-to-date and thematically integrated edition of *Introduction to Clinical Psychology* yet, while maintaining the authority and accessibility students and instructors have come to rely on.

Updates include:
- Three new co-authors who are internationally recognized scholar-practitioners
- New emphasis on integrating science and practice, illustrating how psychologists use evidence-based practices to help clients
- Addition of the fictional Jackson Family case studies, providing vivid examples of a family confronting numerous mental health challenges
- “Thinking Scientifically” sections in each chapter, which break down how students can think critically when presented with conflicting findings and use the existing evidence to draw the most reasonable conclusions
- “In Review” tables at the end of each major section prompting students to review the material in that section and test their comprehension
- An expanded image program and printed in color for the first time.

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Introduction to Clinical Psychology
Bridging Science and Practice

Ninth Edition

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To our mentors, who encouraged us to take the path to clinical psychological science, and to our students, who will lead the way forward.
Contents

Preface [page xvii]
Acknowledgments [xx]
Significant Dates and Events in the History of Clinical Psychology [xxi]

2 Clinical Psychology’s Past, Present, and Future [30]
3 Basic Features of Clinical Assessment, Classification, and Diagnosis [63]
4 Interviewing and Observation in Clinical Psychology [102]
5 Testing in Clinical Psychology [143]
6 Basic Features of Clinical Interventions [185]
7 Research on Clinical Intervention [216]
8 Psychoanalytic, Psychodynamic, and Humanistic Psychotherapies [248]
9 Cognitive, Behavioral, and Acceptance-Based Psychotherapies [286]
10 Delivering Mental Health Services [324]
11 Clinical Psychology for Youth and Older Adults [350]
12 Clinical Psychology, Health, and Well-Being [394]
13 Clinical Neuropsychology [418]
14 Forensic Psychology [448]
15 Training and Practice Issues in Clinical Psychology [477]
16 Getting into Graduate School in Clinical Psychology [517]

References [551]
Answer Key [631]
Name Index [635]
Subject Index [656]
Detailed Contents

Preface [page xvii]
Acknowledgments [xx]
Significant Dates and Events in the History of Clinical Psychology [xxi]

A Clinical Case [1]
An Overview of Clinical Psychology [2]
The Definition of Clinical Psychology [2]
The Popularity of Clinical Psychology [3]
What Does it Take to Become a Clinical Psychologist? [4]
Clinical Psychology and Related Mental Health Professions [8]
Clinical Psychologists at Work [11]
Where Do Clinical Psychologists Work? [16]
How Much Do Clinical Psychologists Earn? [17]
Who Are Clinical Psychologists? [17]
Who Are the Clients of Clinical Psychologists? [18]
In Review: Clinical Psychologists at Work [19]
Clinical Psychology in the 21st Century [20]
Science and Practice [20]
Thinking Scientifically About Evidence [21]
Eclecticism and Integration [24]
The Health-Care Environment [25]
In Review: Clinical Psychology in the 21st Century [28]
Chapter Summary [29]

2 Clinical Psychology’s Past, Present, and Future [30]
The Roots of Clinical Psychology [30]
The Empirical Tradition [31]
The Psychometric Tradition [33]

3 Basic Features of Clinical Assessment, Classification, and Diagnosis [63]
A Clinical Case [63]
An Outline of the Assessment Process [64]
4 Interviewing and Observation in Clinical Psychology [102]

Clinical Interview Situations [103]
- Intake Interviews [103]
- Problem-Referral Interviews [105]
- Orientation Interviews [105]

Debriefing and Termination [106]
- Interviews [106]
- Crisis Interviews [106]
- Ethnic and Cultural Issues in Clinical Interviewing [107]

Thinking Scientifically: Is Psychological Diagnosis Biased? [107]
- In Review: Clinical Interview Situations [111]

Interview Structure [111]
- Nondirective Interviews [112]
- Semistructured Interviews [112]
- Structured Interviews [113]
- In Review: Interview Structure [116]

Stages in the Interview [117]
- Stage 1: Beginning the Interview [117]
- Stage 2: The Middle of the Interview [119]
- Stage 3: Closing the Interview [123]
- In Review: Stages in the Interview [123]

Evaluating the Quality of Interviews [124]
- Communication and Miscommunication in the Interview [124]
- Reliability and Validity of Interview Data [125]
- In Review: Evaluating the Quality of Interviews [127]

Observational Assessment [128]
- Goals of Observational Assessment [128]
- Limitations of Observational Assessment [130]
- In Review: Observational Assessment [130]

Approaches to Observational Assessment [131]
- Naturalistic Observation [132]
- Controlled Observation [134]
- Behavioral Avoidance Tests [136]
- In Review: Approaches to Observational Assessment [137]

Research on Observational Assessment [138]
- Defining Observational Targets [138]
- Representativeness of Observed Behavior [138]
- Reliability of Observational Assessment [139]
- Validity of Observational Assessment [140]
- In Review: Research on Observational Assessment [140]

Chapter Summary [141]
5 Testing in Clinical Psychology [143]
Basic Concepts in Psychological Testing [144]
What Is a Psychological Test? [145]
How Are Tests Constructed? [146]
Standardization and Score Interpretation [149]
Avoiding Distortion in Test Scores [150]
In Review: Basic Concepts of Psychological Testing [151]
Tests of Intellectual Functioning [152]
Theories of Intelligence [152]
The Binet Scales [154]
The Wechsler Scales [156]
Other Intelligence Tests [159]
Aptitude and Achievement Tests [160]
In Review: Tests of Intellectual Functioning [161]
Thinking Scientifically: Are Intelligence Tests Biased Unfairly Against Certain Groups? [162]
Tests of Attitudes, Interests, Preferences, and Values [165]
Tests of Psychopathology and Personality [167]
Objective Tests of Psychopathology [168]
Objective Tests of Personality [171]
Projective Personality Tests [174]
In Review: Tests of Psychopathology and Personality [177]
The Current Status of Psychological Testing [178]
Reliability and Validity of Psychological Tests [179]
Psychological Testing with Diverse Clients [180]
The Ethical Use of Psychological Tests [181]
New Roles and Goals for Psychological Tests [182]
In Review: The Current Status of Psychological Testing [183]
Chapter Summary [184]

6 Basic Features of Clinical Interventions [185]
Overview of Clinical Interventions [185]
What Is Psychotherapy? [186]
How Many Psychotherapy Approaches Are There? [186]
In Review: Major Approaches to Psychotherapy [187]
The Participants in Psychotherapy [188]
The Client [188]
The Therapist [190]
Thinking Scientifically: Should Psychotherapists Be Required to Have Therapy Themselves? [194]
The Therapeutic Alliance [195]
Settings for Psychotherapy [199]
In Review: The Participants in Psychotherapy [200]
The Goals of Clinical Interventions [201]
Building a Strong Therapeutic Relationship [202]
Fostering Insight [202]
Providing New Information (Education) [203]
Assigning Extratherapy Tasks (Homework) [203]
Developing Faith, Hope, and Expectations for Change [203]
In Review: The Goals of Clinical Interventions [205]
Ethical Guidelines for Clinical Interventions [205]
The APA Ethics Code [206]
Ethics and the Therapist’s Values [207]
In Review: Ethical Guidelines for Clinical Interventions [208]
Some Practical Aspects of Clinical Intervention [209]
Treatment Duration and Fees [209]
Record Keeping [210]
Case Formulation and Treatment Planning [210]
Therapist Objectivity and Self-Disclosure [212]
Termination [212]
Two Broad Trends in Clinical Intervention [213]
In Review: Some Practical Aspects of Clinical Intervention [214]
Chapter Summary [214]

7 Research on Clinical Intervention [216]
A Clinical Case [216]
Methods for Studying Psychological Treatments [218]
Basic Designs of Psychotherapy-Outcome Research: Past and Present [219]
In Review: Methods for Studying Psychological Treatments [226]
Results of Research on Individual Treatments [227]
Client Satisfaction Surveys [227]
Box Score Reviews [227]
Meta-Analytic Studies [228]
Thinking Scientifically: Are All Forms of Psychotherapy Equally Effective? [228]
Empirically Supported and Evidence-Based Treatments [230]
Evidence-Based Practice [233]
Research on Common or Non-specific Factors in Therapy [235]
In Review: Results of Research on Individual Treatments [237]
Results of Research on Other Modes of Intervention [238]
Findings on Group Therapy [238]
Findings on Couples Therapy [239]
Findings on Family Therapy [239]
Findings on Preventive Interventions [240]
Findings on Self-Help Resources and Self-Help Groups [240]
Findings on the Combination of Psychotherapy and Medication [241]
In Review: Results of Research on Other Modes of Intervention [242]
Issues and Concerns about Research on Psychotherapy [243]
Concerns and Compromises in Therapy Research [243]
In Review: Issues and Concerns about Research on Psychotherapy [246]
Chapter Summary [246]

8 Psychoanalytic, Psychodynamic, and Humanistic Psychotherapies [248]

Psychoanalysis [248]
Freud’s Theory of Personality and Psychopathology [249]
Foundations of Psychoanalytic Therapy [252]
A Case Example of Psychoanalysis [255]
Thinking Scientifically: Is Freud Dead? [261]
In Review: Psychoanalysis [263]

Psychoanalytic Psychotherapy [263]
Adler’s Individual Psychology [264]
Jung’s Analytical Psychology [265]
Ego Psychology [265]

Object Relations Therapy [265]
Relational Psychodynamic Psychotherapy [266]
Short-Term Psychodynamic Psychotherapy [267]
The Current Status of Psychodynamic Psychotherapy [268]
In Review: Psychodynamic Psychotherapy [268]

Interpersonal Psychotherapy [269]
The Current Status of Interpersonal Psychotherapy [270]
In Review: Interpersonal Psychotherapy [271]

Humanistic Psychotherapy [272]
Person-Centered Therapy [272]
The Goals of Person-Centered Therapy [274]
A Case Example of Person-Centered Therapy [277]
Gestalt Therapy [279]
Existential and Other Humanistic Approaches [281]
The Current Status of Humanistic Psychotherapy [283]
In Review: Humanistic Psychotherapy [284]

Chapter Summary [284]

9 Cognitive, Behavioral, and Acceptance-Based Psychotherapies [286]

Behavior Therapy [286]
Theoretical Foundations [287]
Assessment in Behavior Therapy [288]
Role of the Therapist [289]
Goals of Behavior Therapy [290]
Clinical Applications [290]
Exposure Techniques [290]
A Case Example of Exposure Treatment [294]

Thinking Scientifically: Should EMDR Be a Treatment of Choice for Posttraumatic Stress Disorder? [296]
Social Skills Training [298]
Behavioral Activation and Activity Scheduling [298]
Aversion Therapy and Punishment [299]
A Case Example of Behavior Therapy [299]
In Review: Behavior Therapy [301]

Cognitive Therapy [302]
Theoretical Foundations [302]
Goals of Cognitive Therapy [307]
Cognitive Therapy Methods [307]
Detailed Contents

In Review: Cognitive Therapy [313]
Cognitive Behavior and Acceptance-Based Therapies [314]
Theoretical Foundations and Extensions [315]
Clinical Applications [316]
Integrating Cognitive Behavior and Acceptance-Based Therapies [317]
The Current Status of Cognitive Behavior and Acceptance-Based Therapies [321]
In Review: Cognitive Behavior and Acceptance-Based Therapies [322]
Chapter Summary [323]

10 Delivering Mental Health Services [324]
Dissemination and Implementation of Clinical Interventions [325]
The Challenges of Dissemination and Implementation [325]
New Models for Delivering Therapy [326]
In Review: Dissemination and Implementation of Clinical Interventions [327]
Group Therapy [328]
Therapeutic Factors in Group Therapy [328]
The Practice of Group Therapy [329]
Cognitive Behavioral Group Therapy [329]
In Review: Group Therapy [331]
Couples and Family Therapy [331]
Diagnosis in Couples and Family Therapy [332]
Couples Therapy Methods [332]
Family Therapy [334]
A Case Example of Family Therapy [335]
The Social Contexts of Couples and Family Therapy [336]
In Review: Couples and Family Therapy [337]
Alternatives to In-Person Therapy by Mental Health Professionals [338]
Technological Innovations [338]
Thinking Scientifically: What are the Effects of Trying to Change Cognitive Biases Using Technology? [339]
Non-Specialist Providers [341]
Prevention Science [342]
Community Psychology [345]
Self-Help [346]
Complementary and Alternative Medicine [347]
In Review: Alternatives to In-Person Therapy with Mental Health Professionals [348]
Chapter Summary [349]

11 Clinical Psychology for Youth and Older Adults [350]
A Brief History of Clinical Child Psychology [351]
In Review: A Brief History of Clinical Child Psychology [353]
Unique Characteristics of Clinical Child Psychology [353]
A Focus on Developmental Stages [353]
Attention to the Contexts of Behavior [354]
Processes for Seeking Help [355]
Confidentiality [355]
In Review: Unique Characteristics of Clinical Child Psychology [355]
Clinical Assessment of Children [356]
Special Considerations in Child Assessment [356]
Behavior Rating Scales [357]
Clinical Interviews [359]
Intelligence and Achievement Tests [359]
Projective Tests [360]
Behavioral Observations [360]
Understanding and Dealing with Inconsistent Assessment Information [361]
A Case Example [362]
In Review: Clinical Assessment of Children [363]
Treatment and Prevention of Child and Adolescent Disorders [364]
Psychosocial Treatments for Disorders in Children and Adolescents [364]
Pharmacological Interventions [366]
Thinking Scientifically: Do the Risks of Medication for Child and Adolescent Disorders Outweigh Their Benefits? [367]
A Case Example [368]
Prevention of Childhood Disorders [369]
In Review: Treatment and Prevention of Child and Adolescent Disorders [370]
The Future of Clinical Child Psychology [371]
Diversity and Multiculturalism [371]
Access to Care [372]
Interdisciplinary Approaches to Research and Practice [373]
xiv | Detailed Contents

Technology and Youth Mental Health [373]
Clinical Geropsychology [374]
A Brief History of Clinical Geropsychology [375]
The Need for More Geropsychologists [378]
In Review: Clinical Geropsychology [378]
Unique Characteristics of Clinical Geropsychology [379]
Training in Geropsychology [379]
Work Settings for Geropsychologists [380]
A Focus on Life-Span Development [380]
In Review: Unique Characteristics of Clinical Geropsychology [381]
Clinical Assessment with Older Adults [382]
Assessment Methods with Older Adults [382]
A Case Example [385]
In Review: Clinical Assessment with Older Adults [386]
Treatment of Older Adults [387]
Special Considerations in Treating Older Adults [387]
Treatment Methods and Settings [388]
Pharmacological Treatments [389]
A Case Example [389]
In Review: Treatment with Older Adults [390]
The Future of Geropsychology [391]
Diversity and Multiculturalism [391]
Advancing Technology [391]
Chapter Summary [392]

12 Clinical Psychology, Health, and Well-Being [394]
What Is Health Psychology? [394]
Stress, Coping, and Health [396]
Measuring Stressors [399]
Adaptive Coping Strategies [399]
Stress-Hardy Personality Characteristics [400]
Social Support [401]
Risk Factors for Illness [403]
Risk Factors for Cardiovascular Disease [404]
Thinking Scientifically: Does Hostility Increase the Risk of Heart Disease? [406]
In Review: Risk Factors for Illness [408]
Illness Prevention and Treatment Programs [409]
Cardiovascular Diseases [409]
Pain [409]
Cancer [410]
HIV/AIDS [410]
In Review: Illness Prevention and Treatment Programs [412]
Improving Adherence to Medical Treatment [412]
Causes of Nonadherence [413]
Interventions to Improve Adherence [414]
In Review: Improving Adherence to Medical Treatment [415]
A Case Example of Health Psychology [415]
Chapter Summary [417]

13 Clinical Neuropsychology [418]
A Clinical Case [418]
A Brief History of Neuropsychology [420]
Early Influences [420]
Development of Neuropsychological Assessment Techniques [422]
Split-Brain Research [423]
Research on Normal Brains [423]
In Review: A Brief History of Neuropsychology [424]
Basic Principles of Neuropsychology [424]
A Modern View of Localization of Function [424]
Modules and Networks [425]
Levels of Interaction [426]
Lateralization of Function [426]
Thinking Scientifically: Can Someone Be Partially Paralyzed and Really Not Know It? [428]
In Review: Basic Principles of Neuropsychology [430]
Patterns of Neuropsychological Dysfunction [431]
Occipital Lobe Dysfunction [431]
Parietal Lobe Dysfunction [431]
Temporal Lobe Dysfunction [432]
Frontal Lobe Dysfunction [434]
Neuropsychological Syndromes [435]
In Review: Patterns of Neuropsychological Dysfunction [438]
Neuropsychological Assessment [438]
Neuropsychological Test Batteries [439]
Detailed Contents | xv

14 Forensic Psychology [448]
The Scope of Forensic Psychology [449]
In Review: The Scope of Forensic Psychology [450]
Criminal Competence and Responsibility [450]
Criminal Competence [451]
Assessing Competence [451]
The Insanity Defense [454]
Assessing Sanity [455]
Thinking Scientifically: Does the Insanity Defense Allow Killers to Get Away with Murder? [457]
Reforming the Insanity Defense [459]
In Review: Criminal Competence and Responsibility [460]
Assessing Psychological Status in Civil Cases [461]
Assessing Psychological Damage in Tort Cases [461]
Workers’ Compensation Cases [462]
Civil Competencies [463]
In Review: Assessing Psychological Status in Civil Cases [464]
Psychological Autopsies and Criminal Profiling [465]
Psychological Autopsies [465]
Criminal Profiling [466]
In Review: Psychological Autopsies and Criminal Profiling [467]
Child Custody and Parental Fitness [467]
Child Custody Disputes [468]
 Custody Mediation [469]
 Termination of Parental Rights [471]
In Review: Child Custody and Parental Fitness [471]
Mental Health Experts in the Legal System [472]
In Review: Mental Health Experts in the Legal System [475]
Chapter Summary [476]
The Future of Clinical Psychology [509]
  Training [510]
  Psychotherapy Integration [510]
  Interdisciplinary Science and Practice [510]
  Positive Psychology [511]
  Spirituality [511]
  Technology [512]
  Dissemination [513]
  Outreach to the National and International Communities [514]
  A Final Word [515]
  In Review: The Future of Clinical Psychology [515]
Chapter Summary [516]

16 Getting into Graduate School in Clinical Psychology [517]
What Types of Graduate Programs Will Help Me Meet My Career Goals? [517]
Research Versus Clinical Emphasis? [517]
M.A., Ph.D., or Psy.D.? [518]
Am I Ready to Make the Commitment Required by Graduate Programs at This Time in My Life? [520]
Time Commitments [520]
Financial Commitments [522]
Academic and Emotional Commitments [523]
Are My Credentials Strong Enough For Graduate School in Clinical Psychology? [525]
Undergraduate Coursework and Experience [525]
Graduate Record Exam Scores [527]
Grade Point Average [527]
Letters of Recommendation [528]
Given My Credentials, to What Type of Program Can I Realistically Aspire? [528]
I Have Decided to Apply to Graduate School in Clinical Psychology. What Should I Do Now? [529]
How Do I Get Information About Graduate Programs and Identify “Good” Ones? [530]
What Does It Mean When a Clinical Psychology Graduate Program is Accredited by the American Psychological Association? [534]
What Does it Mean When a Clinical Psychology Graduate Program is Accredited by the Psychological Clinical Science Accreditation System? [534]
When Should I Apply, and What Kind of Timeline Should I Expect? [535]
To How Many Programs Should I Apply? [535]
How Much Will It Cost to Apply? [536]
What Testing is Involved in Applying to Graduate School? [537]
What is the GRE? [537]
Should I Study for the GRE? [538]
How Important is My Grade Point Average? [539]
Will I Need Letters of Recommendation? If so, How Many and from Whom? [539]
What Should I Know About Asking for Letters of Recommendation? [540]
Will I Be Able to See My Letters of Recommendation? [541]
What Should I Include in My Personal Statement? [541]
Are Personal Interviews Required? [543]
How Do I Prepare for an Onsite Interview? [545]
What Kind of Financial Aid Is Available for Graduate Study? [546]
When I Am Admitted to a Program, How Long Will I Have to Make a Decision About Whether to Accept? [548]
Will I Be Successful in Gaining Admission? [548]
What Are your Rights as a Graduate Student? [549]
Chapter Summary [549]

References [551]
Answer Key [631]
Name Index [635]
Subject Index [656]
Preface

The eight previous editions of this book have all shared the same four goals. The first is to offer an introduction to clinical psychology that, while appropriate for graduate students, is written especially with intellectually curious undergraduates in mind. Many psychology majors have an interest in clinical psychology, but not a clear understanding of what the field involves and requires. Many nonmajors, too, want to know more about clinical psychology, and we believe that both groups can benefit from a thorough survey of the field that does not delve into all the details typically included in texts aimed only at graduate students. Readers whose backgrounds include coursework in introductory psychology and abnormal psychology will find the book especially valuable.

The second goal is to present the whole story of clinical psychology, its history, its present scope and functions, and a glimpse into its future. We do so in a way that includes the perspectives of many approaches to clinical psychology—the behavioral, interpersonal, cognitive behavioral, humanistic, psychodynamic, acceptance-based, social systems, etc.—and that highlights the strengths and weaknesses of the scientific evidence for each.

The third goal is to emphasize the value of scientific research in clinical psychology. We believe this is a necessary and useful perspective for all clinical psychologists, whether they are practitioners, researchers, educators, policy makers, or consultants. So you will see as a core theme throughout the book the idea that an evidence-based approach to clinical psychology offers the best hope for helping clients because it is the one most likely to identify the causes of, and effective treatments for, psychological disorders.

The fourth goal is to offer a book that is interesting and enjoyable. As you might expect, we love the field of clinical psychology. We find it fascinating. We enjoy teaching about it and writing about it, and we hope that some of our excitement and enthusiasm will rub off on you.

These four goals have not changed, but many other aspects of the book are new. First and foremost, the ninth edition benefits from the knowledge, skills, and experience of three new members of the author team. Led by Doug Bernstein of the University of South Florida, who co-wrote the first edition in 1980, the team now includes Bethany Teachman of the University of Virginia, Bunmi Olatunji of Vanderbilt University, and Scott Lilienfeld of Emory University. Here is what we have done for the ninth edition:

1. Content Updates. We have added more than 1000 new references that describe the latest scientific research and information about all aspects of contemporary clinical psychology. We cover the development of evidence-based clinical science, emerging models for clinical training and accreditation, new approaches to diagnosing and classifying the key features of mental illness, and the latest trends in formulating and evaluating interventions for the treatment of those disorders. We also summarize the latest changes in healthcare legislation and managed-care systems, and advances in the delivery of mental health-care services (imagine treatment through a smart-phone app!) that will influence clinical psychology training, research, and practice.

The structure and sequence of some chapters have also changed. In particular, the Clinical Child Psychology chapter has been expanded to include a major section on Clinical Geropsychology, and renamed Clinical Psychology for Youth.
and Older Adults. In addition, the chapter on Research on Clinical Intervention now appears before, rather than after, the chapters on specific types of treatment. This change reflects our desire to emphasize that clinicians of all theoretical persuasions should use scientific methods to evaluate the effectiveness of clinical interventions.

2. More Integrated Case Examples. In this new edition, we wanted to provide more examples of the kinds of clients and client problems that clinical psychologists encounter in their research and practice. We also wanted to show you how the same clients and problems can be understood from many different theoretical perspectives. So, in Chapter 1 we introduce you to the members of the “Jackson” family (not their real name), who illustrate many of the fascinating problems and practice issues that clinical psychologists encounter every day. Our description of each family member will provide vivid and easily grasped examples of clinical assessment techniques, therapeutic methods, symptoms of psychological disorders, the importance of sociocultural factors in diagnosis and treatment, and the like. As you read the book, you will meet the same family members in varying combinations (e.g., in family therapy sessions) and in different contexts (e.g., diagnostic interviewing, neuropsychological assessment, individual therapy), rather than always being introduced to entirely new cases. By providing background information about a single family, its history, and its dynamics in Chapter 1, many of the case examples in later chapters will involve people with whom you will already be familiar.

3. Scientific Thinking about Current Controversies. Clinical psychology is an ever-changing field, and proposals for change often meet with varying reactions. As a result, there are a number of topics about which clinical psychologists and other mental health professionals disagree, such as how much weight should be given to various sources of evidence when making clinical decisions, how clinical psychologists should be trained, and whether they should be allowed to prescribe medication for psychological disorders. We describe these and many other current controversies throughout the book, and in special sections in every chapter we invite you to “Think Scientifically” about them by asking yourself five specific questions:

What am I being asked to believe?
What kind of evidence is available to support the claim?
Are there alternative ways of interpreting the evidence, including those that my biases and preconceptions might have kept me from seeing?
What additional evidence would help to evaluate those alternatives?
What conclusions are most reasonable given the kind of evidence available?

4. Additional Coverage of Clinical Technology. Updating the book gave us the opportunity to describe the changes taking place in clinical psychology that involve new digital technologies. You will see examples of these changes throughout the book that relate to everything from delivery of mental health services via the internet and social media, to the use of artificial intelligence in clinical assessment, and the application of virtual reality systems in various kinds of treatment.

5. Highlighting Individual Differences and Sociocultural Diversity. The sociocultural characteristics of clinical psychologists and their clients have become increasingly diverse over the years. As a result, you will find that our coverage of everything from clinical training and assessment techniques to treatment methods and health-care delivery systems takes into account the impact of factors such as age, gender, race and ethnicity, culture and nationality, sexual orientation, and disability status on clinical research and practice.

6. More Reader-Friendly Features. We have added a number of new elements to the ninth edition that are designed specifically to make the book easier and more enjoyable to read, more supportive of your learning, and more helpful when the time comes to study for quizzes and tests.

- First, we have used a larger font, which makes for less tiring reading, and we added more than 20 new photos, figures, and tables to illustrate the text and add variety to your reading experience.
Second, all the most important key terms are now printed in **boldface** type and are reproduced, along with their definitions, in the margin after the first mention of each term.

Third, we have retained the chapter and section previews that help you to anticipate what you are about to read, but we have also added “In Review” tables at the end of each major section of every chapter. These tables summarize the main points of the section and then pose three self-testing questions that give you a chance to see if you have understood the material in the section or if you might want to go back and re-read some of it (the answers to the self-test questions are at the back of the book).

We hope you enjoy reading the ninth edition as much as we enjoyed creating it. We would love to hear your comments and suggestions for further improvement, so please feel free to contact the author team through Doug Bernstein at douglas.bernstein@comcast.net.
Acknowledgments

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### Significant Dates and Events in the History of Clinical Psychology

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>1879</td>
<td>Wilhelm Wundt establishes first formal psychology laboratory at the University of Leipzig.</td>
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<td>1885</td>
<td>Sir Francis Galton establishes first mental testing center at the South Kensington Museum, London.</td>
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<td>1890</td>
<td>James McKeen Cattell coins the term mental test.</td>
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<td>1892</td>
<td>American Psychological Association (APA) founded.</td>
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<td>1895</td>
<td>Breuer and Freud publish <em>Studies in Hysteria</em>.</td>
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<td>1896</td>
<td>Lightner Witmer founds first psychological clinic, University of Pennsylvania.</td>
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<td>1905</td>
<td>Binet–Simon Intelligence Scale published in France.</td>
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<td>1907</td>
<td>Witmer founds first clinical journal, <em>The Psychological Clinic</em>.</td>
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<td>1908</td>
<td>First clinical internship offered at Vineland Training School.</td>
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<td>1909</td>
<td>William Healy founds first child guidance center, the Juvenile Psychopathic Institute, Chicago.</td>
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<td>1910</td>
<td>Goddard’s English translation of the 1908 revision of the Binet–Simon Intelligence Scale published.</td>
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<td>1912</td>
<td>J.B. Watson publishes <em>Psychology as a Behaviorist Views It</em>.</td>
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<td>1916</td>
<td>Terman's Stanford–Binet Intelligence Test published.</td>
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<td>1917</td>
<td>Clinicians break away from APA to form American Association of Clinical Psychology (AACAP).</td>
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<td>1919</td>
<td>AACAP rejoins APA as its clinical section.</td>
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<td>1920</td>
<td>Watson and Rayner demonstrate that a child’s fear can be learned.</td>
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<tr>
<td>1921</td>
<td>James McKeen Cattell forms Psychological Corporation.</td>
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<tr>
<td>1924</td>
<td>Mary Cover Jones employs learning principles to remove children’s fears.</td>
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<td>1931</td>
<td>Clinical section of APA appoints committee on training standards.</td>
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<td>1935</td>
<td>Thematic Apperception Test (TAT) published.</td>
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<td>1937</td>
<td>Clinical section of APA breaks away to form American Association for Applied Psychology (AAAP).</td>
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<td>1938</td>
<td>First Buros Mental Measurement Yearbook published.</td>
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<td>1939</td>
<td>Wechsler–Bellevue Intelligence Test published.</td>
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<tr>
<td>1942</td>
<td>Carl Rogers publishes <em>Counseling and Psychotherapy</em>, outlining an alternative to psychodynamic therapy.</td>
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<td>1943</td>
<td>Minnesota Multiphasic Personality Inventory (MMPI) published.</td>
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<td>1945</td>
<td>AAAP rejoins APA.</td>
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<td>1947</td>
<td>American Board of Examiners in Professional Psychology organized.</td>
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<td>1949</td>
<td>Shakow Report recommends clinical training standards to APA.</td>
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<tr>
<td>1950</td>
<td>American Psychiatric Association’s Diagnostic and Statistical Manual (DSM-I) published.</td>
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Significant Dates and Events

1953 APA’s *Ethical Standards for Psychologists* published.

1955 Wechsler Adult Intelligence Test published.

1956 Stanford Training Conference.

1958 Miami Training Conference. Clinical Division of APA holds National Institute of Mental Health sponsored conference about research on psychotherapy.

1959 The first psychotherapy benefit in a prepaid insurance plan appears.

1965 Chicago Training Conference held.

1968 Psy.D. training program begins at the University of Illinois, Urbana-Champaign. Second edition of *Diagnostic and Statistical Manual (DSM-II)* published.

Committee on Health Insurance begins campaign to allow payment of clinical psychologists’ services by health insurance plans without requiring medical supervision.

1969 California School of Professional Psychology founded. APA begins publication of the journal, *Professional Psychology*.

1970 Department of Defense health insurance program authorizes payment of clinical psychologists’ services without medical referral.

1971 Council for the Advancement of Psychological Professions and Sciences, a political advocacy group for clinical psychology, is organized. *Journal of Clinical Child Psychology* published.

1972 Menninger Conference on Postdoctoral Education in Clinical Psychology.

1973 Vail, Colorado, Training Conference.

1974 National Register of Health Service Providers in Psychology established. Federal government allows payment for clinical psychologists’ services to its employees without medical supervision or referral.

APA establishes *Standards for Providers of Psychological Services*.

1977 All 50 U.S. states have certification or licensing laws for clinical psychologists.


Smith, Glass, and Miller publish *The Benefits of Psychotherapy*.

Blue Shield health insurance companies in Virginia successfully sued for refusing to pay for clinical psychologists’ services to people covered by their plans.

1981 APA publishes its revised *Ethical Principles of Psychologists*.

1983 Joint Commission for the Accreditation of Hospitals allows clinical psychologists to become members of hospital medical staff. Conference on graduate education in psychology, Salt Lake City, Utah.


1990 California Supreme Court affirms right of clinical psychologists to independently admit, diagnose, treat, and release mental patients without medical supervision. Dick McFall publishes “Manifesto for a Science of Clinical Psychology.”

1993 Commander John L. Sexton and Lt. Commander Morgan T. Sammons complete psychopharmacology program at Walter Reed Army Medical Center, becoming first psychologists legally permitted to prescribe psychoactive drugs. *DSM-IV* published.

Amendment to Social Security Act guarantees psychologists the right to independent practice and payment for hospital services under Medicare. Academy of Psychological Clinical Science established.

1994 APA task force of clinical psychologists publishes list of empirically validated psychological therapies and calls for students to be trained to use them.

1995 Dorothy W. Cantor becomes first president of APA to hold a Psy.D. rather than a Ph.D.

1996 New Mexico grants prescription privileges to specially trained clinical psychologists.

2002 First Inter-American Congress of Clinical Psychology held in Porto Alegre, Brazil.
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<td>2005</td>
<td>APA sponsors a Presidential Task Force on evidence-based practice.</td>
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<td>2006</td>
<td>Psychologists win a second settlement in 2 years in federal court alleging that managed-care companies conspired to reduce and delay provider payments in violation of federal law. American Psychological Society becomes The Association for Psychological Science.</td>
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<td>2009</td>
<td>University of Illinois at Urbana-Champaign becomes the first Psychological Clinical Science Accreditation System-accredited program.</td>
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