

Significant Dates and Events in the History of Clinical Psychology

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| 1879 | Wilhelm Wundt establishes first formal psychology laboratory at the University of Leipzig.   | 1950 | APA publishes first standards for approved internships in clinical psychology.   |
| 1885 | Sir Francis Galton establishes first mental testing center at the South Kensington Museum, London.   | 1952 | American Psychiatric Association's <i>Diagnostic and Statistical Manual (DSM-I)</i> published.   |
| 1890 | James McKeen Cattell coins the term <i>mental test</i> .   | 1953 | APA's <i>Ethical Standards for Psychologists</i> published.  |
| 1892 | American Psychological Association (APA) founded.  | 1955 | Wechsler Adult Intelligence Test published.  |
| 1895 | Breuer and Freud publish <i>Studies in Hysteria</i> .  | 1956 | Stanford Training Conference.  |
| 1896 | Lightner Witmer founds first psychological clinic, University of Pennsylvania.   | 1958 | Miami Training Conference.<br>Clinical Division of APA holds NIMH-sponsored conference about research on psychotherapy.  |
| 1905 | Binet-Simon Intelligence Scale published in France.  | 1959 | The first psychotherapy benefit in a prepaid insurance plan appears.   |
| 1907 | Witmer founds first clinical journal, <i>The Psychological Clinic</i> .  | 1965 | Chicago Training Conference.   |
| 1908 | First clinical internship offered at Vineland Training School.   | 1968 | Psy.D. training program begins at the University of Illinois, Urbana-Champaign.<br>Second edition of <i>DSM (DSM-II)</i> published.<br>Committee on Health Insurance begins campaign to allow payment of clinical psychologists' services by health insurance plans without requiring medical supervision. |
| 1909 | William Healy founds first child-guidance center, the Juvenile Psychopathic Institute, Chicago.<br>Freud lectures at Clark University.                                       | 1969 | California School of Professional Psychology founded.<br>APA begins publication of the journal, <i>Professional Psychology</i> .   |
| 1910 | Goddard's English translation of the 1908 revision of the Binet-Simon Intelligence Scale published.  | 1970 | Department of Defense health insurance program authorizes payment of clinical psychologists' services without medical referral.<br>Classes begin at California School of Professional Psychology, the first independent clinical psychology training program in the United States                          |
| 1912 | J.B. Watson publishes <i>Psychology as a Behaviorist Views It</i> .  | 1971 | Council for the Advancement of Psychological Professions and Sciences, a political advocacy group for clinical psychology, is organized.<br><i>Journal of Clinical Child Psychology</i> published.   |
| 1916 | Terman's Stanford-Binet Intelligence Test published.   | 1972 | Menninger Conference on Postdoctoral Education in Clinical Psychology.   |
| 1917 | Clinicians break away from APA to form American Association of Clinical Psychology (AACP).   | 1973 | Vail, Colorado, Training Conference.   |
| 1919 | AACP rejoins APA as its clinical section.  | 1974 | National Register of Health Service Providers in Psychology established.<br>Federal government allows payment for clinical psychologists' services to its employees without medical supervision or referral.   |
| 1920 | Watson and Rayner demonstrate that a child's fear can be learned.  |      | APA establishes <i>Standards for Providers of Psychological Services</i> .   |
| 1921 | James McKeen Cattell forms Psychological Corporation.  |      | First Inter-American Congress of Clinical Psychology held in Porto Alegre, Brazil.   |
| 1924 | Mary Cover Jones employs learning principles to remove children's fears.   | 1977 | All fifty U.S. states have certification or licensing laws for clinical psychologists.   |
| 1931 | Clinical section of APA appoints committee on training standards.  | 1980 | Third edition of <i>DSM (DSM-III)</i> published.<br>Smith, Glass, and Miller publish <i>The Benefits of Psychotherapy</i> .<br>Blue Shield health insurance companies in Virginia successfully sued for refusing to pay for clinical psychologists' services to people covered by their plans.             |
| 1935 | Thematic Apperception Test (TAT) published.  | 1981 | APA publishes its revised <i>Ethical Principles of Psychologists</i> .   |
| 1937 | Clinical section of APA breaks away to form American Association for Applied Psychology (AAAP).  |      |  |
| 1938 | First Bueros <i>Mental Measurement Yearbook</i> published.   |      |  |
| 1939 | Wechsler-Bellevue Intelligence Test published.   |      |  |
| 1942 | Carl Rogers publishes <i>Counseling and Psychotherapy</i> , outlining an alternative to psychodynamic therapy.   |      |  |
| 1943 | Minnesota Multiphasic Personality Inventory (MMPI) published.  |      |  |
| 1945 | AAAP rejoins APA.<br><i>Journal of Clinical Psychology</i> published.<br>Connecticut State Board of Examiners in Psychology issues first certificate to practice psychology. |      |  |
| 1946 | Veterans Administration and National Institute of Mental Health begin support for training of clinical psychologists.  |      |  |
| 1947 | American Board of Examiners in Professional Psychology organized.<br>Shakow Report recommends clinical training standards to APA.  |      |  |
| 1949 | Colorado conference on training in clinical psychology convenes, recommends "Boulder Model."   |      |  |

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| 1983 | Joint Commission for the Accreditation of Hospitals allows clinical psychologists to become members of hospital medical staffs.   | 1995 | APA task force of clinical psychologists publishes list of empirically validated psychological therapies and calls for students to be trained to use them.                            |
| 1987 | <i>DSM-III-R</i> published.<br>Conference on graduate education in psychology, Salt Lake City, Utah.  | 1996 | Dorothy W. Cantor becomes first president of APA to hold the Psy.D. rather than the Ph.D.   |
| 1988 | American Psychological Society formed.  | 2000 | <i>DSM-IV-TR</i> published.   |
| 1990 | California Supreme Court affirms right of clinical psychologists to independently admit, diagnose, treat, and release mental patients without medical supervision.<br>Dick McFall publishes "Manifesto for a Science of Clinical Psychology." | 2002 | New Mexico grants prescription privileges to specially trained clinical psychologists.  |
| 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.                          | 2005 | APA sponsors a Presidential Task Force on evidencebased practice.   |
| 1994 | <i>DSM-IV</i> published.<br>Amendment to Social Security Act guarantees psychologists the right to independent practice and payment for hospital services under Medicare.<br>Academy of Psychological Clinical Science is established.        | 2006 | Psychologists win a second settlement in two years in federal court alleging that managed care companies conspired to reduce and delay provider payments in violation of federal law. |
|      |   | 2008 | <i>The U.S. House of Representatives passes legislation requiring mental health parity: The Paul Wellstone Mental Health and Addiction Equity Act of 2007.</i>                        |
|      |   | 2009 | University of Illinois becomes the first PCSAS accredited program.  |
|      |   | 2013 | DSM-5 published.  |

# Introduction to Clinical Psychology

Designed to provide a thorough survey of the field, *Introduction to Clinical Psychology, Eighth Edition* is accessible to advanced undergraduates as well as graduate students. This text presents a scholarly portrayal of the history, content, professional functions, and the future of clinical psychology. Extensive use of case material and real-world applications illustrates each theoretical approach.

After reading this book, students will better understand clinical psychology as a field of professional practice and scientific research, and will be better able to apply theoretical concepts to real-world clinical cases.

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# INTRODUCTION TO CLINICAL PSYCHOLOGY

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## PREFACE

In the seven previous editions of this book, we tried to accomplish three goals. First, we wanted a book that, while appropriate for graduate students, was written especially with sophisticated undergraduates in mind. Many undergraduate psychology majors express an interest in clinical psychology without having a clear understanding of what the field involves and requires. An even larger number of nonmajors also wish to know more about clinical psychology. We felt that both groups would benefit from a thorough survey of the field which does not go into all the details typically found in graduate study only texts.

Second, we wanted to present a scholarly portrayal of the history of clinical psychology, its scope, functions, and future that reviewed a full range of theoretical perspectives. Our goal is to present approaches to clinical psychology—psychodynamic, relational, humanistic, cognitive-behavioral, systems, group, etc.—fairly, highlighting the strengths and weaknesses of the empirical evidence supporting each of them. We do champion the empirical research tradition of clinical psychology throughout the book because we believe it is a necessary and useful perspective for all clinicians to follow, regardless of their theoretical orientation.

Third, we wanted our book to be interesting and enjoyable to read. Because we like being clinical psychologists and because we enjoy teaching, we tried to create a book that communicates our enthusiasm for its content.

Though we are still guided by the above goals, we sought to make some significant changes in the eighth edition. Since our last edition, numerous changes have occurred in clinical psychology and in the health care delivery system, both in the United States and internationally. Accordingly, we have undertaken a comprehensive updating of research and other material in all chapters. With over 900 new references, we have described how research has led to new ways to conceptualize, assess, and treat psychological dysfunction. Some of the other significant changes are listed below.

### NEW TO THIS EDITION

- New pedagogical features. In addition to the updated study/discussion questions, and updated websites, the new features include suggestions for movies and memoirs, and bibliographical references at the end of each chapter.
- New case material. Cases have been updated and their number increased in order to make the material more compelling for students.
- Updated diagnostic criteria. The new edition discusses changes made in the **DSM-5** and the controversies that continue to surround diagnostic classification.
- Greater integration of research and practice. Rather than presenting these topics pitted against one another, we stress the importance of both and highlight the growing consensus created by focusing on clinical utility; we synthesize the Common Factors and Evidence-Based approaches to effectiveness research and update discussion of treatment planning.
- Discussion of new mental health delivery models. We discuss how technologies have affected the options for delivering mental health services, including going well beyond the traditional individual psychotherapy model.
- Revised presentation of several assessment instruments. We have included discussion of the PAI, MMPI-2, and MMPI-2 Restructured Clinical Scales and others; expanded discussion of cultural fairness and bias in psychological testing; revised and integrated our presentation of clinical versus actuarial prediction.
- Updated topics of relevance to students. Many topics that are of particular interest to students have been updated, including the evolving roles of technology and social media, information on careers within clinical psychology, the use of evidence-based practices; new techniques such as mindfulness which have become integral to the field; the status of complementary and alternative medicine.

- Updated information on getting into graduate school. This edition informs students about the new GRE scoring system and provides updated information on how to apply to graduate school, with special focus on new hardcopy and on-line resources.
- Updated discussion of clinical psychology training. We’ve added information on the new PCSAS accreditation system, the current internship crisis in clinical psychology, new choices in graduate training, and the increasing importance of multicultural competence.
- Updated discussion of popular therapies such as relational psychodynamic approaches, motivational interviewing, and emotion-focused therapy.

This text is available in a variety of formats—digital and print. To learn more about our programs, pricing options, and customization, visit [www.pearsonhighered.com](http://www.pearsonhighered.com).

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Countless undergraduate and graduate students asked the questions, raised the issues, and explored multiple perspectives that have found their way into the text; they are really the people who stimulated the creation of this book, and who continue to make us want to revise and update its content. We thank them all. We would also like to thank Susan Hartman, Jeff Marshall, Reena Dalal, and Lindsay Bethoney at Pearson Prentice Hall and Haseen Khan at Laserwords for their help and patience in guiding the creation of this latest edition. Finally, we thank our families, loved ones, and friends for their support throughout this project. Your infinite patience and kind encouragement is a debt we can never repay.

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