



---

# Contents

PREFACE xxiii

**PART I Foundations of Clinical Psychology 1**

**1 Clinical Psychology: An Introduction 3**

What Is Clinical Psychology? 4
Closely Related Mental Health Professions 5
Psychiatrists 5
BOX 1.1 Professional Issues: But Is It the Right Prescription for Clinical Psychology? 6
Counseling Psychologists 7
Other Mental Health Professionals 8
Professions and Titles Not Regulated by the Government 12
The Clinical Psychologist 12
Activities of Clinical Psychologists 12
Employment Sites 17
A Week in the Life of Dr. Karen C 17
Some Demographic Notes 20
Research and the Scientific Tradition 21
Training: Toward a Clinical Identity 21
An Overview 22
Clinical Psychology Training Programs 22
A Profession in Movement 25
Women in Clinical Psychology 25
BOX 1.2 A Graduate Student Perspective: Julia Martinez 26

Training Models	27
Clinical Practice	28
A Tolerance for Ambiguity and a Thirst for New Knowledge	28
CHAPTER SUMMARY	29
KEY TERMS	29
WEB SITES OF INTEREST	31
<b>2 Historical Overview of Clinical Psychology 32</b>	
Historical Roots	33
Diagnosis and Assessment	34
The Beginnings (1850–1899)	34
The Advent of the Modern Era (1900–1919)	35
Between the Wars (1920–1939)	35
World War II and Beyond (1940–Present)	36
Interventions	39
The Beginnings (1850–1899)	39
The Advent of the Modern Era (1900–1919)	40
Between the Wars (1920–1939)	41
World War II and Beyond (1940–Present)	42
Research	45
The Beginnings (1850–1899)	45
The Advent of the Modern Era (1900–1919)	46
Between the Wars (1920–1939)	46
World War II and Beyond (1940–Present)	46
The Profession	49
The Beginnings (1850–1899)	49
The Advent of the Modern Era (1900–1919)	50
Between the Wars (1920–1939)	51
World War II and Beyond (1940–1969)	52
The Growth of a Profession (1970–Present)	53
The 1988 Schism	54
CHAPTER SUMMARY	56
KEY TERMS	56
WEB SITES OF INTEREST	58
<b>3 Current Issues in Clinical Psychology 59</b>	
Models of Training in Clinical Psychology	60
The Scientist-Practitioner Model	60
The Doctor of Psychology (Psy.D.) Degree	61
Professional Schools	62
Clinical Scientist Model	63

BOX 3.1 Clinical Psychologist Perspective: Richard M. McFall, Ph.D.	64
Combined Professional-Scientific Training Programs	66
Graduate Programs: Past and Future	66
Professional Regulation	67
BOX 3.2 Graduate Student Perspective: Christine Maldonado	68
Private Practice	71
The Costs of Health Care	72
Prescription Privileges	75
BOX 3.3 Clinical Psychologist Perspective: Patrick H. DeLeon, Ph.D., J.D.	76
BOX 3.4 Clinical Psychologist Perspective: Elaine M. Heiby, Ph.D.	79
Technological Innovations	81
Telehealth	81
Ambulatory Assessment	81
Computer-Assisted Therapy	82
Culturally Sensitive Mental Health Services	83
Ethical Standards	86
Competence	86
BOX 3.5 Focus on Professional Issues Clinicians Who Participate in Radio Call-In Shows, TV Talk Shows, or Internet Groups: Are They Ethical?	87
Privacy and Confidentiality	87
Human Relations	88
CHAPTER SUMMARY	89
KEY TERMS	90
WEB SITES OF INTEREST	91
<b>4 Research Methods in Clinical Psychology</b>	<b>93</b>
Introduction to Research	94
Methods	95
Observation	95
BOX 4.1 Clinical Applications: What Case Studies Can Tell Us About Phobias and Early Trauma	98
BOX 4.2 Clinical Applications: Generating Hypotheses from Therapy	99
Epidemiological Methods	100
Correlational Methods	101
Cross-Sectional Versus Longitudinal Approaches	105
The Experimental Method	106

BOX 4.3 Clinical Psychologist Perspective: Scott O. Lilienfeld, Ph.D.	108
Single-Case Designs	113
BOX 4.4 Clinical Applications: The Treatment of Mixed Anxiety and Depression	116
Mixed Designs	117
Strengths and Weaknesses of Research Methods	118
Statistical Versus Practical Significance	118
BOX 4.5 Graduate Student Perspective: Elizabeth A. Martin	119
Research and Ethics	120
BOX 4.6 Who Should Be Studied?	121
BOX 4.7 Sample Consent Form	122
CHAPTER SUMMARY	123
KEY TERMS	124
WEB SITES OF INTEREST	126
<b>5 Diagnosis and Classification of Psychological Problems</b> 128	
What Is Abnormal Behavior?	130
Statistical Infrequency or Violation of Social Norms	130
The Case of Dmitri A.	130
The Case of Juanita L.	131
BOX 5.1 Clinical Psychologist Perspective: Kenneth J. Sher, Ph.D.	132
The Case of Cynthia S.	135
Subjective Distress	135
The Case of Kwame G.	135
BOX 5.2 Focus on Professional Issues: Culture and Diagnosis	136
Disability, Dysfunction, or Impairment	137
The Case of Richard Z.	138
The Case of Phyllis H.	138
Where Does This Leave Us?	139
Mental Illness	139
BOX 5.3 Clinical Psychologist Perspective: Elaine Walker, Ph.D.	140
The Importance of Diagnosis	142
Early Classification Systems	143
DSM-IV-TR	144
The Case of Michelle M.	146
General Issues in Classification	146

Causes of Abnormal Behavior and Mental Illness	153
Major Models of Psychopathology	153
Diathesis-Stress Model	153
The Value of Classification	155
CHAPTER SUMMARY	155
KEY TERMS	156
WEB SITES OF INTEREST	157

## PART II Clinical Assessment 159

### 6 The Assessment Interview 161

Assessment in Clinical Psychology	162
Definition and Purpose	162
The Referral	162
The Case of Billy G.	163
What Influences How the Clinician Addresses the Referral Question?	164
The Interview	165
General Characteristics of Interviews	165
BOX 6.1 Computer Interviewing: Are Clinicians Necessary?	166
Interviewing Essentials and Techniques	166
Rapport	168
Communication	169
The Patient's Frame of Reference	172
The Clinician's Frame of Reference	172
Varieties of Interviews	173
The Intake-Admission Interview	173
The Case-History Interview	174
The Mental Status Examination Interview	174
BOX 6.2 Sample Intake Report	175
The Crisis Interview	176
The Diagnostic Interview	178
BOX 6.3 Clinical Psychologist Perspective: Thomas A. Widiger, Ph.D.	178
Reliability and Validity of Interviews	184
Reliability	185
Validity	186
Suggestions for Improving Reliability and Validity	188
The Art and Science of Interviewing	188
CHAPTER SUMMARY	189
KEY TERMS	189

**7 The Assessment of Intelligence 191**

Intelligence Testing: Yesterday and Today	192
The Concept of Intelligence	194
Brief Review of Reliability and Validity	194
BOX 7.1 The Bell Curve	195
Definitions of Intelligence	197
Theories of Intelligence	197
The IQ: Its Meaning and Its Correlates	200
The Intelligence Quotient (IQ)	200
Correlates of the IQ	200
Heredity and Stability of IQ Scores	201
BOX 7.2 Behavioral Genetics	202
BOX 7.3 The Concept of Heritability	204
The Clinical Assessment of Intelligence	205
The Stanford-Binet Scales	206
The Wechsler Scales	207
The WAIS-IV	207
The WISC-IV	209
A Brief Case Report: Intellectual Evaluation	211
The WPPSI-III	212
The Clinical Use of Intelligence Tests	213
The Case of Harold	213
Some Final Observations and Conclusions	214
CHAPTER SUMMARY	215
KEY TERMS	215
WEB SITES OF INTEREST	217

**8 Personality Assessment 218**

Objective Tests	219
Advantages	219
Disadvantages	221
Methods of Construction for Objective Tests	221
The MMPI and the MMPI-2	223
BOX 8.1 Clinical Psychologist Perspective: Yossef S. Ben-Porath, Ph.D.	226
A Summary Evaluation of the MMPI and MMPI-2	229
The Revised NEO-Personality Inventory	232
NEO-PI-R Case Illustration	234
Projective Tests	236
The Nature of Projective Tests	236

Measurement and Standardization	237
The Rorschach	237
Rorschach Case Illustration 1	239
Rorschach Case Illustration 2	239
The Thematic Apperception Test	242
TAT Case Illustration	243
Sentence Completion Techniques	244
Illusory Correlation	246
Incremental Validity and Utility	246
The Use and Abuse of Testing	247
BOX 8.2 Graduate Student Perspective: Danielle L. Burchett	248
CHAPTER SUMMARY	251
KEY TERMS	252
WEB SITES OF INTEREST	253

## 9 Behavioral Assessment 255

The Behavioral Tradition	256
Sample Versus Sign	256
Functional Analysis	257
Behavioral Assessment as an Ongoing Process	257
Behavioral Interviews	259
BOX 9.1 Clinical Psychologist Perspective: Stephen N. Haynes, Ph.D.	260
Observation Methods	262
Naturalistic Observation	262
Examples of Naturalistic Observation	263
Controlled Observation	264
Controlled Performance Techniques	265
Self-Monitoring	267
Variables Affecting Reliability of Observations	268
Variables Affecting Validity of Observations	270
Suggestions for Improving Reliability and Validity of Observations	272
Contemporary Trends in Data Acquisition	272
Role-Playing Methods	274
Inventories and Checklists	274
Cognitive-Behavioral Assessment	275
BOX 9.2 Clinical Psychologist Perspective: Karen D. Rudolph, Ph.D.	276
Strengths and Weaknesses of Behavioral Assessment	278

CHAPTER SUMMARY	279
KEY TERMS	280
WEB SITES OF INTEREST	281

## **10 Clinical Judgment 283**

Process and Accuracy	284
Interpretation	284
Theory and Interpretation	284
Quantitative Versus Subjective Approaches	285
The Case for a Statistical Approach	287
BOX 10.1 Focus on Clinical Applications An Example of a "Barnum Effect": Purported Characteristics of Adult Children of Alcoholics (ACOAs)	288
The Case for a Clinical Approach	289
Comparing Clinical and Actuarial Approaches	290
BOX 10.2 Clinical Psychologist Perspective: Howard N. Garb, Ph.D.	295
Conclusions	296
BOX 10.3 Focus on Professional Issues: How Do Psychiatrists Make Clinical Decisions?	297
Improving Judgment and Interpretation	298
Information Processing	298
The Reading-in Syndrome	298
Validation and Records	298
Vague Reports, Concepts, and Criteria	298
The Effects of Predictions	298
Prediction to Unknown Situations	299
Fallacious Prediction Principles	299
The Influence of Stereotyped Beliefs	299
"Why I Do Not Attend Case Conferences"	300
Communication: The Clinical Report	300
The Referral Source	301
Aids to Communication	301
A Case Illustration of a Clinical Report	303
CHAPTER SUMMARY	306
KEY TERMS	307

## **PART III Clinical Interventions 309**

### **11 Psychological Interventions 311**

Intervention Defined	312
Does Psychotherapy Help?	313

BOX 11.1 Clinical Psychologist Perspective: Martin E. P. Seligman, Ph.D.	314
Evidence-Based Treatment and Evidence-Based Practice	314
Features Common to Many Therapies	317
BOX 11.2 Clinical Psychologist Perspective: Dianne L. Chambless, Ph.D.	318
Nature of Specific Therapeutic Variables	321
The Patient or Client	321
BOX 11.3 Focus on Professional Issues: Cultural Competence	324
The Therapist	325
Course of Clinical Intervention	329
Initial Contact	329
Assessment	330
The Goals of Treatment	330
Implementing Treatment	331
Termination, Evaluation, and Follow-up	331
BOX 11.4 Focus on Clinical Applications: Information Patients Have a Right to Know	332
Stages of Change	333
Psychotherapy Research	333
BOX 11.5 Focus on Professional Issues: Eysenck's Bombshell	334
Issues in Psychotherapy Research	334
Comparative Studies	336
Process Research	337
Recent Trends	338
Some General Conclusions	340
CHAPTER SUMMARY	340
KEY TERMS	341
WEB SITES OF INTEREST	342

## 12 Psychotherapy: The Psychodynamic Perspective 343

Psychoanalysis: The Beginnings	344
Anna O.	344
BOX 12.1 Focus on Professional Issues: A Brief Biography of Sigmund Freud	345
The Freudian View: A Brief Review	346
From Theory to Practice	349
The Role of Insight	349
Techniques of Psychodynamic Psychotherapy	350
Free Association	350
Analysis of Dreams	351

Psychopathology of Everyday Life	351
BOX 12.2 Focus on Professional Issues: Freud's Self-Analysis	352
Resistance	352
A Case Illustration of Resistance	353
Transference	354
Interpretation	354
A Case Illustration of Interpretation	355
Psychoanalytic Alternatives	356
Ego Analysis	356
Other Developments	357
Contemporary Psychodynamic Psychotherapy	357
Interpersonal Psychotherapy: An Empirically Supported Treatment	357
BOX 12.3 Focus on Clinical Applications: Features of Interpersonal Psychotherapy (IPT)	358
Summary Evaluation of Psychodynamic Psychotherapy	358
Does Psychodynamic Psychotherapy Work?	358
BOX 12.4 Clinical Psychologist Perspective: Kenneth N. Levy, Ph.D.	359
Interpretation and Insight	362
Curative Factors	363
The Lack of Emphasis on Behavior	363
BOX 12.5 Clinical Psychologist Perspective: Ali Khadivi, Ph.D.	364
The Economics of Psychotherapy	365
BOX 12.6 Graduate Student Perspective: Joseph E. Beeney	366
CHAPTER SUMMARY	366
KEY TERMS	367
WEB SITES OF INTEREST	369
<b>13 Psychotherapy: Phenomenological and Humanistic-Existential Perspectives</b>	<b>370</b>
Client-Centered Therapy	371
Origins	371
The Phenomenological World	371
BOX 13.1 Focus on Professional Issues: A Brief Biography of Carl Rogers	372
Theoretical Propositions	373
Core Features	374
The Therapeutic Process	375
Diagnosis	376

A Case Illustration of Client-Centered Therapy	377
Other Applications	378
Some Concluding Remarks	378
The Humanistic-Existential Movement	381
Humanism	381
BOX 13.2 Clinical Psychologist Perspective: Leslie S. Greenberg, Ph.D.	382
Existential Therapy	382
Logotherapy	384
Gestalt Therapy	385
Emotion-Focused Therapy	388
Summary Evaluation of Phenomenological and Humanistic- Existential Therapies	388
BOX 13.3 Focus on Clinical Applications: Features of Emotion- Focused Therapy	389
Strengths	389
Limitations	390
BOX 13.4 Graduate Student Perspective: Catalina Woldarsky Meneses, M. A.	392
CHAPTER SUMMARY	394
KEY TERMS	395
WEB SITES OF INTEREST	396
<b>14 Psychotherapy: Behavioral and Cognitive-Behavioral Perspectives</b>	<b>397</b>
Origins of the Behavioral Approach	398
Definition	398
A Brief History	398
Traditional Techniques of Behavior Therapy	400
The Relationship	400
Broad Spectrum of Treatment	400
Systematic Desensitization	401
BOX 14.1 Psychologist Perspective: Judith S. Beck, Ph.D.	402
Exposure Therapy	406
BOX 14.2 Focus on Clinical Applications: Rationale for Exposure Therapy Presented to a Client with Panic Disorder	407
BOX 14.3 Focus on Clinical Applications Behavior Therapy for Obsessive-Compulsive Disorder: Exposure Plus Response Prevention	408
Behavior Rehearsal	408
Contingency Management	410
Aversion Therapy	411

Cognitive-Behavioral Therapy	412
Background	412
BOX 14.4 Graduate Student Perspective: John Guerry, M.A.	414
Modeling	416
Rational Restructuring	416
Stress Inoculation Training	417
BOX 14.5 Focus on Clinical Applications: Common "Irrational" Ideas	418
Beck's Cognitive Therapy	418
BOX 14.6 Focus on Clinical Applications: Features of Cognitive Therapy for Depression	419
Dialectical Behavior Therapy	420
An Evaluation of Behavior Therapy	420
Strengths	420
BOX 14.7 Focus on Clinical Applications: Excerpts from Sessions of Dialectical Behavior Therapy (DBT)	422
BOX 14.8 Psychologist Perspective: Rhonda Oswalt Reitz, Ph.D.	424
Limitations	425
The Future	427
CHAPTER SUMMARY	427
KEY TERMS	428
WEB SITES OF INTEREST	430
<b>15 Group Therapy, Family Therapy, and Couples Therapy</b>	<b>431</b>
Group Therapy	432
A Historical Perspective	432
Approaches to Group Therapy	433
A Case Illustration of Psychoanalytic Group Therapy	434
The Arrangements	437
BOX 15.1 Focus on Clinical Applications: Time-Effective Group Psychotherapy for Patients with Personality Disorders	438
The Curative Factors	439
Does Group Therapy Work?	439
The Future of Group Therapy	440
Family Therapy	440
The Development of Family Therapy	440
The Concept of Communication	441
Forms and Methods	441

BOX 15.2 Clinical Psychologist Perspective: Greta Francis, Ph.D., ABPP	442
Conjoint Family Therapy	445
A Case Illustration of Conjoint Family Therapy	445
Other Varieties of Family Therapy	447
BOX 15.3 Graduate Student Perspective: David Wagner, M.A.	448
When to Conduct Family Therapy?	450
Couples Therapy	450
BOX 15.4 Focus on Clinical Applications: The Nine Steps of Emotionally Focused Couples Therapy (EFT)	451
Do Family Therapy and Couples Therapy Work?	452
CHAPTER SUMMARY	454
KEY TERMS	454
WEB SITES OF INTEREST	456

## PART IV Specialties in Clinical Psychology 457

### 16 Community Psychology 459

Perspectives and History	460
The Community Psychology Perspective	460
Chronology and Catalyzing Events	461
Key Concepts	464
Ecological Levels of Analysis	464
The Concept of Community Mental Health	465
The Concept of Prevention	466
BOX 16.1 Clinical Psychologist Perspective: Kristin Hawley, Ph.D.	468
BOX 16.2 Focus on Clinical Applications: The High/Scope Perry Preschool Program	470
BOX 16.3 Focus on Clinical Applications: The JOBS Program	470
BOX 16.4 Focus on Clinical Applications: Primary Prevention Mental Health Programs for Children and Adolescents	471
Empowerment	471
Diversity	473
BOX 16.5 Graduate Student Perspective: Shawn C.T. Jones, M.H.S.	474
Social Intervention Concepts	474
Methods of Intervention and Change	476
Consultation	476
Community Alternatives to Hospitalization	477
Intervention in Early Childhood	478
Self-Help	478

Paraprofessionals	479
Concluding Comments	480
Questions of Effectiveness	480
Values, Power, and Civil Rights	480
The Training of Community Psychologists	481
The Future of Prevention	481
CHAPTER SUMMARY	482
KEY TERMS	483
WEB SITES OF INTEREST	484

## **17 Health Psychology and Behavioral Medicine 485**

History and Perspectives	486
Definitions	486
History	487
Linking Stress, Lifestyle and Behavior, Personality, Social Support, and Health	488
BOX 17.1 Focus on Clinical Applications Stress and Everyday Life: What Are the Most Common Stressors for Undergraduate Students?	491
Range of Applications	494
Methods of Intervention	494
Respondent Methods	494
BOX 17.2 Focus on Professional Issues The Role of Health Psychology: HIV and Acquired Immune Deficiency Syndrome (AIDS)	495
Operant Methods	496
Cognitive-Behavioral Methods	496
Biofeedback	497
Prevention of Health Problems	499
Cigarette Smoking	499
BOX 17.3 Focus on Professional Issues: Ethnicity and Cancer Outcomes	500
Alcohol Abuse and Dependence	500
Obesity	501
Other Applications	502
Coping with Medical Procedures	502
Compliance with Regimens	503
Future Directions	506
Health Care Trends	506
Training Issues	506
Other Challenges	507

BOX 17.4 Clinical Psychologist Perspective: Beth E. Meyerowitz, Ph.D.	508
CHAPTER SUMMARY	510
KEY TERMS	510
WEB SITES OF INTEREST	512

## 18 Neuropsychology 513

Perspectives and History	514
Definitions	514
Roles of Neuropsychologists	514
History of Neuropsychology	515
BOX 18.1 Clinical Psychologist Perspective: Brick Johnstone, Ph.D.	516
The Brain: Structure, Function, and Impairment	518
Structure and Function	518
Antecedents or Causes of Brain Damage	519
Consequences and Symptoms of Neurological Damage	520
Brain-Behavior Relationships	521
BOX 18.2 Focus on Clinical Applications Personality Changes Following Brain Injury: A Case Example	522
Methods of Neuropsychological Assessment	523
Major Approaches	523
Interpretation of Neuropsychological Test Results	523
Neurodiagnostic Procedures	524
Testing Areas of Cognitive Functioning	524
Test Batteries	527
BOX 18.3 Focus on Clinical Applications: A Brief Neuropsychological Report Based on Halstead-Reitan and Other Information	528
Variables That Affect Performance on Neuropsychological Tests	529
Intervention and Rehabilitation	529
BOX 18.4 Graduate Student Perspective: Andrew Wegrzyn	530
BOX 18.5 Focus on Professional Issues: Cross-cultural Neuropsychology	532
Concluding Remarks	532
Training	532
The Future	533
BOX 18.6 Clinical Psychologist Perspective: Paula Zuffante, Ph.D.	534
CHAPTER SUMMARY	536
KEY TERMS	536
WEB SITES OF INTEREST	538

**19 Forensic Psychology 539**

Perspectives and History	540
Definitions	540
History	540
BOX 19.1 Focus on Professional Issues: Munsterberg on Trial	541
Professional Issues	542
Some Major Activities of Forensic Psychologists	543
The Expert Witness	543
Criminal Cases	545
BOX 19.2 Clinical Psychologist Perspective: David DeMatteo, J.D., Ph.D.	546
Civil Cases	548
Rights of Patients	550
Predicting Dangerousness	550
BOX 19.3 Focus on Clinical Applications Legal Controversies: Forceable Medication	551
Psychological Treatment	552
Consultation	552
BOX 19.4 Clinical Psychologist Perspective: Marina Tolou-Shams, Ph.D.	554
Research and Forensic Psychology	556
BOX 19.5 Graduate Student Perspective: Lizzy Foster	558
CHAPTER SUMMARY	559
KEY TERMS	560
WEB SITES OF INTEREST	561
APPENDIX	562
REFERENCES	590
PHOTO CREDITS	629
NAME INDEX	631
SUBJECT INDEX	645