



Empirically Supported Therapies: Best Practice in Professional Psychology (Banff Conference on Behavioral Science Series)

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Basing psychological interventions and mental-health treatments on empirically validated 'best practice' is the subject of this controversial book.

The first part of the book comprises theoretical issues surrounding the development and promotion of empirically validated interventions. In particular, the contributors consider whether many empirically validated interventions are actually valid with all clients and in all the circumstances claimed for them. Part Two examines a range of specific validated interventions as illustrations of the issues involved in the debate.

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