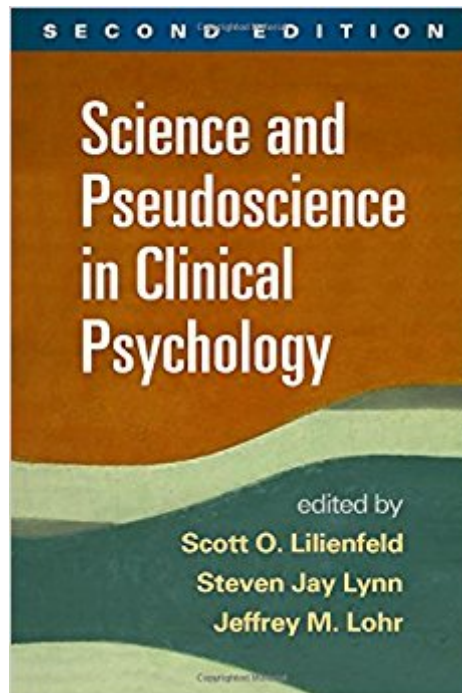




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Science And Pseudoscience In Clinical Psychology, Second Edition



Synopsis

This valued resource helps practitioners and students evaluate the merits of popular yet controversial practices in clinical psychology and allied fields, and base treatment decisions on the best available research. Leading authorities review widely used therapies for a range of child, adolescent, and adult disorders, differentiating between those that can stand up to the rigors of science and those that cannot. Questionable assessment and diagnostic techniques and self-help models are also examined. The volume provides essential skills for thinking critically as a practitioner, evaluating the validity of scientific claims, and steering clear of treatments that are ineffective or even harmful. **New to This Edition***Reflects the significant growth of evidence-based practices in the last decade.*Updated throughout with the latest treatment research.*Chapter on attachment therapy.*Chapter on controversial interventions for child and adolescent antisocial behavior.*Addresses changes in DSM-5.

Book Information

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Customer Reviews

"In an age when everyone in clinical psychology claims that their practices are based on scientific evidence, it is imperative that we know what scientific evidence means and how to use it--but that task is not always as easy as it may seem. The second edition of this stunningly good book walks us through the major controversies in our field and methodically discerns fact from myth. Thoroughly updated throughout, and with new chapters on attachment therapies and questionable treatments for childhood and adolescent antisocial behaviors, this book should be required reading for every

student of clinical psychology."--David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry and Founder and Director Emeritus, Center for Anxiety and Related Disorders, Boston University "Using controversies in diagnosis, assessment, and treatment with adults, adolescents, and children as an organizing structure, this book addresses the state of the science in psychotherapeutic practices across diagnostic categories and populations of interest. Without defensiveness or agenda, the contributors take on the disconnect between those who conduct therapy in ways rooted in questionable logic and idiosyncratic intuitions and those who strive to honor the basic ideas of research-based applications and scientific thinking. They also promote awareness of common cognitive biases and intellectual errors that even the most skeptical of us frequently fall prey to. In a world screaming for trustworthy evidence to inform professional practice, this book busts myths and feeds intellectual humility. At the same time, it provides accurate, solid, satisfying answers about what we really know--and don't know--right now."--Kia J. Bentley, PhD, LCSW, School of Social Work, Virginia Commonwealth University "This book, which details the sloppy thinking that results in some mental health professionals adopting invalid assessment and intervention approaches, will be valuable for students, practitioners, and educators. Readers will become more critical consumers of what is offered as science-based mental health practice. Educators will find the volume helpful with respect to teaching the scientific method and critical thinking skills to their students."--Randy K. Otto, PhD, ABPP, Department of Mental Health Law and Policy, University of South Florida "An important book. There is an increasing emphasis on 'evidence-based' assessment and therapy, but science can be used either substantively or rhetorically--this book does an excellent job of distinguishing the two in a clinically relevant way. Those who sell illegitimate pseudoscientific therapies to people in distress violate the moral imperative of 'first do no harm.' The updated second edition captures the key current controversies and has a roster of impressive chapter authors. A 'must read' for behavioral health professionals."--William O'Donohue, PhD, Department of Psychology and Director, Victims of Crime Treatment Center, University of Nevada, Reno "Courageously confronting myths and misinterpretations in a wide range of clinical psychology practices, this second edition conveys important knowledge in a very readable format. In addition to expert updates on existing chapters, there are several new chapters that I find particularly valuable. The chapter on attachment therapy provides much-needed corrections to dangerous misunderstandings, and the chapter on the science of psychotherapy has been largely rewritten, making powerful new points. This is essential reading for all practitioners and students."--Sherryl H. Goodman, PhD, Samuel Candler Dobbs Professor of Psychology, Emory University; Editor, Journal of Abnormal Psychology "This is

clearly a text that should be read by every social worker and social work student. Further, it should be mandated reading for anyone who holds a position in a mental health professional association, state licensing board, or national accrediting body....An important contribution to the mental health knowledge base." (on the first edition) (Journal of Social Work Education 2014-04-07)"While the contributors offer compelling and balanced criticisms of these techniques on scientific grounds, the true merit of the text is that it takes preliminary steps to understand why pseudoscience exists and persists in the 21st century....I would highly recommend it for practitioners, clinical researchers, and graduate students in clinical psychology, social work, or counseling." (on the first edition) (Journal of Psychosomatic Research 2014-04-07)"Represents a most welcome attempt to separate the wheat from the chaff in mental health practices. This engaging, incisive, and illuminating book should be widely read by mental health professionals and trainees and by physicians needing to refer patients for mental health care." (on the first edition) (Journal of the American Medical Association 2014-04-07)"Science and Pseudoscience in Clinical Psychology exposes the reader to key issues of an expanding mental health machinery, offering both keen critical examinations and viable solutions. The text is a must read for students and professionals in the field of mental health and for laypersons who aspire to become educated consumers of services. Its content is filled with data and thus represents a helpful starting point for any person who is interested in understanding the difference between mental health practices driven by science and those that rely on pseudoscience (e.g., intuition-based, uncritical, and accepting). The text also offers not only an illustration of pseudoscientific practices, but also advice and guidance on available remedies." • (Metapsychology Online Reviews 2015-07-07)

Scott O. Lilienfeld, PhD, is Professor of Psychology at Emory University. He is Associate Editor of the Journal of Abnormal Psychology and serves on the editorial boards of several other journals. Dr. Lilienfeld's principal interests are the causes and assessment of personality disorders, especially psychopathy; dissociative disorders; psychiatric classification and diagnosis; evidence-based practice in psychology; philosophical psychology; and the application of scientific thinking to psychology education. He is a recipient of the James McKeen Cattell Award for Distinguished Achievements in Applied Psychological Science from the Association for Psychological Science and serves as President of the Society for the Scientific Study of Psychopathy. Steven Jay Lynn, PhD, ABPP, is Distinguished Professor of Psychology at Binghamton University, State University of New York (SUNY), where he is Director of the Psychological Clinic. He has published more than 300 articles, books, and book chapters on topics

including psychotherapy, hypnosis, science versus pseudoscience, psychopathology, and memory, and his research is widely cited in the media. Dr. Lynn is Founding Editor and Editor of the American Psychological Association journal *Psychology of Consciousness*. He is a recipient of the SUNY Chancellor's Award for Excellence in Scholarship and Creative Activities. Jeffrey M. Lohr, PhD, is Professor of Psychology at the University of Arkansas-Fayetteville, where he has been on the faculty since 1975. His research interests include affective processes in anxiety and related disorders and pseudoscience in applied and clinical psychology. In the latter domain, he focuses primarily on the empirical analysis of treatment efficacy and the promotion of "fringe" treatments, especially as they relate to trauma and anxiety disorders. Dr. Lohr is Associate Editor of *The Behavior Therapist*.

With so much pseudoscience crammed into one book, it's challenging to be optimistic about psychology. This edition includes two new chapters on child-focused issues (attachment & antisocial behavior), and pseudoscience used with children is especially disturbing. The second section of the book (*Overarching Controversies in Psychological Treatment*) was also very troubling to read, as it even challenged some institutions, practices, and psychologists that I have always respected. Fortunately, there is enough science in this book to give me some hope for the future. I especially enjoyed the chapter on Novel Unsupported Therapies (they respectfully used the acronym NUSTs, when a more parsimonious acronym seemed appropriate). It was really interesting to read about how the two authors of this chapter were, at one time, proponents of some types of pseudoscience. I liked how the book includes many recommendations for moving toward a world with less pseudoscience. Even if you've read the first edition recently, the second edition is a must read!

I'm a therapist and I love this book!! Too much woo woo quackery out there! I am a huge fan of Scott Lilienfeld. I have been in the business for 30+ years and learned so much. This book is a must for all practitioners but especially those starting out.

Very useful information on established and/or evidenced-based treatments for various childhood and adolescent conditions. I also liked data on non-established and/or harmful treatments for various conditions discussed.

Good contemporary book and great authors. As usual professor Lilienfeld and his colleagues debunk

myths of popular psychologies, Teaches about critical thinking its importance and how distinguish a science from pseudoscience

Good condition

Informative. Easy to read. A must for mental health professionals.

Very interesting and informative textbook, plus it reads well!

Good book, enjoyed it!

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