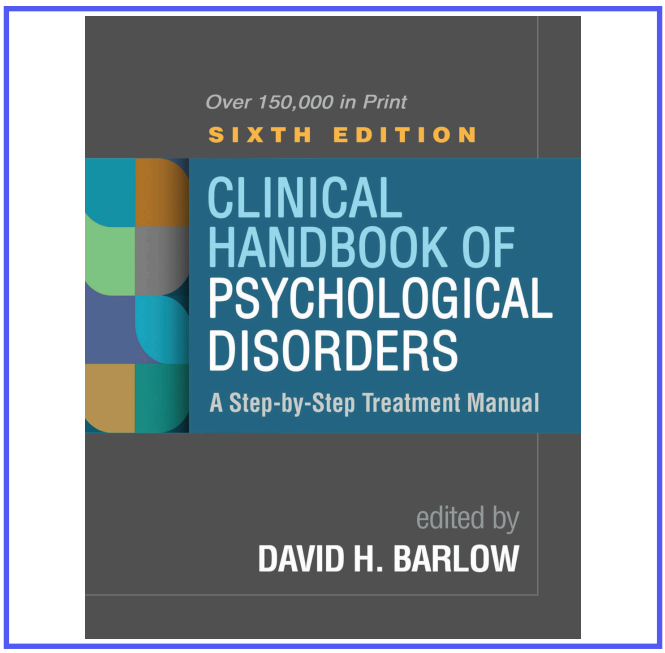


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CLINICAL HANDBOOK OF PSYCHOLOGICAL DISORDERS

A Step-by-Step Treatment Manual

SIXTH EDITION

edited by
DAVID H. BARLOW



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Preface

Evidence-based practice (EBP) is one of those ideas that comes along occasionally and takes the world by storm. Although some of the tenets of EBP have been around for decades (as has this handbook), it is only in the past 20 years that EBP has been formally identified as a systematic method of delivering clinical care (Institute of Medicine, 2001; Sackett, Strauss, Richardson, Rosenberg, & Haynes, 2000).

Since that time, the "tipping point" (Gladwell, 2000) for EBP has clearly occurred, and health care policymakers and governments, as well as professional societies around the world, have collectively decided that the delivery of health care, including behavioral health care, should be based on evidence (e.g., Silverman et al., 2015; American Psychological Association, 2015; Barlow, 2004; Institute of Medicine, 2015; McHugh & Barlow, 2010). Fulfilling this mandate is the goal of EBP, and has also been the goal of this book since the first edition was published in 1985, and almost all clinical practice guidelines from leading behavioral health care delivery systems worldwide recommend treatment protocols described in this book. This includes the Veterans Health Administration (*www.healthquality.va.gov*) and the National Institute for Health and Care Excellence within the National Health Service in the United Kingdom (*www.nice.org.uk/guidance*).

The sixth edition of this handbook continues to represent a distinct departure from any number of similar books reviewing advances in the treatment of psychological disorders from the perspective of EBP. Over the past two decades, we have developed a technology of behavior change that necessarily differs from disorder to disorder (and increasingly for classes of disorders).

This technology comprises a variety of techniques or procedures with more or less proven effectiveness for specific presentations of psychopathology. Naturally, we have more evidence of the effectiveness of these treatments for some disorders than for others. It also has become more apparent since the earlier editions that considerable clinical skill is required to apply this technology most effectively. Therefore, this handbook, in its sixth edition, is *not* another review of therapeutic procedures for a given problem, with recommendations for further research. Rather, it is a detailed description of actual treatment protocols in which experienced clinicians implement the technology of behavior change in the context of the most frequently encountered disorders or classes of disorders.