



THIRD EDITION

CONTEMPORARY CLINICAL PSYCHOLOGY

THOMAS G. PLANTE

Contemporary
Clinical
Psychology

CONTEMPORARY CLINICAL PSYCHOLOGY

Third Edition

Thomas G. Plante
Santa Clara University and
Stanford University



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For Lori and Zach,
who make everything worthwhile and meaningful

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The goals, activities, and contributions of contemporary clinical psychology are very appealing to many who are fascinated by human behavior and relationships. The enormous popularity of psychology as an undergraduate major; of clinical psychology as a career path; and of popular psychology books, movies, television shows, web sites, and blogs is a testament to the inherent interest of clinical psychology and of human behavior at its best and at its worst. The goal of clinical psychology is noble: to use the principles of psychology and our understanding of human behavior to promote health, happiness, satisfaction with and improvement of self and others, and an enhanced quality of life.

Like so many other professional disciplines, contemporary clinical psychology is changing and growing at a rapid pace. The changing needs of a multicultural society, technological and other scientific advances, the changing health-care and mental health-care landscape, as well as complex problems in today's culture, have all greatly impacted both the science and practice of contemporary clinical psychology. Some of these changes are positive; others are negative. Despite the challenges confronting clinical psychology, the field remains a fascinating and exciting endeavor with tremendous potential to help individuals, groups, and society.

As more research evidence emerges concerning the interplay of biological, psychological, and social influences on behavior, contemporary clinical psychologists must incorporate new knowledge to develop better applications in their efforts to understand and help others. Biopsychosocial integration in many ways best reflects contemporary clinical psychology, expanding the range and usefulness of its efforts.

This book provides students an overview of contemporary clinical psychology from an integrative biopsychosocial perspective. The book highlights the various activities, roles, and responsibilities of the contemporary clinical psychologist as well as provides a foundation of the discipline through a detailed review of its history, scientific underpinnings, and theoretical orientations. An overview of contemporary issues in clinical psychology serves as a roadmap for those interested in pursuing clinical psychology as a career.

Each chapter includes a highlight of a contemporary clinical psychologist who provides a frank reflection on the pros and cons of contemporary clinical psychology as well as his or her view of the future of the field. A typical schedule is also provided so that you get a sense of what a day in the life of a contemporary clinical psychologist might be like. The psychologists were chosen to reflect the broad range and diversity of people who are clinical psychologists. Some of the psychologists are well known; others are not. Several work in colleges and universities conducting research and teaching. Several work in solo or group private practice. Some work in hospitals, government agencies, or university counseling clinics. One works in the United States Senate. Several work overseas. Some combine work

in several diverse settings. Some work part-time while raising a family. Psychologists from diverse training programs, from both genders, a variety of ethnic groups, from locations across the United States and elsewhere, and with disabilities are represented. The range of activities, roles, and responsibilities of these psychologists reflects the diversity of careers open to the contemporary clinical psychologist.

Each chapter includes a detailed list of key points and terms to help enhance understanding. Each chapter also includes a section entitled *The Big Picture*, which provides a bottom-line or “take-home message” summary of the chapter as well as a look toward the future of the topic covered in that particular chapter. Each chapter also provides several questions readers have had after reading each chapter. Most chapters include one or more Spotlights on a contemporary issue in clinical psychology. A great deal of clinical case material is presented throughout the book as well. Several cases, such as Mary, a 65-year-old woman with a long history of panic attacks, are discussed in several chapters for the reader to trace the theoretical conceptualization, assessment, and treatment of one case in some detail. All of the patients presented are based on actual clinical cases. All of the examples from testing, therapy, consultation, and ethics are also based on actual cases. However, the details have been altered to protect patient and psychologist confidentiality.

This book uses an integrative biopsychosocial approach throughout. This approach best reflects the perspective of most contemporary clinical psychologists. Less emphasis is placed on traditional theoretical models such as behavioral, psychodynamic, and humanistic approaches since most contemporary clinical psychologists integrate these and other approaches and orientations rather than exclusively using one. An emphasis is placed on the real world of clinical psychology to provide a window into how the science and practice of clinical psychology is actually conducted. I have attempted to provide the reader with a realistic, practical, and current portrayal

of the contemporary clinical psychology field in many different settings. Finally, this book provides a separate chapter on ethics and a separate chapter on the consultation, administration, and teaching responsibilities of clinical psychologists. Emphasis is placed on contemporary issues in clinical psychology such as diversity, empirically supported and evidence-based treatments, managed health care and health-care reform, and other hot topics.

I have updated this third edition of the book with hundreds of new references published since 2005, when the second edition was published. Sections on evidence-based practice and empirically supported treatments have been expanded as well as the sections on neuropsychology. The assessment chapters have been updated to incorporate the most recent versions of common psychological testing instruments (e.g., WAIS-IV, MMPI-2-RF, Roberts-2). In order to make the textbook more approachable and hopefully more interesting for students, some of the psychologists highlighted in chapters have been replaced with other psychologists from more diverse backgrounds, careers overseas, and several who work in counseling centers on college campuses.

The book assumes that students have already completed undergraduate courses in introductory and abnormal psychology. The book is appropriate for upper-division college students who are likely to be psychology majors or first-year graduate students in clinical psychology. The book might also be a helpful reference for those who provide career guidance for students potentially interested in a career in psychology or related fields.

The instructor’s guide that accompanies this book provides faculty with a detailed book outline, multiple choice and essay examination questions, Power Point slides for class use, a list of references, web sites, popular and educational films, class activities, and a sample course syllabus. The instructor’s guide is available online.

I welcome comments about the book from both students and faculty. These comments will be used to create improved future editions.

In fact, many of the changes made to this edition were based on comments provided to me by students and instructors using the book.

You can contact me at tplante@scu.edu or check my web site at www.scu.edu/tplante.

Thank you for reading this book and welcome to the exciting, fascinating, and ever-changing world of contemporary clinical psychology.

Acknowledgments

Numerous people other than the author assist in the development and completion of a book. Some provide help in a direct and concrete manner while others provide help in less direct and more supportive ways. I would like to acknowledge the assistance of the many people who have helped in both ways and have contributed to the development of the book and of myself.

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Rossi, and her assistant, Fiona Brown, for their interest, dedication, and enthusiasm with the project as well as their high level of professionalism. I would like to thank the production staff as well. I thank the anonymous patients referred to in this book for allowing their life experiences and challenges to be an instrument of learning for others. I would like to thank the reviewers for offering their helpful suggestions and perspectives on earlier editions of the book, which I have now incorporated into this third edition.

I would also like to thank my many students for helping me better understand what is useful, interesting, and helpful for them to learn and for providing me with inspiration. Their passion and curiosity for clinical psychology is inspiring. I'd like to especially thank the students who provided the questions at the end of each chapter in the Real Students, Real Questions sections. Finally, I would like to thank my wife, Lori, and son, Zach, for their love and support, and for making everything worthwhile and meaningful. Additionally, my son provided many of the new photos in this edition.

ABOUT THE AUTHOR

Thomas G. Plante is a Professor of Psychology and Director of the Spirituality and Health Institute at Santa Clara University. He is also an Adjunct Clinical Professor of Psychiatry at Stanford University School of Medicine. He teaches undergraduate courses in Introductory, Abnormal, Clinical, Ethics, and Health Psychology at Santa Clara as well as Professional Issues and Ethics for clinical psychology interns and postdoctoral fellows at Stanford. He is a licensed psychologist in California and a Diplomate of the American Board of Professional Psychology in Clinical Psychology, also maintaining a private practice. He is a fellow of the Academy of Clinical Psychology, the American Psychological Association (Divisions 12, 36, 38, 46, and 47), and the Society of Behavioral Medicine. He currently serves as Vice-Chair of the National Review Board for the Protection of Children and Youth for the United States Council of Catholic Bishops and is President of Division 36 (Psychology and Religion) of the American Psychological Association.

Dr. Plante was born and raised in Rhode Island and received his ScB degree in psychology from Brown University, his MA and PhD degrees in clinical psychology from the University of Kansas, and his clinical internship and postdoctoral fellowship in clinical and health psychology from Yale University. He is the former chief psychologist and mental health director of the Children's Health Council, as well as a former staff psychologist and medical staff member at Stanford University Hospital.

He has published over 150 professional journal articles and chapters on topics such as clinical psychology training and professional issues, psychological benefits of exercise, personality and stress, spirituality and health, and psychological issues among Catholic clergy. He has published 14 books, including *Faith and Health: Psychological Perspectives* (2001, Guilford), *Do the Right Thing: Living Ethically in an Unethical World* (2004, New Harbinger), *Mental Disorders of the New Millennium* (Vols. I, II, and III, 2006, Greenwood), *Spirit, Science and Health: How the Spiritual Mind Fuels Physical Wellness* (2007, Greenwood), and most recently, *Spiritual Practices in Psychotherapy: Thirteen Tools for Enhancing Psychological Health* (2009, American Psychological Association) and *Contemplative Practices in Action: Spirituality, Meditation, and Health* (2010, Greenwood).

He has been featured in numerous media outlets, including *Time* magazine, *CNN*, *NBC Nightly News*, *The PBS News Hour*, *New York Times*, *USA Today*, *British Broadcasting Company*, and *National Public Radio*, among many others. He has evaluated or treated more than 600 priests and applicants to the priesthood and diaconate and has served as a consultant for a number of Roman Catholic and Episcopal Church dioceses and religious orders. *Time* magazine referred to him (April 1, 2002) as one of "three leading (American) Catholics."

PART
One

FOUNDATIONS AND FUNDAMENTALS

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- Chapter 1* What Is Contemporary Clinical Psychology?
- Chapter 2* Foundations and Early History of Clinical Psychology
- Chapter 3* Recent History of Clinical Psychology
- Chapter 4* Research: Design and Outcome
- Chapter 5* The Major Theoretical Models: Psychodynamic, Cognitive-Behavioral, Humanistic, and Family Systems
- Chapter 6* Integrative and Biopsychosocial Approaches in Contemporary Clinical Psychology



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