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Practice Tests for Durand and Barlow's Essentials of Abnormal Psychology May 06 2020

[Dsm-5 Overview](#) Aug 09 2020 Overview of highly relevant aspects of the updated Diagnostic and Statistical Manual of Mental Health Disorders - Fifth Edition (DSM) handbook used by health care professionals as a guide to diagnosing mental disorders. Our handy summary of disorders is a great reference tool for students and professionals to support the study and practice of the DSM-5 manual.

Discovering the Lifespan Oct 23 2021 NOTE: Before purchasing, check with your instructor to ensure you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, and registrations are not transferable. To register for and use Pearson's MyLab & Mastering products, you may also need a Course ID, which your instructor will provide. Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for Pearson's MyLab & Mastering products may not be included, may be incorrect, or may be previously redeemed. Check with the seller before completing your purchase. Discovering the Lifespan provides a broad overview of the field of human development and features a strong balance of research and application. In a unique departure from traditional lifespan development texts, each chapter is divided into three modules, and in turn, each module is divided into several smaller sections. Consequently, students encounter material in smaller, more manageable chunks that optimize learning.

Essentials of Abnormal Psychology Nov 04 2022 Fully integrating the DSM-5, Durand, Barlow, and Hofmann describe abnormal psychology through their standard-setting integrative approach -- the most modern, scientifically valid method for studying the subject. Through this approach, students learn that psychological disorders are rarely caused by a single influence, but rooted in the interaction among multiple factors: biological, psychological, cultural, social, familial, and even political. A conversational writing style, consistent pedagogy, and real case profiles provide a realistic context for the scientific findings. This eighth edition highlights groundbreaking updates to research findings and the latest innovations in the treatment of mental disorders. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

[Handbook of Assessment and Treatment Planning for Psychological Disorders, Third Edition](#) Sep 29 2019 This authoritative clinical reference and text--now revised and updated with 50% new content--presents the assessment tools and strategies that every evidence-based psychotherapy practitioner needs. Unlike most assessment texts, the volume is organized around specific clinical problems. It explains how to select and use the best measures to assess clients' symptoms, generate diagnoses, plan appropriate treatments, and monitor progress. Clinician- and student-friendly features include tables comparing and contrasting relevant measures, sample forms, and case examples. Every chapter addresses considerations for primary and managed care settings. New to This Edition *Chapters on new topics: assessment of well-being and transdiagnostic assessment. *New chapters on core topics: eating disorders, personality disorders, and insomnia. *Updated throughout with DSM-5 diagnostic changes, new and updated instruments, current research, and increased attention to transdiagnostic concerns. *Expanded coverage of obsessive-compulsive and related disorders. See also *Clinical Handbook of Psychological Disorders, Fifth Edition*, edited by David H. Barlow, which presents evidence-based treatments step by step.

[Social Psychology](#) Mar 28 2022

[Abnormal Psychology](#) Sep 02 2022 This first South African edition of *Abnormal Psychology: An Integrative Approach* offers students a local version of this well-known text by David Barlow and V. Mark Durand. Balancing biological, psychological, social and cultural approaches, the ground-breaking integrative approach followed is the most modern, scientifically valid method for studying abnormal psychology. This edition successfully blends local and sophisticated research and an accessible writing style with the most widely recognised method of discussing psychopathology. Going beyond simply describing different schools of thought on psychological disorders, the authors explore the interactions of the various forces, both global ones and those unique to South Africa and Africa, that contribute to psychopathology. Furthermore, this South African edition includes a perspective on positive psychology and well-being in the context of

psychopathology.

Optimistic Parenting Aug 21 2021 Unlock the secrets to confident, skillful, and positive parenting with this strategy-filled guide from a top behavior expert. Parents of children with a range of challenging behaviors and special needs

Casebook in Abnormal Psychology Feb 24 2022 Using cases from the authors' files or from case files of other working clinicians, CASEBOOK IN ABNORMAL PSYCHOLOGY, International Edition portrays the rich and arresting nature of disorders manifested in real people. Cases illustrate every major DSM-IV category, followed by a therapy outcome section that tells the "rest of the story" of what happened to these clients. Using an integrative approach, the authors emphasize the multiple causes of disorders and incorporate developmental and cultural issues in each case. Complex cases are presented without a diagnosis, so students can come up with a diagnosis on their own. This Fourth Edition includes a new case on body dysmorphic disorder as well as two new cases without a diagnosis.

Abnormal Psychology Mar 04 2020

Mastering Your Fears and Phobias May 18 2021 Mastery of Your Fears and Phobias, Second Edition, Workbook outlines a cognitive-behavioral treatment program for individuals who suffer from specific fears and phobias, including fear of blood, heights, driving, flying, water, and others. The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date. It has a success rate of up to 90% with as little as one treatment session. Based on the principles of cognitive-behavioral therapy (CBT), this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources ?

Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Psychopathology Nov 23 2021 Barlow/Durand/Hofmann's PSYCHOPATHOLOGY: AN INTEGRATIVE APPROACH TO MENTAL DISORDERS, 9th edition, is the perfect text to help you succeed in your psychopathology or abnormal psychology course! The authors -- all internationally recognized experts in the field -- show you how psychological disorders are rooted in multiple factors: biological, psychological, cultural, social, familial and even political. Extremely student friendly, the text blends sophisticated research with an accessible, engaging writing style. Its groundbreaking integrative approach is the most modern, scientifically valid method for studying abnormal psychology. Text language promotes inclusivity, normalizes diversity and avoids cultural, gender, economic and other biases. In addition, you can test your understanding of key topics with built-in concept checks and chapter quizzes. Also available: MindTap digital learning solution.

Emotion in Therapy Jan 02 2020 Grounded in cutting-edge scientific research, this book presents innovative ways to explore and work with emotions in psychotherapy. Preeminent clinician-researcher Stefan G. Hofmann accessibly explains how emotions operate, what influences them, and how they can cause distress. He presents strategies that can significantly improve existing evidence-based treatments and promote positive affect and happiness. Clinicians are guided to help clients with any diagnosis gain emotional awareness and use emotion regulation techniques, mindfulness-based practices, and other effective strategies. "In Practice" sidebars highlight specific clinical issues and offer illustrative case vignettes.

Abnormal Psychology Aug 01 2022 Balancing biological, psychological, social, and cultural approaches, the Fourth Canadian Edition of Abnormal Psychology's groundbreaking integrative approach is the most modern, scientifically valid method for studying abnormal psychology. The author team--now including Dr. Martin Lalumière--continues to blend sophisticated research and an accessible writing style with the most widely recognized method of discussing psychopathology. Going beyond simply describing different schools of thought on psychological disorders, the authors explore the interactions of the various forces that contribute to psychopathology. A conversational writing style, consistent pedagogical elements, integrated case studies, and superior coverage of the DSM-5 (with insights from author David Barlow, an Advisor to the DSM-5 task force) help lead students to an unparalleled appreciation for the current state of what is a multidimensional and compelling clinical science.

Study Guide for Durand and Barlow's Essentials of Abnormal Psychology Dec 13 2020

Abnormal Psychology: An Integrative Approach Oct 03 2022 Balancing biological, psychological, social, and cultural approaches, this book's ground-breaking integrative approach is the most modern, scientifically valid method for studying abnormal psychology. Updated with leading-edge research findings, the eighth edition draws on the expertise of David H. Barlow, V. Mark Durand, and Stefan G. Hofmann, three internationally recognized experts in clinical psychology. In ABNORMAL PSYCHOLOGY: AN INTEGRATIVE APPROACH, the authors successfully blend sophisticated research with an accessible, engaging writing style. They go beyond simply describing different schools of thought on psychological disorders, exploring the interactions of the various forces that contribute to psychopathology. This comprehensive resource includes integrated case studies (95 percent from the authors' own files) and additional study tools. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Understanding Research in Clinical and Counseling Psychology Mar 16 2021 Planned and written for the student aspiring to a career in practice rather than psychological science, this book is a reader-friendly overview of underlying conceptual issues and current approaches to research design.

Instructor's Manual for Barlow and Durand's Second Edition Abnormal Psychology Aug 28 2019 Taking into account evidence of the reciprocal influences of biology and behavior and of

psychological and social influences on biology, the authors address the major psychological disorders, emphasizing three major areas of each: clinical description, causal factors, and treatment and outcomes. Clinical histories illustrate scientific findings on the causes and treatments of psychopathology and DSM-IV criteria are noted in the text. Abundant, compelling color photographs and illustrations keep the eyes occupied, perhaps at the expense of the text. Annotation copyrighted by Book News, Inc., Portland, OR

Case Studies in Abnormal Psychology Feb 01 2020 Case Studies in Abnormal Psychology presents a broad range of cases drawn from the clinical experience of authors Kenneth N. Levy, Kristen M. Kelly, and William J. Ray to take readers beyond theory into real-life situations. The authors take a holistic approach by including multiple perspectives and considerations, apart from those of just the patient. Each chapter follows a consistent format: Presenting Problems and Client Description; Diagnosis and Case Formulation; Course of Treatment; Outcome and Prognosis/Treatment Follow-up; and Discussion Questions. Providing empirically supported treatments and long-term follow-up in many case studies gives students a deeper understanding of each psychopathology and the effects of treatment over time.

An Introduction to Modern CBT Jan 14 2021 An Introduction to Modern CBT provides an easily accessible introduction to modern theoretical cognitive behavioral therapy models. The text outlines the different techniques, their success in improving specific psychiatric disorders, and important new developments in the field. • Provides an easy-to-read introduction into modern Cognitive Behavioral Therapy approaches with specific case examples and hands-on treatment techniques • Discusses the theoretical models of CBT, outlines the different techniques that have been shown to be successful in improving specific psychiatric disorders, and describes important new developments in the field • Offers useful guidance for therapists in training and is an invaluable reference tool for experienced clinicians

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Jun 26 2019 Introductory information for therapists -- The nature of emotional disorders -- Basic principles underlying treatment and outline of the treatment procedures -- Overview of general treatment format and procedures -- Module 1 : motivation enhancement for treatment engagement -- Module 2 : understanding emotions -- Module 2 : recognizing and tracking your emotional responses -- Module 3 : emotional awareness training: learning to observe experiences -- Module 4 : cognitive appraisal and reappraisal -- Module 5 : emotion avoidance -- Module 5 : emotion-driven behaviors -- Module 6 : awareness and tolerance of physical sensations -- Module 7 : interoceptive and situational emotion exposures -- Medications for anxiety, depression, and related emotional disorders -- Module 8 : accomplishments, maintenance, and relapse prevention.

10 Steps to Mastering Stress Nov 11 2020 "We may not be able to prevent stressful events from happening, but we can change our lifestyles to handle stressful situations. [Here, the authors] outline a program that will help you identify what is causing your stress, teach you calming techniques, and provide you with a realistic approach to reducing stress." --Back cover.

Abnormal and Clinical Psychology Sep 09 2020 What are the causes of mental health problems? What are the best treatments for mental health problems? How do the experiences of people with mental health problems compare with the academic models of disorders? Building on the success of the first edition, this textbook has been extensively updated to include the latest research and therapeutic approaches as well as developments in clinical practice. This book now contains: Expanded coverage of the aetiology of conditions Assessment of the DSM-IV diagnostic criteria Analysis of cross-cultural issues Case studies that include patient perspectives A new chapter on somatoform disorders Improved pedagogy such as research boxes and thinking about features that encourage readers to think critically about what they are learning The book maintains the structure of the first edition with two main sections: the first introduces and critically evaluates the conceptual models of mental health problems and their treatment; the second contains in-depth analyses of a variety of disorders such as schizophrenia, trauma-related conditions and addictions. In the second section, chapters are now restructured to give a comprehensive aetiology of the disorder as well as analysis of treatments for the condition. Each disorder is viewed from psychological, social, and biological perspectives and different intervention types are investigated. Abnormal and Clinical Psychology provides the most comprehensive European alternative to the long-established US texts for undergraduates in this field.

Severe Behavior Problems Sep 21 2021 Problem behaviors often compound the already difficult task of improving the lives of persons with severe disabilities. This important volume, representing the culmination of more than a decade of clinical research, presents the first complete description of the procedures used in Functional Communication Training--a positive approach for reducing severe behavior problems. The procedures described in this book have been validated by numerous empirical studies for use with children, adolescents, and adults who display behaviors as diverse as aggression, self-injury, tantrums, and bizarre, psychotic speech. Functional Communication Training involves teaching students how to communicate those basic wants and needs that they have previously sought to have fulfilled via their problem behavior. They are taught to replace their challenging behavior with learned communication skills. This book provides the practitioner with step-by-step instructions for implementing this effective approach. A variety of assessment strategies are reviewed and described to assist in determining appropriate interventions. The Motivation Assessment Scale--one device designed to assess the function of problem behavior--is outlined in detail and is accompanied with guidelines for its administration and interpretation.

Communication training is then detailed and illustrated using speech, sign language, and augmentative systems as examples. Numerous case examples throughout illuminate both the assessment and intervention strategies. Providing clear direction for ameliorating complex behavior problems, this book will be valued by psychologists, behavior analysts, special educators, and speech and language therapists. It can be used as a text for advanced undergraduate courses on behavior management in psychology and special education, and also serves as supplementary reading for courses on behavior modification or mental retardation/developmental disabilities.

Abnormal Psychology Dec 25 2021 This exciting version was created specifically for those professors who were drawn to the approach the authors introduced in their longer text, Abnormal Psychology: An Integrative Approach (see page 78), but wanted a bit less detail. In this briefer version, you'll find -- in 500 pages -- a consistent organizational structure that makes the material easy to learn, fascinating real-life cases integrated into the flow of each chapter, a mix of clinical and scientific approaches, and a variety of built-in study aids designed to make the briefer version easier to use. Throughout the briefer version -- as in their groundbreaking original text -- the authors provide students with an integration of research on the biological, psychological, and social

aspects of abnormal behavior and its treatment. The result is an exciting journey into the minds of people with psychological disorders, a journey that celebrates the multifaceted roles of biological as well as psychosocial influences and at the same time recognizes that these influences work together. To achieve this streamlined version, the authors worked with users and non-users alike who suggested how to collapse chapters and simplify the presentation.

Studyguide for Teaching Students with Severe Disabilities by Westling, David L., ISBN 9780132414449 Apr 28 2022 Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780132414449 .

The Oxford Handbook of Clinical Psychology May 30 2022 The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive literature on the subject. The field has come to be defined as much by its many topics as its many voices. The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one volume. In addition to core sections on topics such as training, assessment, diagnosis, and intervention, the handbook includes chapters devoted to emerging issues in the clinical field, including health care reforms, cultural factors, and technological innovations and challenges. Each chapter offers a review of the most pertinent literature, outlining issues and identifying possibilities for future research.

Kaplan & Sadock's Pocket Handbook of Psychiatric Drug Treatment Jul 28 2019 Kaplan & Sadock's Pocket Handbook of Psychiatric Drug Treatment covers the entire spectrum of clinical drug therapy for adults, elderly adults, pregnant and nursing women, and children. Drugs are listed alphabetically, for quick navigation, and each drug entry includes name, molecular structure, dosing, pharmacological actions, indications and clinical applications, side effects and adverse/allergic reactions, and drug interactions. In the front are tables listing the chapters where each drug is discussed and the common disorders for which each is used. Color drug plates in the front help with rapid recognition of all major drugs.

Essentials of Understanding Abnormal Behavior Apr 16 2021 ESSENTIALS OF UNDERSTANDING ABNORMAL BEHAVIOR, 3rd Edition offers the same multidimensional focus, multicultural emphasis, topical coverage, and engaging style as its comprehensive counterpart -- UNDERSTANDING ABNORMAL BEHAVIOR -- in a condensed, student-friendly format. Updated to reflect DSM-5 and the newest scientific, psychological, multicultural, and psychiatric research, the text introduces and integrates the Multipath Model of Mental Disorders to explain how biological, psychological, social, and sociocultural factors interact to cause mental disorders. A focus on resilience highlights prevention and recovery from the symptoms of various disorders, and the book also continues its emphasis on the multicultural, sociocultural, and diversity aspects of abnormal psychology. The authors present material in a lively and engaging manner, connecting topics to real-world case studies, current events, and issues of particular importance and relevance to college students. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Mastery of Your Anxiety and Worry (MAW) Dec 01 2019 Generalized Anxiety Disorder occurs in approximately 4% of the population and is characterized by excessive uncontrollable worry about everyday things. The constant worry can be extremely impairing if left untreated, even to the point of causing physical symptoms. Written by the developers of an empirically supported and effective cognitive-behavioral therapy program for treating GAD, this second edition therapist guide includes all the information and materials necessary to implement a successful treatment protocol. The therapeutic technique described in this book is research-based with a proven success rate when used in both individual and group formats, as well as with clients currently taking medication. Designed to be used in conjunction with its corresponding workbook, this therapist guide outlines a 10-session program comprised of four primary treatment modules including, cognitive restructuring, progressive muscle relaxation, worry exposures, and in vivo exposure exercises. New features to this edition include expanded chapters that provide detailed instructions for conducting each session, session outlines, and recommended homework assignments. This user-friendly guide is a dependable resource that no clinician can do without! TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Abnormal Psychology Jun 06 2020 Abnormal Psychology provides a good introduction to the study of psychological disorders from a South African perspective. The book refers to both International classification of Diseases (ICD-10) and Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR) criteria to classify and define mental disorders.

Abnormal Psychology : An Integrative Approach Jun 30 2022

Integrative CBT for Anxiety Disorders Jul 20 2021 Integrative CBT for Anxiety Disorders applies a systematic integrative approach, Cognitive Hypnotherapy (CH), to the psychological treatment of anxiety disorders; it demonstrates how simple techniques can be used to create a therapeutic context within which CBT is more effective. An evidence-based approach to enhancing CBT with hypnosis and mindfulness when treating anxiety disorders shows how simple techniques can be used to create a therapeutic context within which CBT can become more effective Offers detailed and comprehensive coverage for practitioners, with specific protocols for each anxiety disorders covered and a hort case study per treatment chapter in order to demonstrate the approach in action Anxiety disorders is an area where the interaction between conscious and unconscious processes is especially important, and where the use of hypnotherapeutic and mindfulness techniques can therefore be especially effective Builds on the author's research and experience and develops his significant earlier work in this area – notably Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders (Wiley, 2008)

Integrative Counselling Skills in Action Jan 26 2022 ?As a counsellor, supervisor and trainer I find this book such an excellent resource. It is invaluable in my teaching as well as supporting

learning in supervision. Culley and Bond use their extensive experience as practitioners to demystify potentially complex ideas, instead presenting them in an accessible and engaging way. Counselling skills are described clearly and case study material is relevant to practice. The third edition brings new and contemporary content that further enhances the value of the book. Buy it now! - Dr Andrew Reeves, Counsellor, Supervisor, Trainer and Editor of Counselling and Psychotherapy Research journal. Integrative Counselling Skills in Action, third edition, is a bestselling introduction to the core counselling skills. It takes you step-by-step through the skills and strategies needed at each stage of the counselling process -- beginning, middle and end - using illustrative case examples and providing practical checklists and summaries. New to the third edition: · Negotiating and managing a counselling contract · Using self-disclosure · Preparing for and using supervision · An example of supervision included in extended case study · A new preface Integrative Counselling Skills in Action is used by many thousands of students and practitioners who need guidance on using counselling skills in a variety of helping settings.

Abnormal Psychology Jul 08 2020 This briefer version of Barlow and Durand's best-selling text was created specifically for those professors who were drawn to the authors' standard-setting integrative approach but wanted a shorter, easier book. In this briefer version, the authors provide in approximately 550 pages a integrative approach that helps students understand how each psychological disorder is determined by multiple factors: biological, psychological, cultural, social, familial, and even political. Throughout the text, real cases 95% from the authors' own case files provide a realistic context for the scientific findings of the book, and ensure that readers never lose sight of the fact that beyond the DSM-IV criteria, the theories, and the research are real people. The Second Edition offers a complete course solution, including online resources, an interactive CD-ROM, six compelling videos, a casebook, two books of readings, and other ancillaries that make abnormal psychology come alive for students."

Writing for Psychology Oct 30 2019 WRITING FOR PSYCHOLOGY, Fourth Edition offers concise assistance for students writing their research analyses using APA style. By providing concrete examples of common errors, the authors show rather than merely tell students what to do and what to avoid. This manual will help students adhere to the basics of APA style; refine critical thinking skills, library search skills, revising skills, editing skills, and proofing skills; and avoid plagiarism. Checklists precede a summary at the end of every chapter, giving students the chance to make sure they have been thorough in their reports. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Casebook in Abnormal Psychology Feb 12 2021 Using cases from the authors' files or from case files of other working clinicians, CASEBOOK IN ABNORMAL PSYCHOLOGY portrays the rich and arresting nature of disorders manifested in real people. Cases illustrate every major DSM-5 category, followed by a therapy outcome section that tells the rest of the story of what happened to these clients. Using an integrative approach, the authors emphasize the multiple causes of disorders and incorporate developmental and cultural issues in each case. Complex cases are presented without a diagnosis, so students can come up with a diagnosis on their own. This Fifth Edition has been fully updated to present the advances in scientific knowledge and revisions to the definitions of psychological disorders found in the latest edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Essentials of Abnormal Psychology Oct 11 2020 Fully integrating the DSM-5, Durand, Barlow, and Hofmann describe abnormal psychology through their standard-setting integrative approach -- the most modern, scientifically valid method for studying the subject. Through this approach, students learn that psychological disorders are rarely caused by a single influence, but rooted in the interaction among multiple factors: biological, psychological, cultural, social, familial, and even political. A conversational writing style, consistent pedagogy, and real case profiles provide a realistic context for the scientific findings. This eighth edition highlights groundbreaking updates to research findings and the latest innovations in the treatment of mental disorders. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Managed Competition Apr 04 2020 Pamphlet from the vertical file.

Clinical Psychology for Trainees Jun 18 2021 Fully updated for DSM-5, this book provides clinical psychology trainees with a practical template for incorporating the scientist-practitioner model into clinical practice.