



A Guide to Treatments That Work

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In recent years a series of practice guidelines for the effective treatment of mental disorders have been proposed by groups, such as the Division of Clinical Psychology of the American Psychological Association and the American Psychiatric Association, as well as the U.S. Agency for Health Care Policy and Research and several managed care companies. Although many of these guidelines have provided helpful direction in the clinical decision making process, none yet has gathered together the numerous advances in both clinical psychology and psychiatry into one unified guidebook. *A Guide to Treatments That Work* assembles a distinguished group of both clinical psychologists and psychiatrists to take stock of current drug treatment and psychotherapeutic interventions to see which treatments actually work, which don't, and what still remains beyond the scope of our current knowledge. These eminent scholars thoroughly review available outcome data and clinical trials and provide detailed specification of methods and procedures to ensure effective treatment for each major DSM-IV disorder. As an interdisciplinary work that integrates information from both clinical psychology and psychiatry, this work will serve as an indispensable desk reference for all practitioners.

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