

1. Record Nr.	UNINA9910304142903321
Autore	L'Abate Luciano
Titolo	Concreteness and Specificity in Clinical Psychology : Evaluations and Interventions // by Luciano L'Abate
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2015
ISBN	3-319-13284-9
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (363 p.)
Disciplina	150 616.89 616.8914
Soggetti	Clinical psychology Psychotherapy Counseling Clinical Psychology Psychotherapy and Counseling
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Definitions of Terms -- The Future is Now: Online Interventions are here to stay and to grow -- Present Status and Future Perspectives for Personality and Family Assessment -- Practice without Theory -- Beyond Systems Thinking: Toward a Unifying Framework of Human Relationships -- Combining Theory with Practice -- Programmed Interactive Practice Exercises and Prescriptions -- Conclusion: Implications for Evaluation, Therapy, and Training.
Sommario/riassunto	This provocative volume updates L' Abate's signature ideas, focusing in particular on the concepts of concreteness and specificity as basic tenets of evaluation and therapy. Noting society's growing familiarity with technology, current concerns about treatment accessibility, and widespread interest in wellness promotion, he argues for remote-writing exercises targeted to specific client issues and monitored by the clinician instead of relying on traditional talk-based therapy. This attention to concreteness and specificity in baseline evaluation, post-treatment evaluation, and follow-up, the author asserts, is central to

making treatment replicable, less subject to impasses or missteps, and more professional, with the potential of changing how therapy is conducted as well as how clinicians are trained and practice. The book's framework includes rationales, models, empirical data, and examples of prescriptive remote-writing exercises. Featured in the coverage: Online interventions: here to stay and to grow. Verifiability in clinical psychology practices. Present status and future perspectives for personality and family assessment. Practice without theory/combining theory with practice. Toward a unifying framework of human relationships PIPES: Programmed Interactive Practice Exercise and Prescriptions. Concreteness and Specificity in Clinical Psychology will bring a new level of discussion and debate among clinical psychology practitioners and practicing psychotherapists in private practice and the public sector.

---