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Nota di contenuto	Historical Introduction to Clinical Psychology and Psychotherapy -- Toward a Science of Clinical Psychology and Psychotherapy: Theory and Practice -- The Cults of Psychotherapy -- Beyond Reliability and Validity: Toward Specificity in Clinical Psychology and Psychotherapy -- Stepped Care Research in Clinical Psychology and Psychotherapy -- Concreteness: Seven Psychological Orphans in Search of a Theory -- Toward a Neo-behaviorist View -- Epilogue and Conclusions: Toward a Hierarchical Personnel Structure in Clinical Psychology and Psychotherapy.
Sommario/riassunto	Clinical Psychology and Psychotherapy as a ScienceAn Iconoclastic Perspective Luciano L'Abate Since its inception, psychology has worked to establish itself as a legitimate scientific endeavor. Countless research studies have tested numerous theories and therapies, determining what works and what doesn't, and building a vast store of

empirical knowledge. Now a startling and provocative new volume suggests that the problem with the evidence base is that it is not scientific enough—and that the major modes of therapy are on their way out. In *Clinical Psychology and Psychotherapy as a Science*, Luciano L'Abate expands on his previously controversial ideas, taking to task the one-to-one, face-to-face, talking-cure paradigm that has been entrenched for over a century. Citing the rise of self-help manuals, workbooks, written interactive practice exercises, and websites, he predicts the continued ascendancy of writing in communication and healing, and details the contributions of technology in creating less-invasive homework-based interventions. These are presented as an efficient, cost-effective, and replicable alternative to traditional forms of therapy, and the author explains how their therapeutic gains can be achieved without sacrificing the therapeutic relationship. Included in the coverage are:

- The case for distance writing and computer conferences.
- Beyond reliability and validity: the quest for specificity.
- Stepped care research in clinical psychology and psychotherapy.
- Concreteness, or seven orphaned concepts in search of a theory.
- Toward a hierarchical personnel structure in clinical psychology and psychotherapy.
- Plus an appendix of supplemental workbooks for adults, children, adolescents, and families.

As with the author's other works, *Clinical Psychology and Psychotherapy as a Science* will spark debate and interest among researchers and clinical psychologists and psychotherapists.
