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Sommario/riassunto

In the past few decades clinical science has emerged as a prominent model for training and practice in clinical psychology. This model emphasizes evidence derived from high-quality research and is consistent with the increasingly influential evidence-based movement in medicine, which is a vital step toward making psychotherapy more effective, efficient, and safe. Despite this trend, much current psychological practice is not evidence-based; moreover, there is a marked dearth of resources available to train students and assist practitioners with the challenging goal of translating science into
