



# Science and Pseudoscience in Clinical Psychology, First Edition

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This is the first major text designed to help professionals and students evaluate the merits of popular yet controversial practices in clinical psychology, differentiating those that can stand up to the rigors of science from those that cannot. Leading researchers review widely used therapies for alcoholism, infantile autism, ADHD, and posttraumatic stress disorder; herbal remedies for depression and anxiety; suggestive techniques for memory recovery; and self-help models. Other topics covered include issues surrounding psychological expert testimony, the uses of projective assessment techniques, and unanswered questions about dissociative identity disorder. Providing knowledge to guide truly accountable mental health practice, the volume also imparts critical skills for designing and evaluating psychological research programs. It is ideal for use in advanced undergraduate- and graduate-level courses in clinical psychology, psychotherapy, and evidence-based practice.

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### Review

"As a text for students, this book effectively illustrates the importance of becoming an evidence-based practitioner. It inoculates aspiring clinicians against the bandwagon appeal of 'fashionable' interventions and the seductive claims of pseudoscientific treatment studies."--Allen Rubin, PhD, School of Social Work, The University of Texas at Austin

"This unique and timely book may avert the advent of the Dark Ages into which the discipline of psychotherapy seems to be heading. By clearly articulating the fundamental differences between 'science' and 'pseudoscience,' it forewarns that anecdotes are not evidence, and demonstrates how to separate fact from conjecture. I cannot think of anyone who would not benefit from a thorough perusal of its contents, but it is particularly essential reading for those conducting any form of counseling or psychotherapy."--Arnold A. Lazarus, PhD, ABPP, Distinguished Professor Emeritus of Psychology, Rutgers University

"At last--a book that pulls no punches, names, and isn't afraid to portray junk science for what it is. This will be invaluable reading for anyone in the mental health professions and an essential reference for students."--Harrison G. Pope, Jr., MD, Department of Psychiatry, Harvard Medical School

"This superb volume is an instant classic and one of the most important books published in the last 20 years in psychology or law. These well written and exhaustively documented chapters provide a much needed antidote to the epidemic of pseudoscience that has too often stained the integrity of the mental health and legal systems. Mental health professionals, lawyers and judges should all view these chapters as essential information for basic professional competence."--R. Christopher Barden, PhD, JD, LP, psychologist, attorney, expert witness, legislative consultant; President, National Association for Consumer Protection in Mental Health

"Represents a most welcome attempt to separate the wheat from the chaff in mental health practices....Engaging, incisive, and illuminating."  
(*Journal of the American Medical Association* 2004-07-28)

"[An] excellent and important book."  
(*APA Review of Books* 2004-07-28)

"This is clearly a text that should be read by every social worker and social work student."  
(*Journal of Social Work Education* 2004-07-28)

### About the Author

Scott O. Lilienfeld, PhD, is Associate Professor of Psychology at Emory University. He has authored or coauthored approximately 100 articles and book chapters, serves on the editorial boards of several major journals, and is founder and editor of *The Scientific Review of Mental Health Practice*. Dr. Lilienfeld is past president of the Society for a Science of Clinical Psychology and a recipient of the David Shakow Award for Early Career Contributions to Clinical Psychology from Division 12 (Society for Clinical Psychology) of the American Psychological Association.

Steven Jay Lynn, PhD, is a licensed clinical psychologist and Professor of Psychology at the State University of New York at Binghamton. A former president of the American Psychological Association's Division 30 (Psychological Hypnosis), he is a recipient of the division's award for distinguished contributions to scientific hypnosis. Dr. Lynn is a fellow of many professional organizations and an advisory editor to a number of professional journals. He is the author of 11 books and more than 200 articles and chapters.

Jeffrey M. Lohr, PhD, is Professor of Psychology at the University of Arkansas-Fayetteville. He has been a licensed psychologist in Arkansas with a part-time independent practice since 1976. Dr. Lohr's research interests focus on anxiety disorders, domestic violence, and the efficacy of psychosocial treatments.

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