

PSYCHOLOGISTS'
DESK
REFERENCE

THIRD EDITION

EDITED BY

GERALD P. KOOCHER

JOHN C. NORCROSS

BEVERLY A. GREENE

OXFORD

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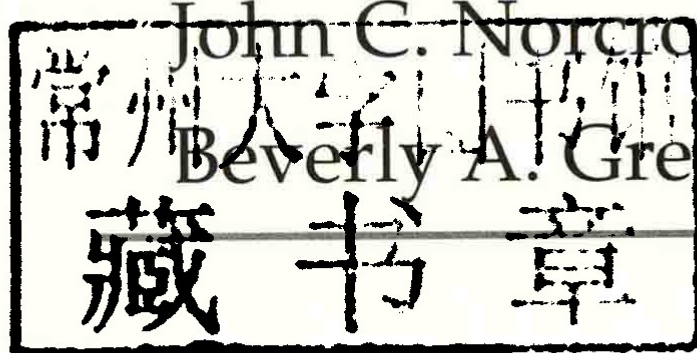
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Oxford University Press is a department of the University of Oxford.
It furthers the University's objective of excellence in research, scholarship,
and education by publishing worldwide.

Oxford New York
Auckland Cape Town Dar es Salaam Hong Kong Karachi
Kuala Lumpur Madrid Melbourne Mexico City Nairobi
New Delhi Shanghai Taipei Toronto

With offices in
Argentina Austria Brazil Chile Czech Republic France Greece
Guatemala Hungary Italy Japan Poland Portugal Singapore
South Korea Switzerland Thailand Turkey Ukraine Vietnam

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Published in the United States of America by
Oxford University Press
198 Madison Avenue, New York, NY 10016

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Second Edition © 2005 by Gerald P. Koocher and John N. Norcross
First Edition © 1998 by Gerald P. Koocher, John N. Norcross, and Sam S. Hill III

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Library of Congress Cataloging-in-Publication Data
Psychologists' desk reference / edited by Gerald P. Koocher, John C. Norcross,
Beverly A. Greene.—Third edition.

pages cm
Includes bibliographical references and index.
ISBN 978-0-19-984549-1

1. Clinical psychology—Handbooks, manuals, etc. I. Koocher, Gerald P., editor of compilation. II. Norcross, John C.,
1957—editor of compilation. III. Greene, Beverly, editor of compilation.
RC467.2.P78 2013
616.89—dc23
2013006556

9 8 7 6 5 4 3 2 1
Printed in the United States of America
on acid-free paper

PSYCHOLOGISTS' DESK REFERENCE

We dedicate this volume to
Robin C. Koocher
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and
Margaret C. Charmoli, Ph.D.

PREFACE

Welcome to the third edition of the *Psychologists' Desk Reference*. This book, fondly christened the *PsyDR*, is intended as an authoritative and indispensable companion of mental health practitioners of all theoretical orientations and professional disciplines. This volume compiles, organizes, and presents key guides and essential information that clinicians, from practicum students to seasoned practitioners, want on their desks. It contains assessment guidelines, diagnostic codes, test information, report checklists, practice principles, psychotherapy pointers, ethics refreshers, legal regulations, special-population materials, professional resources, practice management tips, and related data that all clinicians need at their fingertips.

When asked what the *Psychologists' Desk Reference* includes, we reply, "Everything essential but the tissue box." When asked who should purchase it, we reply, "Every clinician."

This new edition, this *PsyDR3*, features the following:

- Thoroughly revised chapters by the field's leaders
- Addition of 29 new chapters, now totaling 145
- Elimination of 17 chapters that readers deemed dated or of limited utility
- Book sections reorganized into a dozen smaller and more specific chunks, making topics easier to find
- Increased emphasis on evidence-based and research-supported practices
- Diversity built directly into individual entries (e.g., citing critical gender, race, ethnicity, age, or other diverse population variations) as well as into the entire volume

A brief history of the *Psychologists' Desk Reference* places our objectives and the revised contents into proper perspective. In 1994, we sent letters to directors of psychology training programs requesting their thoughts on the contents of such a desk reference. In 1995, we surveyed members of the American Psychological Association's (APA) Division of Clinical Psychology. Over 500 practicing psychologists responded to the question, "All clinicians seem to have a file in which they place useful checklists, guidelines, and summaries. If you had such a collection at your desk, what topics would you want in it?" In addition to providing hundreds of nominations and a healthy consensus on the contents, the vast majority agreed that a *Psychologists' Desk Reference* would be both a very practical and a very popular manual for the practicing clinician. In 1996 and 1997, we inventoried the desk contents of several colleagues and interviewed dozens of practitioners regarding their preferences for a functional desk reference.

The second edition in 2005 continued the years of sequential research and development.

The final page of the *Psychologists' Desk Reference* cordially invited readers to inform us of what they would like to be included in future editions. Many excellent ideas were offered in response. Published reviews of the two editions and a dozen reviewers secured by Oxford University Press further sharpened our focus. And if imitation is indeed the sincerest form of flattery, then we are flattered that the *Psychologists' Desk Reference* has spawned several imitators—not nearly as good as our volume, but imitators nonetheless. In sum, the project began with an ambitious idea, was sharpened by program directors' responses, was strengthened by nominations of clinical psychologists across the nation, and was shaped by field observation and collegial feedback.

The positive receptions to the earlier editions convinced us to vigorously maintain our original emphasis on a compact and user-friendly resource. In the words of one reviewer, "The coverage is broad but not superficial; it is comprehensive yet focused." As a consequence, all 145 contributions are concisely written, designed as practical summaries or thumbnail guides, without the obligatory introductory and concluding paragraphs. We chose only authors who possessed special expertise in particular subject areas and who manifested an ability to synthesize the material in 10 double-spaced manuscript pages. That is, these brief contributions are not an "about" chapter but a focused "how to" mini-chapter. The text is a combination of narrative text, numbered or bulleted points, tables, and checklists. The chapter titles are succinct and descriptive; subtitles were prohibited. The six to eight references accompanying each contribution are not intended as an exhaustive listing but, rather, as documentation of key sources for additional reading. In fact, they are titled "References and Readings" instead of the conventional "References."

The format of the *Psychologists' Desk Reference* contributes to its ease of use. This entails the following:

- A detailed table of contents
- A coherent organization into 12 parts, in which the chapters are arranged both

chronologically (according to how a treatment or a consultation would proceed) and topically

- Running heads that identify the part number and title on the left-hand page and the chapter number and title on the right-hand page
- Cross-references within contributions to related chapters in the book

This volume is the culmination of lengthy labors and multitudinous contributions; in the best sense of the term, it has been a "group effort." Although we are, of course, ultimately responsible for the book, we genuinely hope that the *PsyDR3* does justice to all those who have assisted us.

From its inception, Joan Bossert, editor extraordinaire at Oxford University Press, nurtured the book. In selecting the contents, directors of training programs, members of APA's Division of Clinical Psychology, dozens of colleagues, and the editorial board of Oxford Textbooks in Clinical Psychology provided invaluable assistance. We appreciate the affirming evaluations and constructive suggestions of the reviewers of the previous editions, as we do the multiple colleagues who recommended new chapters that appear in this edition. More than 175 authors participated generously and adhered to a challenging writing format. These authors represent, in the words of another reviewer, "a veritable *Who's Who* in psychology." Dr. Sam S. Hill III contributed mightily to the editing of the first two editions. Not to be outdone, our partners, children, and friends endured our absences and preoccupations with grace. Finally, we acknowledge each other for the collaborative spirit and the interpersonal pleasures of coediting this volume. Both the process and the product have improved over the years.

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John C. Norcross, Ph.D., ABPP, is professor of psychology and distinguished university fellow at the University of Scranton, adjunct professor of psychiatry at SUNY Upstate

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Beverly A. Greene, Ph.D., ABPP, is professor of psychology at St. John's University in New York and a practicing clinical psychologist in Brooklyn, New York. She is a fellow of seven divisions of the APA as well as an active member of the APA governance. Author of over 100 publications, Dr. Greene served as

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literature on women, women of color, sexual minorities, and African American families. She is also the recipient of numerous other national awards, including the Carolyn Wood Sherif Award and the APA Distinguished Contributions to Psychology in the Public Interest Senior Career Award. She most recently coedited *A Minyan of Women: Family Dynamics, Jewish Identity, and Psychotherapy Practice*, recipient of the 2012 Association for Women in Psychology's Jewish Women's Caucus Award for Scholarship.

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