

Clinical Psychology: An Introduction

By Alan Carr

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Clinical Psychology is for students studying clinical psychology as part of an undergraduate programme in psychology, nursing, sociology or social and behavioural sciences. Undergraduate students who wish to know if postgraduate study in clinical psychology would be of interest to them will find this book particularly useful.

The book will inform students about:

- the profession of clinical psychology
- how to get onto a clinical psychology postgraduate training programme
- the way clinical psychologists work with children, adolescents and adults with common psychological problems
- the main models of practice used by clinical psychologists, and
- the scientific evidence for the effectiveness of psychological interventions.

There is a focus on both clinical case studies and relevant research, and the book includes summaries, revision questions, advice on further reading and a glossary of key terms, all of which make it an excellent student-friendly introduction to an exceptionally interesting subject.

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Editorial Review

Review

"Alan Carr's book gives an excellent overview of clinical psychology. It is clear and comprehensive, and will provide an invaluable guide to undergraduates and postgraduates alike, both those who want to understand psychological breakdown, and those who feel called to pursue a career in applying these understandings to help people who struggle with such psychological problems." - **Mark Williams, University of Oxford, UK**

"This book provides a useful overview of clinical psychology. ... It is particularly encouraging to see a shift in emphasis from the US orientation so commonly found underpinning undergraduate texts. As a result, this affords greater relevance and applicability to clinical psychology within Europe. The text is marketed as a student friendly introduction and it certainly meets this objective." - **Claudie Fox, University of Warwick, UK**

About the Author

Alan Carr is director of clinical psychology training at University College Dublin and has a clinical practice at the Clanwilliam Institute, Dublin. He has produced over 20 volumes and 200 papers and presentations in the areas of clinical psychology, family therapy and positive psychology. His books include the *Handbook of Child and Adolescent Clinical Psychology*, the *Handbook of Adult Clinical Psychology*, the *Handbook of Intellectual Disability and Clinical Psychology Practice* and *What Works with Children, Adolescents and Adults? A Review of Research on the Effectiveness of Psychotherapy*, and *Positive Psychology*. He has worked in the fields of clinical psychology and family therapy in the UK, Ireland and Canada.

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