



Evidence-Based Practices in Mental Health: Debate and Dialogue on the Fundamental Questions

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Few topics in mental health are as important and controversial as evidence-based practices. EBPs have profound implications for mental health practice, training, and policy. What is designated as "evidence-based" will determine in part what therapies and tests are conducted, what is reimbursed, what is taught, and what is researched.

Unfortunately, this multifaceted topic has been reduced to simplistic and polarized arguments. This book, designed for mental health practitioners, trainers, and graduate students, addresses nine fundamental questions in the debate on evidence-based practices (EBPs). Each chapter centers on one particular question in the ongoing debate and consists of focused position papers on that question. The position papers, contributed by some of the most respected psychologists writing today, are argued with passion and intelligence. Each chapter concludes with a dialogue among the contributors in which they emphasize their points of agreement and disagreement. This makes the book an ideal tool for teaching and discussion.

This book helps readers understand the central questions in this fiercely contested subject, provides a balance of views, and purges needless confusion and antagonism. In doing so, the book underscores both the robust commonalities and the remaining contentions regarding evidence-based practices in mental health.



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