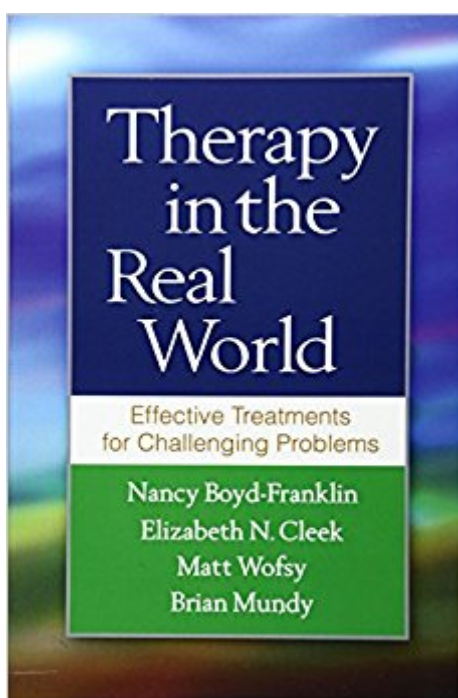


The book was found

# Therapy In The Real World: Effective Treatments For Challenging Problems



## Synopsis

Helping beginning and experienced therapists cope with the myriad challenges of working in agencies, clinics, hospitals, and private practice, this book distills the leading theories and best practices in the field. The authors provide a clear approach to engaging diverse clients and building rapport; interweaving evidence-based techniques to meet therapeutic goals; and intervening effectively with individuals, families, groups, and larger systems. Practitioners will find tools for addressing the needs of their clients while caring for themselves and avoiding burnout; students will find a clear-headed framework for making use of the variety of approaches available in mental health practice.

## Book Information

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## Customer Reviews

"This groundbreaking book is a powerful and extremely relevant discussion of the real world of clinical practice today. It is a necessary addition to the library of every experienced and early career therapist and mental health practitioner. The book is also an excellent text for graduate-level courses seeking to provide students with a thorough overview of the mental health field."--Joseph L. White, PhD, Professor Emeritus of Psychology and Psychiatry, University of California, Irvine

"Boyd-Franklin and her colleagues have written a landmark book that, for the first time, brings together multiple therapeutic modalities, multiculturalism, evidence-based practice, and recommendations for therapist self-care, in a highly accessible, engaging style. The volume provides therapists with the empirical basis for therapeutic interventions and with practical guidance

for implementation. Both beginning and experienced therapists working in the real world will breathe a sigh of relief for the integration and wisdom the authors provide. I will use this as a core text in my family and couple therapy courses at the master's and doctoral levels."--Peter Fraenkel, PhD, Subprogram in Clinical Psychology and Master's in Mental Health Counseling Program, The City College of the City University of New York; Æ Æ Director, Center for Work and Family, Ackerman Institute for the Family "This extremely helpful book offers practitioners a readable and comprehensive primer for current, culturally sensitive clinical practice. It incorporates a strong focus on dealing with the diversity of the cases that present for mental health services. And it makes accessible for marginalized populations the latest modalities: cognitive-behavioral therapy, dialectical behavior therapy, mindfulness- and acceptance-based approaches, motivational interviewing, recovery approaches, and others. Outstanding case examples illustrate ways to effectively counter societal discontinuities and fragmented services for multi-needs clients. The guidelines for supervision and therapist self-care are clear and useful. This is a book that all those entering the profession will want to have as a guide."--Monica McGoldrick, MSW, PhD (h.c.), The Multicultural Family Institute, Highland Park, New Jersey "I used this book in my second-year Advanced Clinical Practice course, and my students liked it. It is one of the most useful and appropriate books I've seen for teaching social work students about the wide spectrum of evidence-based practice issues. Readers are given the opportunity to explore skills, practice models, and theoretical frameworks, within a contemporary lens that incorporates culture and diversity. I appreciate the coverage of clinician self-care and the importance of awareness of burnout in our field."--Oren Shtayermman, PhD, MSW, School of Social Work, Portland State University "You have to be robust to work well in front-line mental health services. This book is a companion, and a very valuable one. It builds bridges, clarifies commonalities across treatments, and helps you to approach complex scenarios with awareness of what might make a difference to the lives of people from diverse backgrounds. The authors are champions of compassionate and competent practice. This book is a considerable achievement."--Stephen Rollnick, PhD, Cochrane Institute of Primary Care and Public Health, Cardiff University, Wales, UK "Eminently accessible, this volume distills the research and information needed to provide the highest quality clinical services. The book will improve your work with clients, whether you are navigating the complexities of public care or maintaining a private practice. It includes essential guidance for addressing crises and trauma and understanding clients from diverse backgrounds. A 'must read' for mental health clinicians, supervisors, and trainees."--Ronald F. Levant, EdD, ABPP, Department of Psychology, University of Akron; past president, American Psychological Association Æ Æ "It is a

highly applied book, containing a significant number of real-life case examples, making it a very useful guide for students as well as beginning and more seasoned clinicians. The book is very accessible and comfortably combines theory and practice....Abundantly and masterfully illustrated with vignettes that help ground theoretical approaches in the real world of clinical practice. Special attention is given to multicultural aspects and to work with marginalized populations, a very important aspect of working in the real world. I appreciate the pragmatisms of this work, the structure around clinical processes, and the emphasis on diversity issues as well as work with disadvantaged populations. Also, the discussion of self-care of therapists and supervision is a welcome one. These aspects are very important in clinical practice, but are not necessarily addressed in textbooks. The authors' clinical expertise is apparent from the depth and breadth of the practical vignettes they present. (Doody's Review Service 2013-09-06) "A well-written text designed to assist therapists working in a diversity of settings with clients from diverse backgrounds and having concerns ranging from mental illness, substance abuse, family issues, and interventions in schools, to well-being. The book covers the leading therapies, guiding principles, and best practices in the field today. Therapy in the Real World is a thoughtful volume that integrates a great deal of useful information that the average clinician will have some occasion to access. It is an easy read, with something for mental health practitioners across varied disciplines. I recommend it as a solid addition to a reference library. This is a good introductory text for classes designed to provide a broad overview of clinical practice. Clinical supervisors will want to share the chapters on risk assessment and suicide prevention, crisis intervention, and clinician self-care with their supervisees. (PsycCRITIQUES 2014-01-13)

Nancy Boyd-Franklin, PhD, is Distinguished Professor (Professor II) in the Graduate School of Applied and Professional Psychology at Rutgers, The State University of New Jersey. She has received awards for her outstanding contributions from many professional organizations, including the American Family Therapy Academy, the Association of Black Psychologists, the American Psychological Association (Divisions 45 and 43), the Association of Black Social Workers, and the American Psychiatric Association. Dr. Boyd-Franklin is the author of *Black Families in Therapy*, Second Edition, and coauthor of *Therapy in the Real World*, among numerous other publications. Elizabeth N. Cleek, PsyD, is a Vice President at the Institute for Community Living, a large behavioral health care agency in New York City, where she oversees the Program Design, Evaluation, and Systems Implementation Department and the Central Access Department. Dr. Cleek co-led the development of an award-winning agency clinical risk assessment and intervention

system, including the development of tools, procedural guidelines, and systemic interventions. She has written and presented on the use of technology to support implementation of best-practice work, the development and implementation of health-related interventions for people with serious mental illness, and multisystems work with families. Matt Wofsy, LCSW, is Director of Evidence-Based Treatment and Practice Innovation at the Institute for Community Living. He has extensive experience in the area of adapting evidence-based practices to diverse clinical settings, and has presented his work at state and national conferences. Mr. Wofsy is a recipient of the Exemplary Mid-Career Social Work Leader Award from the New York City chapter of the National Association of Social Workers. He is Adjunct Professor at New York University Silver School of Social Work and maintains a private practice in New York City. Brian Mundy, LCSW, is a Clinical and Evaluation Specialist at the Institute for Community Living, where he primarily supports clinicians and service providers in implementing evidence-based practices in their work with clients. He is a recipient of the Emerging Social Work Leader Award from the New York City chapter of the National Association of Social Workers. Mr. Mundy is Adjunct Professor at Long Island University and maintains a private clinical practice.

This is a professional, pertinent and practical resource book.

It's a little dry but I love Nancy Boyd-Franklin!

This is very insightful book about the forces that mend the forces, that rule our communities. We need to look at how to heal our cities.

Very engaging book. Well written

Great book, great delivery.

great

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