

MANUALS FOR EMPIRICALLY SUPPORTED TREATMENTS: 1998 UPDATE

Sheila R. Woody, PhD & William C. Sanderson, PhD (Editors)

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Development of this Resource

The Division 12 (Clinical Psychology) Task Force on Psychological Interventions has worked for several years to establish and revise criteria for judging whether a treatment may be considered to be empirically supported. Several lists of examples of "well-established" and "probably efficacious" treatments have been published. Please see those reports (Chambless et al., in press; Chambless et al., 1996; Task Force on Promotion and Dissemination of Psychological Procedures, 1995) for complete details. To assist clinicians and educators in learning more about these treatments with scientific support, the Task Force on Psychological Interventions has also endeavored to publicize information about how to obtain manuals detailing those treatments considered to be well-established (Sanderson & Woody, 1995). The present resource represents an updated list of manuals that have been published or are available from the author(s).

What qualifies as a manual? In building this resource, we attempted to locate materials that provide sufficient detail to allow a trained clinician to replicate the treatment. Of course, no treatment manual is adequate in the absence of solid theoretical grounding and supervised training in the particular approach. Recognizing this, we have also included, when available, information about training in these approaches. We specifically excluded conference workshops as a training resource, because these workshops typically do not offer the opportunity for supervised experience.

This resource listing of manuals is based on the most recent Task Force report (in press). We wrote to leading investigators in well-established areas of treatment research, particularly those scientists whose work formed the basis for judging a particular treatment to be efficacious. These investigators provided citations for manuals that have been published. Many authors offered to provide copies of unpublished manuals to clinicians, although requests must be accompanied by a check to cover the costs of photocopying and postage. Because this resource is based on the judgments of the Task Force on Psychological Interventions, it is necessarily limited to those areas that have been thoroughly reviewed by the Task Force. We have included manuals corresponding to treatments judged to be well-established as a service to professionals who wish to learn more about scientifically supported treatments. No judgment about treatments or manuals not appearing on the list is implied. Careful readers may notice that some treatments that appeared on the 1995 listing of manuals do not appear in this edition; these deletions are due to revisions in the Task Force's list of examples of well-established treatments.

A copy of this resource is available from the Division 12 Central Office. Send a stamped, self-addressed envelope and \$1.50 for handling to P.O. Box 1082, Niwot, CO 80544.

Treatment Manuals and Training Opportunities

BULIMIA

Cognitive Behavioral Therapy

Treatment References/Manuals:

Agras, W.S., & Apple, R.F. (1997). Overcoming eating disorders: A cognitive behavioral treatment for bulimia nervosa and binge-eating disorder. San Antonio, TX: The Psychological Corporation.

Fairburn, C.G. (1985). Cognitive-behavioral treatment for bulimia. In D. M. Garner and P. E. Garfinkel (Eds.) Handbook of psychotherapy for anorexia nervosa and bulimia. New York: Plenum Press.

Fairburn, C. G., Marcus, M. D., & Wilson, G. T. (1993). Cognitive-behavioral therapy for binge eating and bulimia nervosa. In C. G. Fairburn & G. T. Wilson (Eds.) Binge eating: Nature, assessment, and treatment. New York: Guilford Press.

CHRONIC HEADACHE

Behavioral Treatment

Treatment References/Manuals:

Blanchard, E. B., & Andrasik, F. (1985). Management of chronic headache: A psychological approach. Elmsford, NY: Pergamon Press.

PAIN ASSOCIATED WITH RHEUMATIC DISEASE

Cognitive Behavior Therapy

Treatment References/Manuals:

Cognitive Behavioral Therapy for Arthritis Pain (Cost = \$35.00. Contact: Francis Keefe, Ph.D., Department of Psychology, Room 229, Porter Hall, Ohio University, Athens, OH 45701. Telephone: (614) 593-1064).

Keefe, F. J., Beaupre, P. M., & Gil, K. M. (1997). Group therapy for patients with chronic pain. In R. J. Gatchel & D. C. Turk (Eds.) Psychological treatments for pain: A practitioner's handbook. New York: Guilford Press.

Turk, D. C., Meichenbaum, D., & Genest, M. (1983). Pain and behavioral medicine: A cognitive-behavioral perspective. New York: Guilford Press.

Training Opportunities:

Laurence A. Bradley, Ph.D.
Division of Rheumatology
429 Tinsley Harrison Tower
University of Alabama-Birmingham
Birmingham, AL 35294

Francis Keefe, Ph.D.
Department of Psychology
Room 229, Porter Hall

Ohio University
Athens, OH 45701
Telephone: (614) 593-1064
Fax: (614) 593-0579

Dennis Turk, Ph.D.
Center for Pain Evaluation / Pain Treatment Institute
University of Pittsburgh School of Medicine
4601 Baum Boulevard
Pittsburgh, PA 15213

COPING WITH STRESSORS

Stress Inoculation Training

Treatment References/Manuals:

Meichenbaum, D. (1985). Stress inoculation training. New York: Pergamon Press.

Training Opportunities:

Donald Meichenbaum, Ph.D.
University of Waterloo
Department of Psychology
Waterloo, ON N2L 3G1 Canada
Phone: (518) 885-1211 ext. 2551
Dmeich@watarts.uwaterloo.ca

DEPRESSION

Cognitive Therapy

Treatment References/Manuals:

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). Cognitive therapy of depression. New York: Guilford.

Training is available at several centers around the U.S. See below on general training programs for cognitive therapy.

Interpersonal Therapy

Treatment References/Manuals:

Klerman, G. L., Weissman, M. M., Rounsaville, B. J., & Chevron, E. S. (1984). Interpersonal psychotherapy of depression. New York: Basic Books.

Training Available:

Cleon Cornes, M.D. & Ellen Frank, Ph.D.
Western Psychiatric Institute and Clinic
3811 O'Hara Street
Pittsburgh, PA 15213
Telephone: (412) 624-2211

DISCORDANT COUPLES

Behavior Therapy

Treatment References/Manuals:

Jacobson, N. S., & Margolin, G. (1979). Marital therapy: Strategies based on social learning and behavior exchange principles. New York: Brunner/Mazel.

Baucom, D.H., & Epstein, N. (1990). Cognitive-behavioral marital therapy. New York: Brunner/Mazel.

ENURESIS

Behavioral Treatment

Treatment References/Manuals:

Azrin, N. H. & Besalel, V. B. (1979). A parent's guide to bedwetting control. New York: Pocket Books.

Full Spectrum Home Training for Nocturnal Enuresis. (Contact: Arthur C. Houts, Department of Psychology, University of Memphis, Memphis, TN 38152. Cost=\$5.00).

GENERALIZED ANXIETY DISORDER

Anxiety Management

Treatment References/Manuals:

Anxiety Management for Generalized Anxiety. (Contact: Secretary, Department of Psychology, Warneford Hospital, Headington, Oxford, OX3 7JX. Cost = £2, prepayment required).

Cognitive Behavior Therapy

Treatment References/Manuals:

Controlling Anxiety. (Contact: Secretary, Department of Psychology, Warneford Hospital, Headington, Oxford, OX3 7JX. Cost = £2, prepayment required).

Brown, T., O'Leary, T., & Barlow, D. H. (1994). Generalized anxiety disorder. In D.H. Barlow (Ed.), Clinical handbook of psychological disorders. New York: Guilford.

Zinbarg, R. E., Craske, M. G., & Barlow, D. H. (1993). Therapist's guide for the Mastery of Your Anxiety and Worry program. San Antonio, TX: Psychological Corporation.

Training is available at several centers around the U.S. See below.

OBSESSIVE COMPULSIVE DISORDER

Exposure and Response Prevention

Treatment References/Manuals:

Kozak, M., & Foa, E.B. (1997). Mastery of obsessive-compulsive disorder: A cognitive-behavioral approach. San Antonio, TX: The Psychological Corporation.

Riggs, D. S. & Foa, E. B. (1993). Obsessive compulsive disorder. In D.H. Barlow (Ed.), Clinical handbook of psychological disorders. (2nd ed., pp. 180-239). New York: Guilford.

Steketee, G. (1993). Treatment of obsessive compulsive disorder. New York: Guilford Press.

Training Opportunities:

Edna Foa, Ph.D.
Medical College of Pennsylvania/ EPPI
Department of Psychiatry
3200 Henry Avenue
Philadelphia, PA 19129
Telephone: (215) 842-4010
Fax: (215) 843-7054
E-mail: foa@medcolpa.edu

Obsessive-Compulsive Foundation, Inc.
P.O. Box 70
Milford, CT 06460-0700
Telephone: (203) 878-5669
Fax: (203) 874-2826
E-mail: Jim Broatch <jphs28a@prodigy.com>

PANIC DISORDER

Cognitive Therapy

Treatment References/Manuals:

Barlow, D. H., & Cerny, J. A. (1988). Psychological treatment of panic. New York: Guilford Press.

Barlow, D., & Craske, M. (1994). Mastery of your anxiety and panic - II. San Antonio, TX: The Psychological Corporation. (Both therapist and client versions are available, as is an agoraphobia supplement. To order call (800) 211-8378.)

Clark, D. M. (1989). Anxiety states: Panic and generalized anxiety. In K. Hawton, P. Salkovskis, J. Kirk, & D. M. Clark (Eds.) Cognitive behavior therapy for psychiatric problems. Oxford: Oxford University Press.

Hecker, J.E., & Thorpe, G.L. (1992). Agoraphobia and panic: A guide to psychological treatment. Boston: Allyn & Bacon.

Salkovskis, P. M., & Clark, D. M. (1991). Cognitive treatment of panic disorder. Journal of Cognitive Psychotherapy, 3, 215-226.

Therapist Training Videos:

The Psychological Corporation
Order Service Center
P.O. Box 839954
San Antonio, TX 78283-3954
Telephone: (800) 211-8378

SOCIAL PHOBIA

Cognitive Behavioral Group Therapy

Treatment References/Manuals:

Cognitive Behavioral Group Therapy for Social Phobia. (Cost = \$20.00. Contact: Social Phobia Program, Department of Psychology, Temple University, Weiss Hall, 1701 N. 13th Street, Philadelphia, PA 19122-6085. Telephone: (215) 204-1575, Fax: (215) 204-2155, E-mail: rheimber@nimbus.ocis.temple.edu).

Turner, S.M., Beidel, D.C., & Cooley, M. (1997). Social effectiveness therapy: A program for overcoming social anxiety and phobia. Toronto: Multi-Health Systems (U.S. Telephone: (416) 424-1700, Fax: (416) 424-1736).

Training Available:

Richard Heimberg, Ph.D.
Social Phobia Program
Department of Psychology
Temple University, Weiss Hall
1701 North 13th Street
Philadelphia, PA 19122-6085
Telephone: (215) 204-1575
Fax: (215) 204-2155
E-mail: rheimber@nimbus.ocis.temple.edu

Psychological Consultation Center
Anxiety Disorders Clinic
Debra A. Hope, Ph.D., Center Director
325 Burnett Hall - Department of Psychology
University of Nebraska-Lincoln
Lincoln, NE 68588-0311
Telephone: (402) 472-2351
E-mail: dhope@unlinfo.unl.edu

Harlan R. Juster, Ph.D.
Anxiety and Phobic Disorders Program
1A Pine West Plaza
Washington Avenue Extension
Albany, NY 12205
Telephone: (518) 862-1665
Fax: (518) 862-1668
E-mail: hjuster@juno.com

SPECIFIC PHOBIA

Exposure Therapy / Guided Mastery

Treatment References/Manuals:

Marks, I. (1978). Living with fear. New York: McGraw Hill.

Craske, M. G., Antony, M. M., & Barlow, D. H. (1997). Mastery of your specific phobia, therapist guide. San Antonio, TX: The Psychological Corporation.

CHILDREN WITH OPPOSITIONAL BEHAVIOR

Parent Training Programs

Treatment References/Manuals:

Forehand, R., & McMahon, R. J. (1981). Helping the noncompliant child: A clinician's guide for parent training. New York: Guilford.

Kozloff, M. A. (1979). A program for families of children with learning and behavior problems. New York: Wiley.

Parent-Child Interaction Therapy (Cost = \$25.00. Contact: Sheila Eyberg, Ph.D., Department of Clinical and Health Psychology, Box 100165, University of Florida, Gainesville, FL 32610, Fax: (352) 395-0468, E-mail: seyberg.hrp@mail.health.ufl.edu).

Patterson, G. R., Reid, J. B., Jones, R. R., & Conger, R. E. (1975). A social learning approach to family interaction (Vol. 1). Eugene, OR: Castalia Publishing.

Patterson, G. R., & Forgatch, M. (1987). Parents and adolescents living together -- Part 1: The basics. Eugene, OR: Castalia Publishing.

Forgatch, M., & Patterson, G.R. (1987). Parents and adolescents living together -- Part 2: Family problem solving. Eugene, OR: Castalia Publishing.

Sanders, M. R., & Dadds, M. R. (1993). Behavioral family intervention. Needham Heights, MA: Allyn & Bacon.

General Training Opportunities for Cognitive Therapy (across disorders):

The following training centers all offer supervised training in cognitive therapy for professionals. The extent of each training program varies, from a workshop series to a full postdoctoral fellowship. Some of them offer week-long programs for professionals who do not live near one of the centers. In addition, several of these centers market audio- and video- training tapes as an aid to learning about cognitive therapy. Contact each center directly for more specific information about their training opportunities and cost.

Center for Cognitive Therapy
1101 Dove Street
Suite 240
Newport Beach, CA 92660

Telephone: (714) 646-2044
Center for Cognitive Therapy
University of Pennsylvania Medical School
3600 Market Street, Room 754
Philadelphia, PA 19104
Telephone: (215) 898-4100

Cleveland Center for Cognitive Therapy
24100 Chagrin Blvd., Suite 470
Beachwood, OH 44122
Telephone: (216) 831-2500
Fax: (216) 831-4035
Cognitive Therapy Training Program
Cognitive Therapy Center of New York
120 East 56th Street, Suite 530
New York, NY 10022
Telephone: (212) 588-1998 (ext. 5)
Beck Institute for Cognitive Therapy and Research
GSB Building - Suite 700
One Belmont Avenue
Bala Cynwyd, PA 19004-1610
Telephone: 610-664-3020
The American Institute for Cognitive Therapy
30 E. 60th Street
Suite 1007
New York, NY 10022
Telephone: (212) 308-2440
E-mail: AICT@aol.com

References

- Chambless, D.L., Baker, M.J., Baucom, D.H., Beutler, L.E., Calhoun, K.S., Crits-Christoph, P., Daiuto, A., DeRubeis, R., Detweiler, J., Haaga, D.A.F., Johnson, S.B., McCurry, S., Mueser, K.T., Pope, K.S., Sanderson, W.C., Shoham, V., Stickle, T., Williams, D.A., & Woody, S.R. (in press). Update on empirically validated therapies, II. The Clinical Psychologist.
- Chambless, D.L., Sanderson, W.C., Shoham, V., Bennett Johnson, S., Pope, K.S., Crits-Cristoph, P., Baker, M., Johnson, B., Woody, S.R., Sue, S., Beutler, L., Williams, D.A., & McCurry, S. (1996). An update on empirically validated therapies. The Clinical Psychologist, 49(2), 5-18.
- Sanderson, W.C., & Woody, S. (1995). Manuals for Empirically Validated Treatments: A Project of the Task Force on Psychological Interventions. The Clinical Psychologist, 48(4), 7-11.
- Task Force on Promotion and Dissemination of Psychological Procedures. (1995). Training in and dissemination of empirically-validated psychological treatments: Report and recommendations. The Clinical Psychologist, 48(1), 3-23.

Author Notes

Although this listing originated as an effort of the Division 12 Task Force on Psychological Interventions, we are publishing it as individuals rather than as representatives of the Division. This is to make clear that this report is not intended to be viewed as a clinical

guideline, standard, or official policy statement of either the Division of Clinical Psychology or of the American Psychological Association.

We thank Dianne Chambless, who served as chair of the Task Force from 1993 to 1997, for her encouragement and assistance in the preparation of this resource. We also thank all those who wrote to suggest training opportunities or treatment manuals for this resource listing. This listing is intended as a growing resource for researchers and clinicians. We welcome your continued feedback on the materials listed here, as well as your suggestions for materials we have overlooked. Please contact either of us:

Sheila Woody, Ph.D.
Department of Psychology
Yale University
P.O. Box 208205
New Haven, CT 06520-8205
e-mail: sheila.woody@yale.edu

William C. Sanderson, Ph.D.
Department of Psychiatry
Albert Einstein College of Medicine
Montefiore Medical Center
Bronx, NY 10467-2490
e-mail: SANDERSO@aecom.yu.edu