



Evidence-Based Mental Health Practice: A Textbook (Norton Professional Books)

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The movement to make medicine more scientific has evolved over many decades but the specific term evidence-based medicine was introduced in 1990 to refer to a systematic approach to helping doctors to apply scientific evidence to decision-making at the point of contact with a specific consumer.

As the philosophy, major tenets, and techniques of the movement have evolved, evidence-based medicine has strongly influenced individual health care decision-making, the practices offered in health care programs, and the structure of medical and public health systems. Evidence-based medicine has also begun to influence the field of mental health. As support for evidence-based medicine grows in mental health, the need to clarify its fundamental principles also increases. In dealing with the new era of evidence-based practice, mental health practitioners are now confronted with a sense of obligation to understand these practices and to implement them in order to provide the best available services to consumers. This book explores some of the complex challenges in implementing EBPs, and highlights the meaningful opportunities that are inherent in this paradigm shift. This comprehensive textbook will become an essential primer for all practitioners and students who are grappling with the new age of evidence-based practice.

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