

**MANUALS FOR EMPIRICALLY SUPPORTED TREATMENTS: 1998 UPDATE**

Sheila R. Woody &amp; William C. Sanderson (Editors)

January 1998

**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. 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 Many authors offered to provide copies of unpublished manuals to clinicians, although requests must be accompanied by a check to cover the costs of photocopying and postage.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. ■

---

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

*William C. Sanderson, PhD, Department of Psychiatry, Albert Einstein College of Medicine, Montefiore Medical Center, Bronx, NY 10467-2490, e-mail: sanderso@acom.yu.edu*

*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. It is also available for free on the SSCP Web page, <http://www.sscp.psych.ndsu.nodak.edu>.*

**Manuals for Empirically Supported Treatments (continued)****TREATMENT MANUALS AND TRAINING OPPORTUNITIES****BULIMIA****COGNITIVE BEHAVIORAL THERAPY****Treatment References/Manuals**

- 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, PhD, Department of Psychology, Room 229, Porter Hall, Ohio University, Athens, OH 45701. Telephone: (614) 593-1064).
- Keefe, F. J., Beupre, 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, PhD  
Division of Rheumatology  
429 Tinsley Harrison Tower  
University of Alabama-Birmingham  
Birmingham, AL 35294

Francis Keefe, PhD  
Department of Psychology  
Room 229, Porter Hall  
Ohio University  
Athens, OH 45701  
Telephone: (614) 593-1064  
Fax: (614) 593-0579

Dennis Turk, PhD  
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, PhD  
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 Opportunities**

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 Opportunities**

Cleon Cornes, MD & Ellen Frank, PhD  
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 Opportunities**

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

**OBSESSIVE COMPULSIVE DISORDER****EXPOSURE AND RESPONSE PREVENTION****Treatment References/Manuals**

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

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.

**Training Opportunities**

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.)

**Manuals for Empirically Supported Treatments (continued)**

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.

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 Opportunities**

Richard Heimberg, PhD  
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, PhD  
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) 646-3390

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

### **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. Update on empirically validated therapies, II. *The Clinical Psychologist*, 51(1), 3-13.
- 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.