



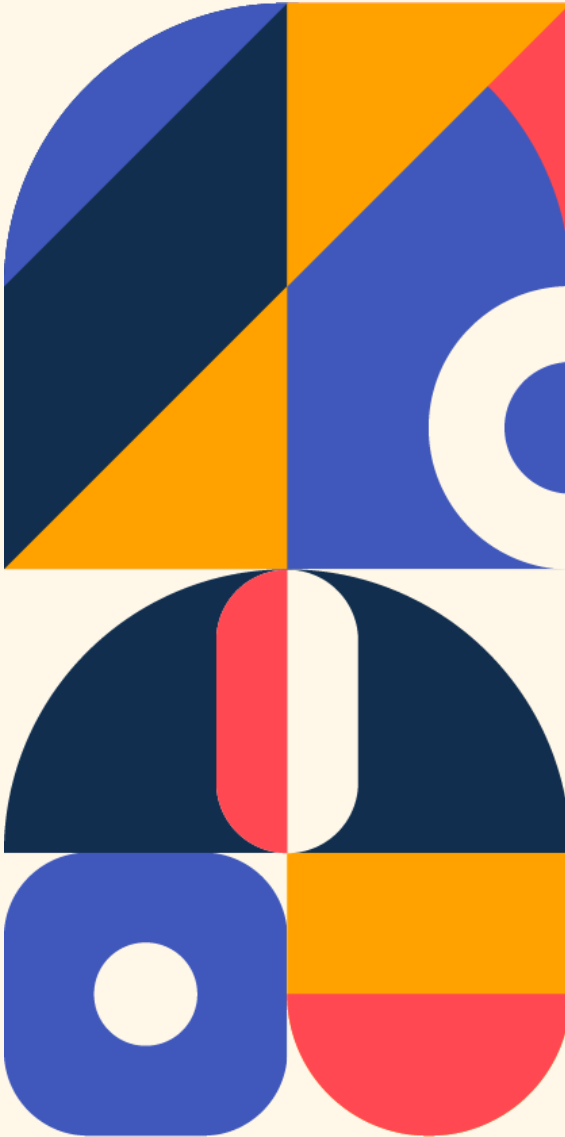
Further Reading

Clark and Layard. *Thrive: The Power of Psychological Therapy* (2015)

Wampold. *The Great Psychotherapy Debate: The Evidence for What Makes Psychotherapy Work* (2015)

Cooper. *The Facts are Friendly: Essential Research Findings* (2008)

Lilienfeld et al. *Science and Pseudoscience in Clinical Psychology* (2014)



Reflective Questions

1. Thinking about the research referenced in the workshop, do you agree that mental illness is the biggest social problem facing the UK? If so, what evidence in particular would you cite to support this? If not, briefly describe why.
2. From the evidence presented in the workshop, in general, how effective are psychological treatments? Can you think of ways to share this information with clients and others around you that might be helpful to them? If you don't see this as your role, can you articulate why?
3. From the seven ideas to ground your practice presented in the workshop, list one that you could immediately put into effect. Describe the difference you think it might make.