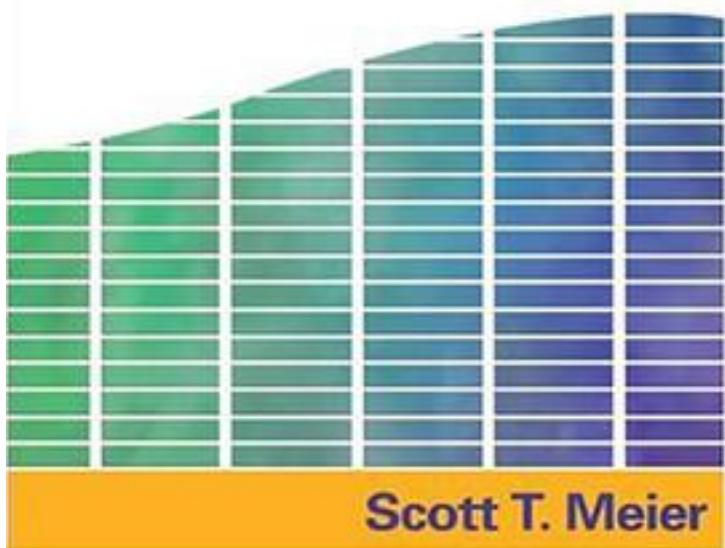


# Measuring Change in Counseling and Psychotherapy

## Measuring Change in Counseling and Psychotherapy



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This book provides researchers, clinicians, and students with a useful overview of the key issues involved in measuring client change within clinical practice. It reviews the history, conceptual foundations, and current status of trait- and state-based assessment models and approaches, exploring their strengths and limitations for measuring change across therapy sessions. Particular attention is given to the critical challenges of interpreting and using measurement and assessment data that can enable the provision of better clinical care and treatment evaluation. A series of exercises guides the reader to gather information about particular tests and evaluate their suitability for intended testing purposes.

作者介绍:

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