

Psychological Association Reaffirms Its Commitment to Science in Clinical Practice

The Association for Behavioral and Cognitive Therapies (ABCT) reaffirms its commitment to science in clinical practice as a hallmark of good practice.

"The emphasis on science," explains President Dean McKay, PhD, "leads us to *support those states and provinces that would grant license-eligibility to graduates of programs that promote science-centered education and training.*"

The issue grew out of discussions with the Psychological Clinical Science Accreditation System (PCSAS). Both ABCT and PCSAS emphasize the value of science, especially the use of empirical support for the efficacy of clinical approach, with PCSAS concentrating on the educational elements and ABCT on the research and clinical aspects.

The discussions resulted in the following statement:

As you may be aware, the Association for Behavioral and Cognitive Therapies (ABCT) is an international multidisciplinary organization whose members include leading scientists and investigators of scientifically-informed psychosocial interventions, as well as scientifically-informed direct service providers of mental health interventions. As you may also be aware, the ABCT is widely recognized in the mental health professional community as the leading organization for the development and dissemination of cognitive-behavioral interventions, which collectively represents the most widely empirically-supported approaches for treating psychological conditions. Given our commitment to promoting science in the practice of mental health care, ABCT has the following mission statement:

The ABCT is a multidisciplinary organization committed to the enhancement of health and well-being by advancing the scientific understanding, assessment, prevention and treatment of human problems through behavioral, cognitive, and other evidence-based principles.

The work of the Psychological Clinical Science Accreditation System (PCSAS), a non-profit organization, has been brought to our attention. On May 12, 2014 we, the ABCT Board of Directors officially approved the following statement:

As part of its mission, the Association for Behavioral and Cognitive Therapies (ABCT) emphasizes science in clinical practice, including education and training in scientifically-informed psychological assessment and treatment techniques. We therefore support any state or province that would grant license-eligibility to graduates of programs that are accredited by the Psychological Clinical Science Accreditation System (PCSAS), a non-profit organization in recognition that the PCSAS also promotes science-centered education and training, regardless of whether or not the program is also accredited by another body. Moreover, ABCT recognizes that

scientific training occurs in other mental health disciplines, and supports scientifically-informed practice in all relevant disciplines.

Sincerely,

The ABCT Board of Directors

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For more information on the statement, please contact Dean McKay, PhD, ABPP, President, Association for Behavioral and Cognitive Therapies, and Professor, Department of Psychology, Fordham University, 441 East Fordham Road, Bronx, NY 10458. 718-817-4498

For more information on ABCT and its work in promoting the benefits of cognitive behavioral therapies, please contact David Teisler, CAE, Director of Communications, Association for Behavioral and Cognitive Therapies, 305 Seventh Avenue New York, NY 10001-6008, 212.647.1890 (phone) or 212.647.1865 (fax); teisler@abct.org; www.abct.org