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The Transdiagnostic Road Map to Case Formulation and Treatment Planning: Practical Guidance for Clinical Decision Making

Rochelle I. Frank PhD, Joan Davidson PhD

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Transdiagnostic treatment is the future of psychology.

Mounting evidence shows that moving beyond treatment protocols that focus on a singular diagnosis and toward transdiagnostic approaches that target psychological mechanisms can improve outcomes. If you are seeking to correctly identify mechanisms and use them to select interventions that best meet the needs of your clients this book offers a powerful and much needed guide. *The Transdiagnostic Road Map to Case Formulation and Treatment Planning* is the first book to provide an empirically-based method for identifying specific psychological mechanisms underlying clients' presenting problems and symptoms and linking them to clinical interventions that comprise individualized treatment plans.

The transdiagnostic approach outlined in this book signals a revolutionary departure from traditional treatments relying on DSM categorization and gives mental health professionals an essential resource for treating a broad range of patient problems. It builds on existing case formulation approaches by bridging research on psychological mechanisms with a practical guide to assessment and treatment. If you are interested in a new approach to treating patients with symptoms that span different diagnostic categories or are struggling to keep up with the growing number of disorder-based protocols, this book is an extremely important addition to your professional library. It will serve as your compass for navigating both simple and complex cases to arrive at a more effective type of treatment planning—one that is tailored to your client's specific needs and targets the underlying mechanisms responsible for driving and maintaining their presenting problems and symptoms.

For more than forty years, New Harbinger has published powerful, evidence-based psychology resources for mental health professionals and self-help books for clients. As the landscape of psychology evolves, New Harbinger will remain at the forefront, offering clinicians real tools for real change.

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