



# Clinician's Guide to Research Methods in Family Therapy: Foundations of Evidence-Based Practice

By Lee Williams PhD LMFT, JoEllen Patterson PhD, Todd M. Edwards PhD LMFT

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A research methods text with a unique focus on evidence-based practice with couples and families, this book bridges the divide between research and clinical work. The text offers comprehensive, user-friendly coverage of measurement and design issues and basic qualitative and quantitative methods. Illustrating research concepts with clinically relevant examples and sample studies, it teaches clear steps for evaluating different types of studies and identifying common threats to validity. Of special value to therapists, it provides a systematic framework for using research to guide the selection and evaluation of interventions that meet the needs of particular clients.

Pedagogical features:

- \*End-of-chapter "Applications" sections showing how to evaluate specific methods.
- \*Appendices with quick-reference guides and recommended resources.
- \*Instructive glossary.

See also the authors' *Essential Skills in Family Therapy, Second Edition: From the First Interview to Termination*, which addresses all aspects of real-world clinical practice, and *Essential Assessment Skills for Couple and Family Therapists*, which shows how to weave assessment into all phases of therapy.

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## **Editorial Review**

### Review

"This book issues a clarion call to clinicians to become research informed. It fills a crucial gap by showing how to critically read and understand research and how to apply evidence-based approaches in complex, flesh-and-blood clinical cases. The volume contains a treasure trove of resources that will be as valuable to instructors as to their students. This text will revolutionize how research methods are taught in master's-level mental health training programs; doctoral students will love the lists of websites, instruments, and other resources for evidence-based practice."--Douglas H. Sprenkle, PhD, Department of Child Development and Family Studies (Emeritus), Purdue University

"Williams, Patterson, and Edwards have created a resource where none existed before--an accessible book about research for practitioners and students working with couples and families. The first part of the book provides a wonderfully succinct primer on research methods; the second part treads previously unexplored territory by offering an entrée into evidence-based practice. The volume guides readers to the essential information they need about research: what it is, how to find and appraise it, how best to incorporate evidence-based methods into practice, and how to evaluate clients' progress. This book should become *the* core research methods text for master's-level programs in marital and family therapy, counseling, and psychology."--Jay L. Lebow, PhD, ABPP, LMFT, The Family Institute at Northwestern University

"Ideally suited for students and therapists invested in learning more about the research process in order to be optimally effective clinicians. This reader-friendly text, written by leaders in the marital and family therapy field, brings research to life in a way that is engaging, comprehensible, and clinically applicable. By mastering effective strategies for integrating state-of-the-art research into practice, clinicians at all stages of development will find their psychotherapeutic endeavors and outcomes enhanced enormously."--Nadine J. Kaslow, PhD, ABPP, Department of Psychiatry, Emory University; President (2014), American Psychological Association

"A user-friendly text that is ideal for MFT master's students. The writing is clear, organized, and approachable with as many examples as there are key terms. Most importantly, this book does not teach students how to conduct research; rather, it teaches them how to critically consume it....This book is expressly written and best used for a master's level MFT research methods course. However, any clinician with an interest in connecting research to their practice could benefit directly from the text. My own students agree that this book is straightforward, informative, and directly applicable to their work as MFTs. Finding this book has restored much of the original joy I experienced at the opportunity to teach research methods." (*Journal of Marital and Family Therapy* 2016-04-01)

"This book is already becoming a classic on research methods for marriage and family therapy students. In addition to providing students with basic research methods concepts, ethics, and some specifics of conducting research with couples and families, the authors do an excellent job of advocating for evidence-based practice as well as educating clinicians about evaluating and implementing research findings in

practice. This is an excellent and much needed work on research methods for master's-level students in marriage and family therapy.”

(*Doody's Review Service* 2014-09-01)

“The first section of the text is dedicated to research methodology infused with clinical applications. The authors remain consistently true to their intent to help the reader become an informed consumer of counseling research. The second section of the book builds a thoughtful understanding of evidence-based practice....The authors have included three helpful appendices, which summarize the steps of practice, the guide to evaluating research studies, and practice resources. They even provide a glossary of research ‘lingo’ to help the reader better understand the content without reference to another source.”

(*The Family Journal* 2015-07-21)

#### About the Author

Lee Williams, PhD, LMFT, is Professor in the Marital and Family Therapy Program at the University of San Diego. His research interests include family therapy training, marriage preparation, and couples with religious differences. Dr. Williams is coauthor (with JoEllen Patterson, Todd M. Edwards, et al.) of *Essential Skills in Family Therapy, Second Edition*, and *Essential Assessment Skills for Couple and Family Therapists*.

JoEllen Patterson, PhD, is Professor in the Marital and Family Therapy Program at the University of San Diego. She is also a voluntary Clinical Associate Professor in the Divisions of Family Medicine and Global Health as well as the Department of Psychiatry at the University of California, San Diego, School of Medicine. She serves on the editorial boards of *Families, Systems, and Health* and the *Journal of Marital and Family Therapy*. Dr. Patterson is coauthor (with Todd M. Edwards et al.) of *The Therapist's Guide to Psychopharmacology, Revised Edition*. Her Fulbright Scholarships have allowed her to work in Norway, New Zealand, Hong Kong, and elsewhere.

Todd M. Edwards, PhD, is Professor and Director of the Marital and Family Therapy Program at the University of San Diego, and provides individual and family therapy in the Division of Family Medicine at the University of California, San Diego, School of Medicine. His research and teaching interests focus on the integration of family-oriented mental health services into primary care settings; family therapy training; and male friendship in adulthood. He is Associate Editor of *Families, Systems, and Health*.

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##### Jocelyn Welch:

The e-book untitled *Clinician's Guide to Research Methods in Family Therapy: Foundations of Evidence-Based Practice* is the book that recommended to you to see. You can see the quality of the publication content that will be shown to you actually. The language that creator use to explained their way of doing something is easily to understand. The article writer was did a lot of exploration when write the book, so the information that they share to you personally is absolutely accurate. You also might get the e-book of *Clinician's Guide to Research Methods in Family Therapy: Foundations of Evidence-Based Practice* from the publisher to make you considerably more enjoy free time.

**Laurel Ramer:**

Clinician's Guide to Research Methods in Family Therapy: Foundations of Evidence-Based Practice can be one of your starter books that are good idea. We all recommend that straight away because this guide has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to place every word into delight arrangement in writing Clinician's Guide to Research Methods in Family Therapy: Foundations of Evidence-Based Practice nevertheless doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information could drawn you into brand new stage of crucial considering.

**James Baker:**

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**Thomas Gonzalez:**

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