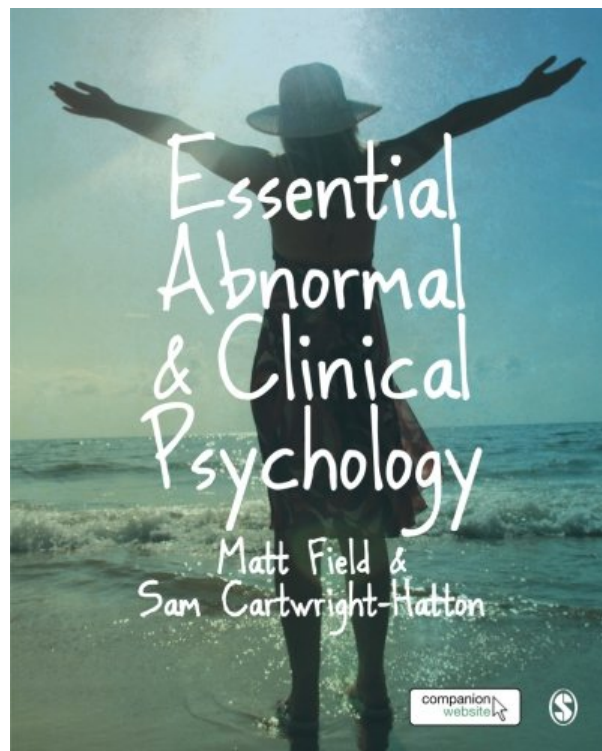
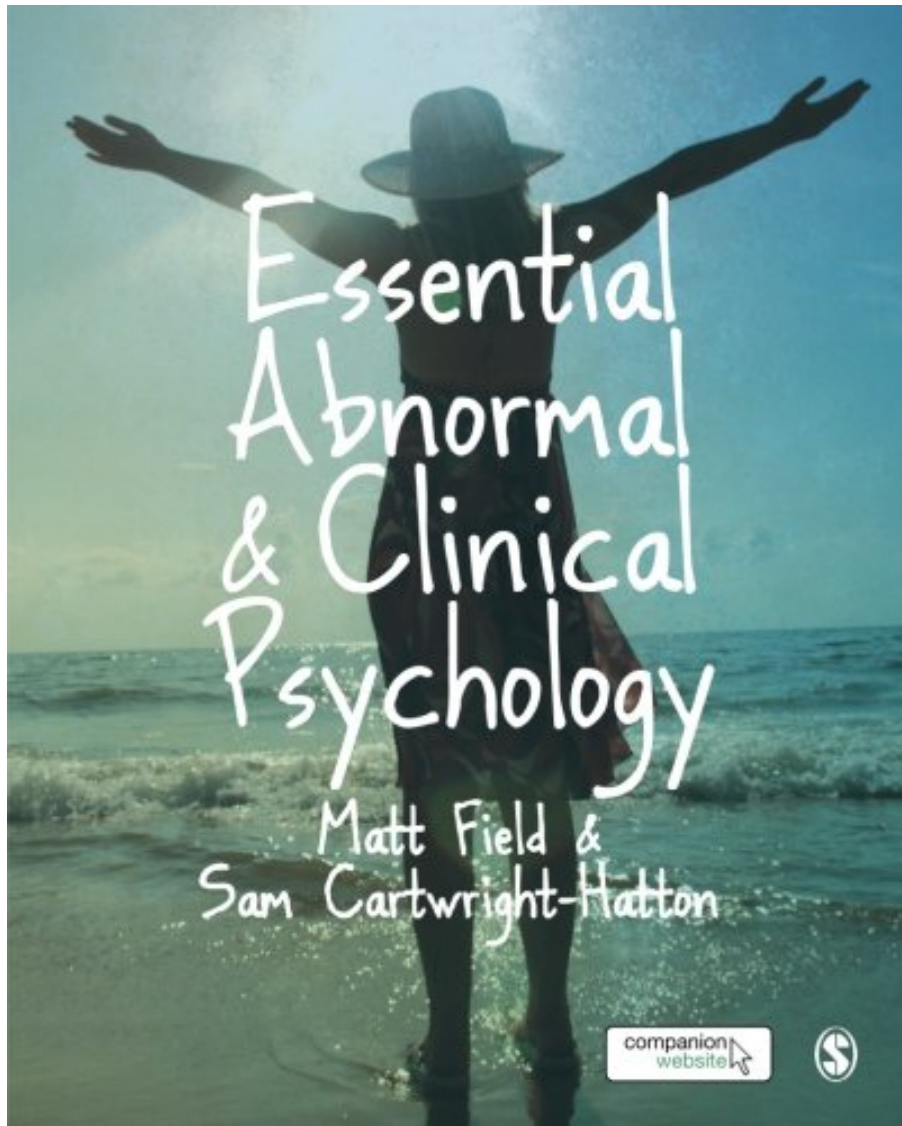


# ESSENTIAL ABNORMAL AND CLINICAL PSYCHOLOGY BY MATT FIELD, SAM CARTWRIGHT-HATTON



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## Review

An excellent guide to how mental health problems are understood and treated; accessible, wide-ranging, and full of fascinating information on this important topic.

(Daniel Freeman)

This excellent textbook provides a clear and comprehensive introduction to clinical and abnormal psychology. I will be recommending it as essential reading for both psychology and medical students.

(Rebecca Elliott)

## About the Author

Matt Field is a Professor of Psychology at the University of Liverpool. While an undergraduate student at Swansea University, his experience of research investigating depressed mood and alcohol craving motivated him to pursue a career in research. He went on to study conditioning processes in tobacco addiction for his PhD, which he received from the University of Sussex in 2001. Following a three-year spell at the University of Southampton, he moved to the University of Liverpool in 2004. He leads the addiction research group, teaches abnormal and clinical psychology to undergraduate and postgraduate students, and does far too much University administration. He is on the Editorial boards of the journals *Addiction*, *Drug and Alcohol Dependence* and *Psychopharmacology*, has published more than 100 articles in peer-reviewed journals (some of them are even quite good!), and this is his first book. He lives with his wife and three cats in Formby.

Sam Cartwright-Hatton is a clinical child psychologist who specializes in anxiety disorders and parenting processes. She started out with an undergraduate degree at the University of Liverpool, and then a PhD at the University of Oxford. This PhD was on anxiety disorders in adults and despite having almost no existing knowledge of or interest in clinical psychology, by the end of it, she was hooked. At the end of the PhD, to the exasperation of her parents, who thought she might never leave university, she moved to Manchester to train as a clinical psychologist. Since then, she has specialized in researching and treating anxiety in young

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