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## **Best Practices in Cognitive-Behavioral Psychotherapy**

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Epidemiological studies show that the prevalence of mental disorders is extremely high across the globe (World Health Organization, 2011). Moreover, and what is perhaps more concerning is the fact that, despite numerous existing evidence-based treatments for various mental disorders, more than half of those in need of specialized mental health services don't access it and/or do not have access to these treatments (Alonso et al., 2004c; Kohn, Saxena, Levav, & Saraceno, 2004; Wang et al., 2005). Thus, developing and disseminating accessible evidence-based protocols for various clinical conditions are key goals in mental health. This effort would nicely complement the efforts of the American Psychological Association (see Division 12's List of evidence-based treatments), National Institute for Health and Clinical Excellence (see NICE's Guidelines) and Cochrane Reviews (see Cochrane analyses of various clinical protocols) that identified evidence-based treatments for various clinical conditions, based on rigorous literature analyses. However, once identified, one needs a detailed published clinical protocol to deliver those treatments in research, clinical practice, and/or training (see David & Montgomery, 2011). Please submit your proposal to Series Editor Daniel David: [daniel.david@ubbcluj.ro](mailto:daniel.david@ubbcluj.ro)

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