

Preface

The *Psychodynamic Psychotherapy Research: Evidence-Based Practice and Practice-Based Evidence* continues the important work of our first book published in 2009 (*Handbook of Evidence-Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice*), presenting in one volume significant developments in research in psychodynamic psychotherapy by excellent clinician researchers. The demand for ongoing research initiatives in psychodynamic psychotherapy from both internal and external sources has increased in recent years, and this volume continues to demonstrate the efficacy and effectiveness of a psychodynamic approach to psychotherapeutic interventions in the treatment of psychological problems. Research continues to help all clinicians think critically about our clinical interventions so we can avoid losing ourselves in our subjectively preferred ideas and concepts without empirical support. Psychotherapy in general and psychodynamic psychotherapy specifically need to sustain their involvement in the evidence-based movement within the larger healthcare system. We recognize and value the importance of clinical supervision in refining and validating interventions within psychodynamic psychotherapy, and we offer the work in this volume in the spirit of ongoing discussion between researchers and clinicians about the value of specific approaches to specific patients with specific psychiatric and psychological problems. Multiple forms of treatment interventions have been developed over the past 50 years, and we support the current emphasis on personalized medicine. We offer the work in this volume in the spirit of including psychodynamic psychotherapy in the effort to advance understanding of finding the right treatment for the right patient.

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