

Special Issue

Treatment Personalization in Clinical Psychology and Psychotherapy

Message from the Guest Editor

The topic of treatment personalization in clinical psychology and psychotherapy has recently been attracting increasing attention as an effective way of improving the effectiveness of therapeutic interventions and enhancing the quality of life of people experiencing mental health problems or disorders. Recent research has emphasized the significance of the mutual relationship between the specific interventions and the patient as a crucial factor in treatment effectiveness. Personalized treatment methods enhance this collaboration by aligning treatment strategies with patient characteristics. The essence of personalization is to tailor the specific intervention features to the individual characteristics of the patient and to decide which therapeutic interventions are likely to be beneficial and effective for the final treatment outcomes. Personalized treatment in clinical psychology and psychotherapy comprises a comprehensive understanding of the patient, integrating insights from psychological, biological, and social domains. The aim of this Special Issue is to identify individual patient characteristics and the main ways to optimize treatment.

Guest Editor

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