

## **Abstract**

### **The Application of Psychological Theory to Clinical Practice**

Practising clinical and neuro psychologists working in adult brain injury rehabilitation use a range of theoretical approaches in their clinical work. In 2002 Wilson published a model of rehabilitation arguing that rehabilitation is one of many fields needing a broad theoretical base incorporating frameworks, theories and models from many different areas. Being constrained by one theoretical model can lead to poor clinical practice. This lecture considers some of the theories and models which have had the most influence on the field of neuropsychological rehabilitation. Included are theories and models of cognitive functioning, learning, assessment, emotion, recovery and plasticity as well as broad based models such as holistic and social models. We consider how theories and models are employed directly or indirectly in our clinical work. The importance of combining clinical work with research is emphasised. Clinical examples are used to illustrate the points made. The lecture concludes with guidelines for good clinical practice all of which have derived from clinical research.