

## **From lab to clinic: new science of mental disorders**

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Although the disorder-based approach to the treatment of mental disorders works well for about half of the patients, the other 50% do not profit from this 'one-model-fits-all' method. In this lecture, I will present a new theoretical and methodological framework to explain the existence, development, and maintenance of mental disorders: the network approach. With the network approach we move away from the traditional disorder-based theory and practice by conceptualizing mental disorders as a complex system of dynamically interacting symptoms. The network approach enables to study processes bridging diagnostic boundaries, and instead of solely relying on between-subjects data, personalized dynamic processes and mechanisms within individuals are taken into consideration. As such, the network approach has the potential for evolving into a paradigm shift in clinical psychology: it offers new ways to diagnose and treat mental disorders. The network approach of mental disorders, and the opportunities the model offers for new network-based diagnoses and interventions are outlined and provided with practical examples from the eating disorder field. The core ideas of a consortium of Dutch clinical psychologists working together at the national level within an ambitious and challenging 10-year project on the network approach will be presented, and conceptual as well as practical challenges of the network approach for clinical psychology are discussed.