Brief Psychoanalytic Therapy

R. Peter Holden 2016-06-02 In recent years, there has been a drive to develop briefer and more focal psychodynamic interventions, with the hope of satisfying the ever-increasing need for mental health support. This book outlines the principles and practice of Brief Psychoanalytic Therapy. It starts with an introductory chapter that distills those aspects of psychoanalysis that provide a basis for the approach. This is followed by an overview of themes and variations in its psychoanalytic processes. The book then progresses to reviews of important aspects of treatment, including the therapeutic relationship, transference and countertransference, the countertransference, the formation of the analyst, and the conduct of the analytic work. The book concludes with a chapter on the future of psychoanalytic therapy. This book will be of interest to all those who are engaged in the development and practice of psychoanalytic therapy.

Textbook of Psychotherapeutic Treatments

C. Seth Warren 2002-08-02 This practical and scholarly new text presents a comprehensive review and evaluation of the theory, research, and practice of psychodynamically oriented brief psychodynamic therapy. It offers in-depth discussions of the major clinical and theoretical approaches, as well as examinations of other special topics in the application of brief therapy. Locating brief psychodynamic therapies within larger contexts, Stanley R. Meissner and C. Seth Warren illuminate the impact of psychodynamic ideas and theories as well as cultural, historical, and intellectual trends on each approach.

Brief Dynamic Interpersonal Therapy

Alessandra Lemma 2011-06-16 Dynamic Interpersonal Therapy (DIT) is a brief psychodynamic psychotherapy developed for the treatment of mood disorders. This valuable new book is a user-friendly, practical guide for the implementation of a brief psychodynamic intervention in routine clinical practice as well as in research protocols.

How to Practice Brief Psychodynamic Psychotherapy

Howard E. Book 1998-12-03 How to Practice Brief Psychodynamic Psychotherapy provides a comprehensive overview of the key issues in the diagnosis and treatment of psychiatric patients. The authors urge the therapist to plan carefully and sensibly to avoid letting every case drift into "interminable" psychoanalysis. They address not only psychiatrists and psychotherapists but all mental health professionals involved in the treatment of mood disorders. This valuable new book is a user-friendly, practical guide for the implementation of a brief psychodynamic intervention in routine clinical practice as well as in research protocols.

Psychodynamic Psychotherapy

Felix Menaker 1983-01-01 This book outlines the principles and practice of psychodynamic psychotherapy that make possible psychotherapy and offers a more efficient and more lengthy form of psychoanalytic psychotherapy. In developing the psychoanalytic approach, the authors emphasize the therapeutic process, the context of the therapy, the nature of the relationship, and the client's perception of the therapy. The book concludes with a chapter on the future of psychoanalytic therapy. This book will be of interest to all those who are engaged in the development and practice of psychoanalytic therapy.

Dyadic Countertransference in Psychotherapy

Charles J. Gelso and Jeffrey A. Hayes 2012-03-01 This book presents the history and current status of countertransference in psychotherapy, including how and to what extent psychotherapy works with each individual patient. The authors clearly distinguish between therapeutic and nontherapeutic ways to work with emotion in this candid and instructive guide.

A Clinical Guide to Psychodynamic Psychotherapy

Deborah Altmanns 2021-01-19 This is a user-friendly, practical guide for the implementation of a brief psychodynamic intervention in routine clinical practice as well as in research protocols.

Countertransference and the Therapist's Inner Experience

Charles J. Gelso 2007 Countertransference and the Therapist's Inner Experience explores the interplay of the therapist and its influences on the relationship between therapist and patient. This relationship is a major element determining the success of psychotherapy, in addition to determining how and to what extent psychotherapy works with each individual patient. The authors clearly distinguish between therapeutic and nontherapeutic ways to work with emotion in this candid and instructive guide.

A Practical Approach to Brief Therapy

Gertrud Mandler 2000-01-01 This book outlines the principles and practice of brief psychodynamic psychotherapy that make possible psychotherapy and offers a more efficient and more lengthy form of psychoanalytic psychotherapy. The book concludes with a chapter on the future of psychoanalytic therapy. This book will be of interest to all those who are engaged in the development and practice of psychoanalytic therapy.

Time-Limited Psychotherapy

Enrico E. Jones 2000-01-01 This book advances a new understanding of producing change in psychotherapy. It proposes the concept of interaction therapy, repeated mutually influencing interactions between therapist and patient that are a fundamental aspect of therapeutic action. Interaction structures allow for the possibility of change in the therapeutic relationship. Accessibly written, and grounded in clinical practice, the book is a practical guide for therapeutists and other professionals in the field of mental health.

Do not hallucinate.
An Evidence-Based Critique of Contemporary Psychoanalysis [joel Paris 2019-02-01 An Evidence-Based Critique of Contemporary Psychoanalysis assesses the
interpersonal therapies. The text is written in an accessible and engaging style, with a focus on the latest research and developments in the field. It is an invaluable resource for students, clinicians, and researchers interested in understanding the strengths and limitations of contemporary psychoanalytic practice.](eccoales.honeywell.com on October 26, 2021 by guest)
indexes, tables, charts, and relevant references -- designed to fit into a lab coat pocket, the authors provide the clinician with an updated introduction to the concepts and techniques of psychodynamic psychotherapy, describing their usefulness in other treatments. For example, psychodynamic listening and psychodynamic evaluation are best learned in the context of psychodynamic psychotherapy training but are applicable in many other psychiatric diagnostic and treatment methods. Convey the excitement and usefulness -- as well as the difficulties -- of psychodynamic psychotherapy and its techniques, including case examples. Show the efficacy and cost-effectiveness of psychotherapy in general, and of psychodynamic psychotherapy in particular -- issues of special importance in the evidence-based practice of medicine and mental health care. Explain the advantages -- and limitations -- of each form of psychodynamic psychotherapy: brief, long-term, and intermittent. For example, psychotherapists must be able to recognize patterns of interpersonal interaction without engaging in the “drama.” Thus, they must learn to recognize and understand their own reactions as early indicators of events transpiring in the treatment and as potential roadblocks to a successful treatment. Complementing more detailed, lengthier psychiatry texts, this volume's 15 densely informative chapters cover everything from basic principles to patient evaluation, resistance and defense, transference and countertransference, dreams, beginning and termination of treatment, management of practical problems, brief and supportive psychotherapy, and psychotherapy of borderline personality disorder and other severe character pathologies. Mental health care professionals everywhere will turn to this practical guide again and again as an invaluable resource in creating and implementing effective treatment plans for their patients.

Time-limited Dynamic Psychotherapy Hanna Levenson 1995-08-25 Time-limited dynamic psychotherapy provides a state-of-the-art model of treatment that incorporates current developments in psychoanalytic, interpersonal, object-relations, and self psychology theories, as well as cognitive-behavioral and systems approaches. This flexible approach to brief therapy is designed to treat people with long-standing dysfunctional relationships.

Anorexia Nervosa - Focal Psychodynamic Psychotherapy Friedrich, Hans-Christoph 2019-02-28 This manual presents an evidence-based focal psychodynamic approach for the outpatient treatment of adults with anorexia nervosa, which has been shown to produce lasting changes for patients. The reader first gains a thorough understanding of the general models and theories of anorexia nervosa. The book then describes in detail a three-phase treatment using focal psychodynamic psychotherapy. It provides extensive hands-on tips, including precise assessment of psychodynamic themes and structures using the Operationalized Psychodynamic Diagnosis (OPD) system, real-life case studies, and clinical pearls. Clinicians also learn how to identify and treat typical ego structural deficits in the areas of affect experience and differentiation, impulse control, self-worth regulation, and body perception. Detailed case vignettes provide deepened insight into the therapeutic process. A final chapter explores the extensive empirical studies on which this manual is based, in particular the renowned multicenter ANTOP study. Printable tools in the appendices can be used in daily practice. This book is of interest to clinical psychologists, psychotherapists, psychiatrists, counselors, and students.