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Short-Term Psychotherapy and Brief Treatment Techniques Harvey P. Mandel 2013-11-27 The Scope of Brief Therapy Within the last two decades there has been a dramatic expansion in the uses of short-term treatment (Grayson, 1979, Small, 1979). Brief therapies have been and continue to be widely used with a number of different patient populations in a broad variety of service settings. They have been reported in use with children, adolescents, adults and the aged; in groups, families, and individual treatment; on college campuses, high schools, in community mental health centers, in child guidance clinics, in private psychiatric clinics, in hospitals as part of out-patient or in-patient therapy, in programs of preventive community mental health; with the rich, the middle class, and the poor (Barten, 1971, 1972; Caplan, 1961, 1964; Small, 1979; Wolberg, 1965). Further, short term methods of therapy range across all of the major and well-known theoretical orientations found in the broader field of psychotherapy. There are some unique theoretical contributions which can be found within this field as well.

Comprehensive Handbook of Psychotherapy Integration George Stricker 2013-06-29 This unique handbook covers the consensuses and controversies surrounding traditional and nontraditional psychotherapeutic methodologies as related to individuals and specific subpopulations. It is the most comprehensive, integrative resource available to the graduate level student and to the practicing clinician.

Case Book of Brief Psychotherapy with College Students Leighton Whitaker 2014-02-25 Short-term therapy doesn't have to be second-best! This valuable book explores a variety of brief therapy approaches with young adults between 17 and 25. Each case discussion thoroughly covers the salient points of the client, the problem, and the treatment, as well as segments of the treatment transcripts that illustrate the critical aspects of the counseling. A post-hoc question-and-answer section explores alternative ways the therapist could have handled the client and allows in-depth examination of successful treatment approaches. Case Book of Brief Psychotherapy with College Students offers constructive suggestions for dealing with common presenting problems, including: depression individuation issues PTSD impulse control in mandated psychotherapy cult membership post-rape trauma bereavement issues With comprehensive references and a fascinating variety of presenting problems, Case Book of Brief Psychotherapy with College Students is a helpful resource for any psychologist, social worker, or therapist whose clients include young adults.

Psychotherapy in Later Life Rajesh R.
A practical, how-to-guide on choosing and delivering evidence-based psychological therapies to adults in later life. This book provides the latest, peer reviewed evidence for using psychotherapy among older adults, and will appeal to a wide range of readers including patients, caregivers, trainees and clinicians. Models of Brief Psychodynamic Therapy C. Seth Warren 1998-01-02 This practical and scholarly new text presents a comprehensive review and evaluation of the theory, research, and practice of psychodynamically oriented brief psychotherapy. 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 B. Messer and C. Seth Warren illuminate the impact of psychoanalytic ideas and theories – as well as cultural, historical, and intellectual trends – on each approach. Restructuring Personality Disorders Jeffrey J. Magnavita 1997-02-28 Therapists working with personality-disordered clients must contend with both the complex and often treatment-refractory nature of the Axis II disorders themselves and the growing reluctance of third-party payers to assume the costs of extended treatment. Presenting a flexible, short-term dynamic model, this book shows how to conduct successful therapies with this population. The author synthesizes the work of pioneers in the field of short-term therapy and adds components from a range of other approaches, emphasizing active defense analysis and empathic affirmation of the client's core self. With step-by-step guidelines and extensive case material, the volume demonstrates how to bring about rapid and enduring changes in personality-disordered clients. A Handbook of Short-Term Psychodynamic Psychotherapy Penny Rawson 2019-01-02 Short-term psychotherapy has become more and more popular in recent years and there is an increasing need for therapists to be able to offer help without entering into many years of therapy. This practical volume is an introductory text and a quick reference guide to short-term therapy, by an experienced therapist and teacher of psychodynamic short-term therapy. It is based on lectures given on the topic to experienced therapists wanting to familiarise themselves with short-term therapy. In a clear and concise manner, the author explores the basics of this approach and moves on to discuss such topics as the importance of the first session; the timescale of the therapy, the different techniques; and ending of analysis. Full of useful tables and bullet points, this volume is an indispensable guide to short-term psychodynamic therapy for experienced therapists as well as laypeople who are interested in learning more about this method of therapy. The Milan Seminar John Bowlby 2018-05-01 This edited book contains a hitherto unpublished seminar held by the author in Milan, Italy in 1985. The seminar is preceded by a foreword by Kate White, of the Bowlby Centre, and by an introduction by the editor, Marco Bacciagaluppi. The introduction contains excerpts from unpublished correspondence between the author and the editor, carried out over a span of eight years, between 1982 and 1990. After the seminar there are the follow-ups of the three cases presented by Leopolda Pelizzaro, Ferruccio Osimo and Emilia Fumagalli, and a report by Germana Agenetti and Angelo Barbato, who gave hospitality to the author and his wife. This is followed by a contribution by Ferruccio Osimo on experiential dynamic psychotherapy, an application of attachment theory, with a long case study. At the end there are some concluding remarks by the editor. Comparative Approaches in Brief Dynamic Psychotherapy William Borden 1999 Introduces contemporary models of brief dynamic psychotherapy and describes fundamental tasks and methods of time-limited intervention,
focusing on developmental contexts of treatment and on the needs of client populations whose options are often limited to brief treatment. Explores flexible approaches in treatment of conditions including borderline personality, reaction to trauma, and physical disability. The editor teaches contemporary psychoanalytic thought and personality theory at the University of Chicago. Co-published simultaneously as Psychoanalytic Social Work, vol. 6, nos. 3/4, 1999. Annotation copyrighted by Book News, Inc., Portland, OR.

Clinical and Research Issues in Short-term Dynamic Psychotherapy Arnold Winston 1985


A Question of Time Angela Molnos 2018-06-12 This book aims to describe and explain the bias against brief psychotherapy, whilst stressing the importance of actively challenging resistance and working through the transference. It also covers the positive use of anger - even from the first session. As a group analyst concerned with social and psychological issues, Dr Angela Molnos brings a unique perspective to bear on the problems raised, both for society and the individual, by the confusion and the prejudice surrounding HIV infection and the Aids epidemic. Recognizing that these problems can vitiate even the most enlightened health care policies, she draws on her experience gained by working in several countries to put the case for the application of group analysis, through the organization of staff support groups, to those directly concerned with policy implementation; The carers themselves. In the first part of her book Dr Molnos demonstrates how, if unchecked, conscious and unconscious prejudice can promote destructive tendencies within the groups involved with HIV and AIDS patients.

Time-Limited Psychotherapy James MANN 2009-06-30 Waiting lists in psychiatric clinics and increasing numbers of patients in long-term psychotherapy have highlighted the need for shorter methods of treatment. Existing forms of short-term psychotherapy tend to be vague and uncertain, lacking as they do a clearly formulated rationale and methodology. The bold and challenging technique for brief psychotherapy designed around the factor of time itself, which Dr. Mann introduces here, is a method he hopes will revolutionize current practice. The significance of time in human life is examined in terms of the development of time sense as well as its unconscious meaning and the ways these are experienced in both the categorical and existential senses. The author shows how the interplay between the regressive pressures of the child's sense of infinite time and the adult reality of categorical time determine the patient's unconscious expectations of psychotherapy.

Intensive Short-Term Dynamic Psychotherapy Patricia Coughlin Della Selva 1996-03-13 Patricia Coughlin Della Selva's Intensive Short-Term Dynamic Psychotherapy shows therapists how to achieve even the most ambitious therapeutic goals, including character change, in as few as 40 sessions. Not a cookbook, but a systematic guide to intervention, it outlines proven techniques for accessing a patient's ego-functioning, dismantling defenses, intensifying a patient's affective involvement in the treatment, identifying the transference patterns as they arise, and "unlocking the unconscious" with a speed and degree of accuracy previously considered impossible.

Short-term Therapy for Long-term Change Marion Fried Solomon 2001 Is it possible to effect deep, lasting, meaningful psychological change in a short period of time? Handbook Of Short-term Dynamic Psychotherapy Paul Crits-christ 1991-11-18 The creators of the approaches to short-term dynamic psychotherapy, including Mardi Horowitz, Lester Luborsky, Hans Strupp, and Peter Sifneos, present in their own words, the theoretical underpinnings and clinical models for
Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology
Eve Caligor 2007-04-02

Offering a sophisticated introduction to a contemporary psychodynamic model of the mind and treatment, this book provides an approach to understanding and treating higher level personality pathology. It describes a specific form of treatment called "dynamic psychotherapy for higher level personality pathology" (DPHP), which was designed specifically to treat the rigidity that characterizes that condition. Based on psychodynamic object relations theory, DPHP is an outgrowth of transference-focused psychotherapy (TFP) and is part of an integrated approach to psychodynamic treatment of personality pathology across the spectrum of severity -- from higher level personality pathology, described in this volume, to severe personality pathology, described in a companion volume, Psychotherapy for Borderline Personality: Focusing on Object Relations. Together, they provide a comprehensive description of an object relations theory-based approach to treatment of personality disorders, embedded in an integrated model of personality. As a guide to treatment, Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology provides a clear, specific, and comprehensive description of how to practice DPHP from beginning to end, presented in jargon-free exposition using extensive clinical illustrations. The authors offer a comprehensive description of psychodynamic consultation that includes sharing the diagnostic impression, establishing treatment goals, discussing treatment options, obtaining informed consent, and establishing treatment frame. Throughout, the book emphasizes fundamental clinical principles that enable the clinician to think through clinical decisions moment-to-moment and also to develop an overall sense of the trajectory and goals of the treatment. Among the book's benefits: Takes a diagnosis-driven approach, presenting a clear model of both the psychopathology and its treatment; Explains underlying theory and basic elements of DPHP for those first learning dynamic therapy; Offers an integrated, innovative synthesis of contemporary psychodynamic approaches to personality pathology and psychodynamic psychotherapy; Describes goals, strategies, tactics, and techniques of the treatment to demonstrate its flexibility over a relatively long course of treatment; Provides sophisticated discussion of integrating dynamic psychotherapy with medication management and other forms of treatment. DPHP offers a broad range of patients the opportunity to modify maladaptive personality functioning in ways that can permanently enhance their quality of life. Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology provides experienced clinicians with a hands-on approach to that method, and is also useful as a primary textbook in courses focusing on the technique of dynamic psychotherapy or in courses on psychodynamics. Comprehensive Handbook of Psychotherapy, Psychodynamic/Object Relations Jeffrey J. Magnavita 2002-10-15

Now available in paperback. In this volume, different approaches to Psychodynamic/Object Relations approaches are examined. It covers the important issues in the field, with topics ranging from "psychodynamic psychotherapy with undergraduate and graduate students" to "a relational feminist psychodynamic approach to sexual desire" to "psychodynamic/object relations group therapy with schizophrenic patients."

Theory and Practice of Brief Therapy Simon H. Budman 2016-03-14

This classic work provides a richly textured overview of the "whys" and "hows" of brief therapy. The authors identify the central features of effective, time-limited interventions for individuals, couples, families, and groups. Taking a developmental approach to treatment, they explain how brief therapy can help at different times in a patient's life, as changes and transitions bring on new stresses and challenges. A
practical framework is provided for selecting and screening patients, rapidly finding a focus for clinical work, and making optimal use of available time. Case examples and extensive transcripts are included to illustrate the use of strategies and techniques drawn from many different psychotherapy perspectives. Throughout, the focus is on creative and efficient ways to help patients build on existing strengths and make desired changes in their interactions with others.

Short-Term Dynamic Psychotherapy

P. E. Sifneos 2013-09-11

Short-term psychotherapy, although brief, is not ephemeral. In the decade or two of its existence, it has grown into a sturdy tree, and a sign of its maturity is the fact that it is now the subject of an increasing number of overview articles summarizing its literature and findings. Yet it remains a young and vigorous discipline. Its pioneers have not been elevated to a pantheon of venerable but mute immortals; on the contrary, they are to be found at the forefront of the field, actively contributing to the development of its theory and practice. This volume is ample testimony to their continued creativity. Dr. Sifneos has lectured and written extensively about short-term anxiety-provoking psychotherapy (STAPP). Based on psychoanalytic principles, STAPP aims to resolve pathological psychic conflicts and help those suffering from them to learn new ways of being in their most intimate relationships. It does so by actively focusing the patients' sights on their Oedipal problems, and its effectiveness (given a proper selection of subjects by specific criteria) has been amply documented in controlled clinical studies.

Adaptation to Loss Through Short-term Group Psychotherapy

William E. Piper 1992-02-14

While the loss of a loved one through either death, separation, or divorce is a normal human experience, it can arouse underlying conflicts that trigger pathological reactions. For clinicians working with individuals who suffer from such pathological grief, this volume integrates theory, practice, and research to describe a time-limited, interpretive group therapy approach. Demonstrated to be successful in a large-scale controlled clinical trial, the approach provides an innovative alternative to such traditional forms of treatment as individual psychotherapy or group counseling. The volume begins with a review of epidemiological data, an examination of specific issues such as the distinction between normal and abnormal reactions to loss, and a summary of major psychoanalytic theories of pathological grief. Also discussed are societal changes that have affected the resources available to loss patients. Then, a step-by-step description of the Short-Term Group Therapy Program is provided. It includes patient selection and preparation, group composition, and therapist technique. Clinical material illustrates themes and roles as they evolve from the beginning of treatment through termination. The clinical trial research that was conducted as part of the program is described in detail and its main outcome findings are discussed. In addition, results concerning the patient characteristic known as psychological mindedness and the process variable known as psychodynamic work are presented. Finally, the book addresses future directions concerning the group treatment of loss patients. This practical volume, with its detailed instructions and review of research results, will be an invaluable resource to all professionals in psychiatry, psychology, social work, occupational therapy, and nursing who are interested in group forms of psychotherapy and/or problems associated with loss. Clinical researchers will also find the book of interest, and it will serve as a valuable text for graduate level courses that focus on psychotherapy techniques, group psychotherapy, and approaches that deal with special patient populations.

Short-term Dynamic Psychotherapy

Habib Davanloo 1992

Argues that with suitable selection criteria and specified therapeutic techniques, short-term dynamic psychotherapy is...
both feasible and valuable. Contributors address the question of suitability. In commenting on each others selection criteria, they reveal differences amongst themselves.

**Handbook of the Brief Psychotherapies**
Richard A. Wells 2013-11-22 The last two decades have seen unprecedented increases in health care costs and, at the same time, encouraging progress in psychotherapy research. On the one hand, accountability, cost-effectiveness, and efficiency have now become commonplace terms for providers of mental health services whereas, on the other hand, an increasingly voluminous literature has emerged supporting the effectiveness of a number of types of psychotherapies. There now exists the possibility for the design and delivery of mental health services that—drawing upon this literature—more closely approximate empirically established data concerning the appropriateness and effectiveness of psychotherapy. The Handbook of the Brief Psychotherapies is intended to capture one major thrust of this movement: the development of a group of empirically grounded, time-limited therapies all sharing a common interest in the clinical utilization of a structured focus and an emphasis on time and action. For many years, professional self-interest, competing theoretical paradigms, and the vagaries of practice, wisdom, and clinical myth have influenced the practice of psychotherapy. A critical questioning of the resulting, predominantly nondirective, open-ended, and global therapies has led to a growing emphasis on action-oriented, problem-focused, time-limited therapies. Yet, ironically, this interest in the brief psychotherapies has not so much involved a radical departure from traditional therapeutic modalities as it has emphasized a new pragmatism about how time, action, and structure operate in life as well as in therapy.

**Short-Term Psychodynamic Psychotherapy**
Alan Eppel 2018-04-05 This book is an easy-to-use guide to short-term psychodynamic psychotherapy for early career practitioners and students of mental health. Written by an expert psychiatric educator, this book is meticulously designed to emphasize clarity and succinctness to facilitate quality training and practice. Developed in a reader-friendly voice, the text begins by introducing the theoretical underpinnings of psychodynamic psychotherapy. Topics include the principles of attachment theory, the dual system theory of emotion processing, decision theory, choice point analysis and a critical review of the research literature. The book then shifts its focus to a description in a manualized format of the objectives and tasks of each phase of therapy within the framework of the engagement, emotion-processing and termination phases. The book concludes with a chapter on psychodynamically informed clinical practice for non-psychotherapists. Short-Term Psychodynamic Psychotherapy is the ultimate tool for the education of students, residents, trainees, and fellows in psychiatry, psychology, counseling, social work, and all other clinical mental health professions.

**Theory and Practice of Experiential Dynamic Psychotherapy**
Ferruccio Osimo 2018-03-29 The book opens with an introduction to and history of the experiential dynamic therapies (EDT) including the groundbreaking Intensive Short-Term Dynamic Psychotherapy (ISTDP) of Habib Davanloo and its subsequent development. The centrality of relationship in therapy is emphasised and the current state of the art and science described. Material from interviews with David Malan is presented, sharing some of his experiences, thoughts and insights over decades of clinical practice, research into and promotion of short-term dynamic therapies. The essential ingredients of experiential dynamic therapies are described, and the reader is orientated to the practice of EDT. Key characteristics of taking care of the real relationship, mirroring, history taking, and putting into perspective are also
presented. In addition, high technical content, experiential-dynamic interventions, including defence re-structuring, emotional maieutics, anxiety regulation, dealing with the Super-ego, connecting corners of the Triangle of Others, and Self- and Other- Restructuring are introduced and discussed.

**Brief Dynamic Therapy** Hanna Levenson 2017

Hanna Levenson provides an overview of brief dynamic therapy, a time-efficient treatment in which the therapist maintains a focus on specific client goals within a psychodynamic conceptual framework.

**Theory & Practice in Clinical Social Work** Jerrold R. Brandell 2010-02-16

Today's clinical social workers face a spectrum of social issues and problems of a scope and severity hardly imagined just a few years ago and an ever-widening domain of responsibility to overcome them. Theory and Practice in Clinical Social Work is the authoritative handbook for social work clinicians and graduate social work students, that keeps pace with rapid social changes and presents carefully devised methods, models, and techniques for responding to the needs of an increasingly diverse clientele. Following an overview of the principal frameworks for clinical practice, including systems theory, behavioral and cognitive theories, psychoanalytic theory, and neurobiological theory, the book goes on to present the major social crises, problems, and new populations the social work clinician confronts each day. Theory and Practice in Clinical Social Work includes 29 original chapters, many with carefully crafted and detailed clinical illustrations, by leading social work scholars and master clinicians who represent the widest variety of clinical orientations and specializations. Collectively, these leading authors have treated nearly every conceivable clinical population, in virtually every practice context, using a full array of treatment approaches and modalities. Included in this volume are chapters on practice with adults and children, clinical social work with adolescents, family therapy, and children's treatment groups; other chapters focus on social work with communities affected by disasters and terrorism, clinical case management, cross-cultural clinical practice, psychopharmacology, practice with older adults, and mourning and loss. The extraordinary breadth of coverage will make this book an essential source of information for students in advanced practice courses and practicing social workers alike.

**Understanding Davanloo's Intensive Short-Term Dynamic Psychotherapy** Catherine Hickey 2018-05-08

This book allows the reader to witness what transpires in the Montreal closed circuit training programme. It incorporates the recent research findings of Dr Davanloo with his previously published metapsychological and technical discoveries.

**Essential Papers on Short-Term Dynamic Therapy** James E. Groves 1996-04

Brevity: rigidity and length of time frame - Treatment focus: the patient in the outside World - Therapist activity: focusing on (or away from) the unconscious - Patient selection: in sickness and in health - Brevity revisited: when less means more.

**Lives Transformed** Patricia C. Della Selva 2018-03-26

The world has long awaited compelling and unmistakable evidence for the validity of dynamic psychotherapy. A review in the present book shows that such evidence has been accumulating over the past ten years. It comes from clinical trials, process research, case studies, and objective physiological measurements concerned with the importance of expressing emotions. This book extends the evidence. It provides an in-depth examination of therapy in action, based on verbatim accounts of the treatment of seven patients by the author, using the technique of Intensive Short-term Dynamic Psychotherapy (at times extending to medium-term). This technique has been shown to be both effective and cost-effective with a wide range of patients, including some who are notoriously resistant to...
psychotherapeutic intervention. The raw data of psychotherapeutic sessions enables the reader to trace the origin of therapeutic effects, which occur immediately in response to the direct experience of hitherto buried feelings and impulses. Basic Principles and Techniques in Short-term Dynamic Psychotherapy Habib Davanloo 1978

Short-Term Dynamic Psychotherapy Peter E. Sifneos 2013-11-22 xii The evaluations, techniques, and outcome have helped to document the efficacy of their therapeutic modalities. In addition, many good books and articles have been published introducing new concepts, such as the importance of systematic case studies and personality styles by Horowitz, a variety of brief therapies by Budman, and an integrating model of time-limited psychotherapy by Strupp, to mention only a few. The investigation of the efficacy of short-term anxiety-provoking psychotherapy (STAPP), which is the subject of this book, has continued during the last eight years, particularly in reference to patients with unresolved Oedipal conflicts. The chapter on outcome has therefore been expanded to include some of our findings. Cautious attempts have also been made to utilize focal and in novating techniques for the treatment of individuals with borderline as well as compulsive personalities. In this second edition an effort has been made to present the specific technical factors which seem to have a therapeutic effect, such as problem solving, self-understanding, and new learning, and which are utilized by the patients to solve new emotional conflicts long after the end of their treatment. Chapters on the treatment of elderly patients and the handling of individuals with physical symptomatology have been added; a history of the extensive treatment of a male patient has been presented to complement the discussion of the therapy of my female patient which appears in Appendix I.

Comparing Psychoanalytic Psychotherapies: Development James F. Masterson, M.D. 2013-08-21 Based on two workshops held February 1990 in New York and March 1990 in San Francisco. Following the presentation and discussion of three clinical case histories, psychotherapists James F. Masterson, Marian Tolpin, and Peter E. Sifneos compare and contrast developmental, self, and object relations

Treating Affect Phobia Leigh McCullough 2021-04-28 This hands-on manual from Leigh McCullough and associates teaches the nuts and bolts of practicing short-term dynamic psychotherapy, the research-supported model first presented in Changing Character, McCullough's foundational text. Reflecting the ongoing evolution of the approach, the manual emphasizes "affect phobia," or conflict about feelings. It shows how such proven behavioral techniques as systemic desensitization can be applied effectively within a psychodynamic framework, and offers clear guidelines for when and how to intervene. Demonstrated are procedures for assessing patients, formulating core conflicts, and restructuring defenses, affects, and relationship to the self and others. In an easy-to-use, large-size format, the book features a wealth of case examples and write-in exercises for building key clinical skills. The companion website (www.affectphobiatherapy.com) offers useful supplemental resources, including Psychotherapy Assessment Checklist (PAC) forms and instructions.

Essentials of Clinical Social Work Jerrold R. Brandell 2014-01-21 This brief version of Jerrold R. Brandell’s Theory & Practice of Clinical Social Work assembles coverage of the most vital topics for courses in Clinical Social Work/Advanced Practice. Written by established contributors in the field, this anthology addresses frameworks for treatment, therapeutic modalities, specialized clinical issues and themes, and dilemmas encountered in clinical social work practice. Now available in paperback and roughly half the size of the full-length version, Essentials of Clinical Social Work comes at a
Intensive Transactional Analysis Psychotherapy Marco Sambin 2018-06-13

Intensive Transactional Analysis Psychotherapy: An Integrated Model? (ITAP) introduces a new approach of psychotherapy. Based on psychodynamic foundations, the ITAP?integrates the most recent trends in short-term dynamic psychotherapy and Transactional Analysis.?This book?develops an innovative, clear and complete clinical model of ITAP, and introduces the reader, step-by-step, to the theoretical basis underlying the technique of this intervention. The authors introduce the therapeutic procedure by bringing together the theory with brief clinical examples, thereby demonstrating the attitude of the intense therapist as well as which theoretical pathways to take to progress with the patient. In addition to the modulation of the technique based on the level of the patient’s suffering, there is also a systematic examination of which cases should be treated with ITAP, and in what way. Intensive Transactional Analysis Psychotherapy is a therapy which can be easily used by all therapists, and this book will be of great interest to Transactional Analysis therapists and other therapists interested in Transactional Analysis and short-term dynamic psychotherapy.

Formulation in Action David Dawson 2015-01-01

When people seek psychological support, formulation is the theory-driven methodology used by many practitioners to guide identification of the processes, mechanisms, and patterns of behaviour that appear to be contributing to the presenting difficulties. However, the process of formulating – or applying psychological theory to practice – can often seem unclear. In this volume, we present multiple demonstrations of formulation in action – written by applied psychologists embedded in clinical training, research, and practice. The volume covers a range of contemporary approaches to formulation and therapy that have not been considered in extant works, and includes unique sections offering critical counter-perspectives and commentaries on each approach (and its application) by authors working from alternative theoretical positions.

The Handbook of Adult Clinical Psychology Alan Carr 2014-03-05

The Handbook of Adult Clinical Psychology provides a reliable source of guidance on the full range of issues associated with conducting evidence based practice in adult mental health. Topics covered include: general frameworks for practice: classification and epidemiology; CBT, psychodynamic, systemic and bio-medical models; general assessment procedures mood problems: depression, bipolar disorder and managing suicide risk anxiety problems: generalized anxiety disorder, panic disorder, obsessive compulsive disorder, PTSD and social phobia physical health problems: somatoform disorders, chronic pain, adjustment to cancer, eating disorders and substance abuse other psychological difficulties: schizophrenia, borderline personality disorder, psychological problems in older adults, anger management and depersonalization disorder. Each chapter includes useful skill building exercises, summaries of the issues covered, suggested further reading lists for both psychologists and patients, and case material. This practical Handbook will prove invaluable to clinical psychologists in training, helping them to build the necessary skills to complete a clinical placement in the field of adult mental health. The Handbook of Adult Clinical Psychology is one of a set of three handbooks published by Routledge, which includes The Handbook of Child and Adolescent Clinical Psychology (by Alan Carr) and The Handbook of Intellectual Disability and Clinical Psychology Practice (Edited by Alan Carr, Gary O’Reilly, Patricia Noonan Walsh and John McEvoy).

Intensive Short-Term Dynamic Psychotherapy Patricia C. Della Selva 2018-05-08

Traditionally, psychoanalytic treatment has been a lengthy endeavour, requiring a long-term commitment from patient and...
analyst, as well as vast financial resources. More recently, short-term approaches to psychoanalytic treatment have proliferated. One of the most well-known and thoroughly studied is the groundbreaking method of Intensive Short-term Dynamic Psychotherapy, developed by Dr. Habib Davanloo. Having trained directly with Dr. Davenloo, the author has written a clear, concise outline of the method that has come to be regarded as a classic in the field. The book is organised in a systematic fashion, analogous to the process of therapy itself, from initial contact through to termination and follow-up. Detailed clinical examples are presented throughout the text to illustrate how theory is translated into techniques of unparalleled power and effectiveness.