

Brief Psychoanalytic Therapy

This book presents for the first time, a practical manual for psychodynamic-interpersonal therapy. Drawing on forty years of research, teaching and practice, its expert authors guide you through the conversational model's theory, skills and implications for practice. Part I sets out the model's underlying theory and outlines the evidence for its efficacy with client groups. Part II guides you through clinical skills of the model, from foundational to advanced. Part III offers practical guidance on implementing the approach within a range of settings, and for developing effective practice through reflection and supervision.

This book identifies the core competencies shared by expert therapists and helps clinicians—especially those providing brief dynamic/interpersonal therapy—to develop and apply them in their own work. Rather than being a cookbook of particular techniques, the book richly describes therapists' mental processes and moment-to-moment actions as they engage in effective therapeutic inquiry and improvise to help patients achieve their goals. The author integrates the psychotherapy and cognitive science literatures to provide a unique understanding of therapist expertise. Featuring many illustrative examples, the book offers fresh insights into how learning and interpersonal skills can be enhanced for both therapist and client.

Illustrated throughout with clinical vignettes, this book is a comprehensive guide to psychodynamic brief counselling and psychotherapy. It is ideal for those looking for a practical introduction to the subject. Following a summary of the roots and development of psychoanalytic theory, psychodynamic models of brief, short-term and time-limited work are described. The author describes their differences and similarities in terms of duration, technique and the contexts for which they were developed. Gertrud Mander then examines the basics of brief therapeutic practice from a psychodynamic perspective, starting with assessment, contracting, structuring and focusing. The active stance of the brief therapist is emphasized, and the importance of beginnings and endings, and of supervision and training, are particularly stressed.

A Clinical Guide to Psychodynamic Psychotherapy serves as an accessible and applied introduction to psychodynamic psychotherapy. The book is a resource for psychodynamic psychotherapy that gives helpful and practical guidelines around a range of patient presentations and clinical dilemmas. It focuses on contemporary issues facing psychodynamic psychotherapy practice, including issues around research, neuroscience, mentalising, working with diversity and difference, brief psychotherapy adaptations and the use of social media and technology. The book is underpinned by the psychodynamic competence framework that is implicit in best psychodynamic practice. The book includes a foreword by Prof. Peter Fonagy that outlines the unique features of psychodynamic psychotherapy that make it still so relevant to clinical practice today. The book will be beneficial for students, trainees and qualified clinicians in psychotherapy, psychology, counselling, psychiatry and other allied professions.

Essential Psychodynamic Psychotherapy: An Acquired Art provides an essential, accessible grounding in current psychodynamic theory and practice for a wide range of readers. For trainees, it offers a very useful toolset to help them make the transition from purely theoretical training to the uncharted territory of clinical practice. For more seasoned therapists and those seeking to deepen their understanding of psychodynamic therapy, it provides conceptual clarity, and may also serve as a stepping stone to more complex and denser psychoanalytic works written for advanced clinicians. Essential Psychodynamic Psychotherapy: An Acquired Art is an introduction to how to think and work psychodynamically. It is written primarily for those training at a postgraduate level in psychoanalysis and psychodynamic psychotherapy, but reaches well beyond that audience. It is grounded in contemporary psychoanalytic theory, drawing on the work of Winnicott, Bion, and Ogden, all of whom are pivotal in current psychodynamic thought and practice. It also integrates attachment theory and research, and includes fresh contributions from neuropsychological research. The voice of the book is honest and intimate. The tone is practical. It is written with a clear-minded understanding of contemporary psychodynamic theory that allows the new therapist to access the deepest and richest parts of the therapy itself. It translates many of the key theoretical tenets of psychodynamic psychotherapy, giving the reader a clear (but non-formulaic) guide as to how handle the contours of any analytic session; how to open one's perceptual and emotional apertures as clinician; how to work in and understand "the relationship"; and how to work with the most common intra- and interpersonal problems patients present. This publication will be a valuable guide for new analysts and therapists, and also for those seeking to understand what the world of psychodynamic therapy may hold for them, no matter where they are in their clinical careers. Dr. Teri Quatman is an Associate Professor of Counseling Psychology in the Graduate Department of Counseling Psychology at Santa Clara University. She earned her Ph.D. from Stanford University in 1990, and has studied, practiced, and taught psychodynamic psychotherapy to graduate students for the past 25 years.

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.

Addressing the art and science of psychodynamic treatment, Nancy McWilliams distills the essential principles of clinical practice, including effective listening and talking; transference and countertransference; emotional safety; and an empathic, attuned attitude toward the patient. The book describes the values, assumptions, and clinical and research findings that guide the psychoanalytic enterprise, and shows how to integrate elements of other theoretical perspectives. It discusses the phases of treatment and

covers such neglected topics as educating the client about the therapeutic process, handling complex challenges to boundaries, and attending to self-care. Presenting complex information in personal, nontechnical language enriched by in-depth clinical vignettes, this is an essential psychoanalytic work and training text for therapists.

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.

There are moments of connection between analysts and patients during any therapeutic encounter upon which the therapy can turn. Moments of Meeting in Psychoanalysis explores how analysts and therapists can experience these moments of meeting, shows how this interaction can become an enlivening and creative process, and seeks to recognize how it can change both the analyst and patient in profound and fundamental ways. The theory and practice of contemporary psychoanalysis and psychoanalytic psychotherapy has reached an exciting new moment of generous and generative interaction. As psychoanalysts become more intersubjective and relational in their work, it becomes increasingly critical that they develop approaches that have the capacity to harness and understand powerful moments of meeting, capable of propelling change through the therapeutic relationship. Often these are surprising human moments in which both client and clinician are moved and transformed. Moments of Meeting in Psychoanalysis offers a window into the ways in which some of today's practitioners think about, encourage, and work with these moments of meeting in their practices. Each chapter of the book offers theoretical material, case examples, and a discussion of various therapists' reflections on and experiences with these moments of meeting. With contributions from relational psychoanalysts, psychotherapists and Jungian analysts, and covering essential topics such as shame, impasse, mindfulness, and group work, this book offers new theoretical thinking and practical clinical guidance on how best to work with moments of meeting in any relationally oriented therapeutic practice. Moments of Meeting in Psychoanalysis will be of great interest to psychoanalysts, psychoanalytic psychotherapists, psychologists, social workers, workers in other mental health fields, graduate students, and anyone interested in change processes.

The original aim of the present work, which was initiated by Dr. Michael Balint, was to explore Brief Psychotherapy carried out by psychoanalysts who are relatively skilled and experienced. To this has been added an attempt to reconcile the 'clinical' and 'objective' approaches to psychodynamic material, by treating clinical judgements exactly as rigorously as is appropriate, no more and no less. A review of previous work leads to little definite conclusion. A complete spectrum of views can be found, from the most 'conservative' (e.g. brief psychotherapy is only effective in the mildest and most recent illnesses; the technique used should be superficial-any attempt to go 'deeper' will lead to long-term therapy; and the results are only palliative) to the most 'radical' (seriously ill patients can be extensively helped by a technique containing most of the essential elements of long-term methods such as psycho-analysis). The present work is based essentially on the therapies of nineteen patients, treated by a team of therapists under the leadership of Dr. Balint. The study is largely retrospective, but it is designed to fill some of the important gaps to be found in the literature: 1. Detailed case histories are given of all patients treated; 2. Particular attention is paid to long follow-up; 3. A method of assessing therapeutic results has been developed which is regarded as psychodynamically valid and is based on published evidence; 4. The relation is examined between outcome and (a) the characteristics of patients, (b) the characteristics of technique.

The CCRT (Core Conflictual Relationship Theme) Method is a research-supported, easily operationalized, valid, and reliable form of conducting a strongly interactive form of brief therapy. Howard Book offers the reader a unique analysis of CCRT Therapy. Particularly valuable is an extended clinical vignette that demonstrates the CCRT in action. from initial session through the course of therapy itself, to termination and follow-up.

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.

Countertransference and the Therapist's Inner Experience explores the inner world of the psychotherapist and its influences on the relationship between psychotherapist 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. Authors Charles J. Gelso and Jeffrey A. Hayes present the history and current status of countertransference, offer a theoretically integrative conception, and focus on how psychotherapists can manage countertransference in a way that benefits the therapeutic process. The book contains completely up-to-date data from existing research findings, and illuminates the universality of countertransference across all psychotherapies and psychotherapists. Contents include: *the operation of countertransference across three predominant theory clusters in psychotherapy; *leading factors involved in the management of countertransference; and *valuable recommendations for psychotherapy practitioners and researchers. Professionals in clinical and counseling psychology, psychiatry, social work, and counseling will benefit from this volume. The book is also appropriate for graduate students in these fields.

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 six forms of brief psychodynamic therapy. The remainder of the book is focused on clinical practice. Treatment and Adherence Manuals detail the specifics of therapist orientation and technique, and a formal research study that compares the approach with Interpersonal Therapy is described. Case histories of individual treatments unfolding over time are complemented by detailed examination of short sequences of patient-therapist dialogue from transcribed sessions. The result is a picture of a psychoanalytic treatment that, while brief, is disciplined and coherent in its concentrated focus on analyzing the transference and countertransference in the therapeutic relationship. Accessibly written, and grounded in clinical practice, the book is a practical guide for psychotherapists and other professionals in the field of mental health.

This manual presents a carefully researched, detailed psychodynamic treatment program for the alleviation of a transdiagnostic range of primary Axis I anxiety disorders, including panic disorder, generalized anxiety disorder, social anxiety disorder, post-traumatic stress disorder, and related psychological problems. First exploring the principles of psychodynamic theory and formulation, the authors then present a three-phased process of Panic Focused Psychodynamic Psychotherapy-Extended Range (PFPP-XR): initial evaluation, interpretation of central conflicts and defense mechanisms, and termination. Each phase is discussed in depth and relies on central case illustrations to demonstrate techniques and results. A subsequent chapter explores how to address complex issues that may arise during the course of treatment. Altogether, this manual not only provides a demonstrated, adaptable approach for anxiety disorders, but also clearly embodies a spirit of research and empiricism heretofore rare in psychodynamic

psychotherapies, with an eye toward future development.

This volume presents 12 highly instructive case studies grounded in the evidence-based psychodynamic therapy model developed by Richard F. Summers and Jacques P. Barber. Bringing clinical concepts vividly to life, each case describes the patient's history and presenting problems and takes the reader through psychodynamic formulation, treatment planning, and the entire course of therapy, including the challenges of termination. The cases address a variety of core psychodynamic problems, with outcomes ranging from very successful to equivocal. The emotional experience of the therapist is explored throughout. Commentary from Summers and Barber on every case highlights important points and key clinical dilemmas. See also the authored book *Psychodynamic Therapy: A Guide to Evidence-Based Practice*, in which Summers and Barber comprehensively describe their therapeutic model.

The Theory and Practice of Psychoanalytic Therapy: Listening for the Subtext outlines the core concepts that frame the reciprocal encounter between psychoanalytic therapist and patient, taking the reader into the psychoanalytic therapy room and giving detailed examples of how the interaction between patient and therapist takes place. The book argues that the therapist must capture both nonverbal affects and unsymbolized experiences, proposing a distinction between structuralized and actualized affects, and covering key topics such as transference, countertransference and enactment. It emphasizes the unconscious meaning in the here-and-now, as well as the need for affirmation to support more classical styles of intervention. The book integrates object relational and structural perspectives, in a theoretical position called relational oriented character analysis. It argues the patient's ways-of-being constitute relational strategies carrying implicit messages – a "subtext" – and provides detailed examples of how to capture this underlying dialogue. Packed with detailed clinical examples and displaying a unique interplay between clinical observation and theory, this wide-ranging book will appeal to psychotherapists, psychoanalysts and clinical psychologists in practice and in training.

A combination of social and economic factors have led to the current surge of interest in brief psychotherapy. But how do the time limitations affect the central relationship between therapist and client? How do therapist and client determine the focus of their work together? How does the therapist deal with ruptures in the working alliance and the pressure of termination issues? *Psychoanalysis and Psychoanalytic Therapies, Second Edition* provides an overview of the history, practice, and ongoing developments in the field of psychoanalysis. This new edition includes contemporary perspectives on sociocultural identities, and new research on defenses and dream interpretation.

Presenting a pragmatic, evidence-based approach to conducting psychodynamic therapy, this engaging guide is firmly grounded in contemporary clinical practice and research. The book reflects an openness to new influences on dynamic technique, such as cognitive-behavioral therapy and positive psychology. It offers a fresh understanding of the most common problems for which patients seek help -- depression, obsessionality, low self-esteem, fear of abandonment, panic, and trauma -- and shows how to organize and deliver effective psychodynamic interventions. Extensive case material illustrates each stage of therapy, from engagement to termination. Special topics include ways to integrate individual treatment with psychopharmacology and with couple or family work.

Contemporary Psychodynamic Psychotherapy: Evolving Clinical Practice covers the latest applications of psychodynamic therapy for a range of clinical issues, including depression, anxiety, psychosis, borderline personality and trauma. It discusses psychodynamic practice as an evidence-based therapy, providing reviews of outcome and process research. Covering a wide array of treatments tailored for specific disorders and populations, this book is designed to appeal to clinicians and researchers who are looking to broaden their knowledge of the latest treatment strategies, novel applications, and current developments in psychodynamic practice. Outlines innovative delivery strategies and techniques Features therapies for children, refugees, the LGBT community, and more Covers the psychodynamic treatment of eating, psychosomatic and anxiety disorders Includes psychotherapy strategies for substance misuse and personality disorders In his extensive description of the heuristic approach to psychoanalytic therapy, Peterfreund discusses the strategies used by both patient and therapist as they move toward discovery and deeper understanding.

What kinds of questions do experienced clinicians ask themselves when meeting a new client for the first time? What are the main issues that must be explored to gain a basic grasp of each individual's unique psychology? How can clinical expertise be taught? From the author of *Psychoanalytic Diagnosis*, the volume takes clinicians step-by-step through developing a dynamic case formulation and using this information to guide and inform treatment decisions. Synthesizing extensive clinical literature, diverse psychoanalytic viewpoints, and empirical research in psychology and psychiatry, Nancy McWilliams does more than simply bring assessment to life - she illuminates the entire psychotherapeutic process.

Many students enter graduate programs with little or no experience of psychodynamic psychotherapy. Efforts to impart clinical skills have often been less than systematic and beginning psychotherapists have not always been encouraged to think about what they are doing and why they are doing it from a scientific standpoint. Thoughtfully building on current debates over efficacy and effectiveness, this book outlines a promising approach to training in which the work of therapy is divided into tasks patterned after Luborsky's influential delineation of "curative factors"--significant developments in the course of the therapy that are crucial for effective change. Each task step for the therapist-cognitive, behavioral, affective, or a combination--is analyzed, taught separately, and then put in sequence with the other task steps. Curative factors have been extensively studied in recent years and the approach rests on a solid empirical base. In a climate of increased accountability, clinicians must demonstrate that they are responding to providers' requests to conduct evidence-based practices. *Core Processes in Brief Psychodynamic Psychotherapy* will be an invaluable resource not only for students and trainees, but for established therapists who find themselves asked to justify their work.

Object Relations Brief Therapy combines practical techniques with the depth of object relations theory, the wisdom of previous brief therapy writers, and, most notably, an emphasis on the unique therapeutic relationship. Often, therapists despair of doing any meaningful work in brief therapy. To this, Michael Stadter suggests the following pragmatic approach, 'think dynamically, address some underlying issue(s) and do what you can.' Specifically, the book emphasizes the depth of understanding of human experience that comes from an object relations perspective; the insight and experiential vitality of attention to the therapeutic relationship including its real, transference, and countertransference elements; the impact of the psychodynamic techniques that have been carefully studied and delineated by brief therapy writers such as Davanloo, Horowitz, Malan, Strupp, and Binder; and the flexibility of an eclectic approach that thoughtfully and selectively incorporates non-psychodynamic interventions. Therapists do not have to 'escape' managed care, according to Stadter. Rather, they need to learn how to deal with it in a way that preserves their integrity and enables them to practice the kind of healing psychotherapy they know how to do. In today's health care climate, *Object Relations Brief Therapy* is a much-needed

guide for committed therapists. This new paperback edition includes a preface reviewing more recent developments in the area of brief therapy.

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.

Helping therapists navigate the complexities of emotional interactions with clients, this book provides practical clinical guidelines. Master clinician Karen J. Maroda adds an important dimension to the psychodynamic literature by exploring the role of both clients' and therapists' emotional experiences in the process of therapy. Vivid case examples illustrate specific techniques for becoming more attuned to one's own experience of a client; offering direct feedback and self-disclosure in the service of treatment goals; and managing intense feelings and conflict in the relationship. Maroda clearly distinguishes between therapeutic and nontherapeutic ways to work with emotion in this candid and instructive guide.

Developing skills in psychodynamic psychotherapy and its techniques is a lifetime endeavor. The third edition of this volume from American Psychiatric Publishing's enduringly popular Concise Guides series serves as an excellent starting point for mastering these vital skills -- skills that can be applied to many other psychiatric treatment modalities, including other psychotherapies, medication management, consultation-liaison psychiatry, outpatient and emergency room assessment and evaluation, and inpatient treatment. In a compact guide -- complete with glossary, 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.

First published in 1946, Psychoanalytic Therapy stands as a classic presentation of "brief therapy". The volume, which is based upon nearly six hundred cases, derives from a concerted effort at the Chicago Institute for Psychoanalysis to define the principles that make possible a psychotherapy shorter and more efficient than traditional psychoanalysis and to develop specific techniques of treatment. While taking a psychoanalytic approach, 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 psychoanalysts, but also psychologists, general physicians, social workers, and "all whose work is closely concerned with human relationships."

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. Building on the foundations of the "independent tradition" of British object relations theory and modern infancy research, Sanville proffers a new understanding of the role of play in the clinical situation. She attends especially to the therapeutic situation as a safe playground, the therapist's playful engagement of the patient, and the patient's emergent ability to embrace playfully the liberating possibilities of psychoanalytic therapy.

Brief Psychoanalytic Therapy Oxford University Press

An Evidence-Based Critique of Contemporary Psychoanalysis assesses the state of psychoanalysis in the 21st century. Joel Paris examines areas where analysis needs to develop a stronger scientific and clinical base, and to integrate its ideas with modern clinical psychology and psychiatry. While psychoanalysis has declined as an independent discipline, it continues to play a major role in clinical thought. Paris explores the extent to which analysis has gained support from recent empirical research. He argues that it could revive its influence by establishing a stronger relationship to science, whilst looking at the state of current research. For clinical applications, he suggests while convincing evidence is lacking to support long-term treatment, brief psychoanalytic therapy, lasting for a few months, has been shown to be relatively effective for common mental disorders. For theory, Paris reviews changes in the psychoanalytic paradigm, most particularly the shift from a theory based largely on intrapsychic mechanisms to the more interpersonal approach of attachment theory. He also reviews the interfaces between psychoanalysis and other disciplines, ranging from "neuropsychanalysis" to the incorporation of analytic theory into post-modern models popular in the humanities. An Evidence-Based Critique of Contemporary Psychoanalysis concludes by examining the legacy of psychoanalysis and making recommendations for integration into broader psychological theory and psychotherapy. It will be of great interest to psychoanalysts, psychoanalytic psychotherapists, and scholars and practitioners across the mental health professions interested in the future and influence of the field.

Sure to become the standard text for all students and practicing psychotherapists, whatever their background, the "Textbook of Psychotherapeutic Treatments" addresses all the major psychotherapeutic modalities in one comprehensive, authoritative volume.

Relational Freedom: Emergent Properties of the Interpersonal Field addresses the interpersonal field in clinical psychoanalysis and psychotherapy, especially the emergent qualities of the field. The book builds on the foundation of unformulated experience, dissociation, and enactment defined and explored in Stern's previous, widely read books. Stern never considers the analyst or the patient alone; all clinical events take place between them and involve them both. Their conscious and unconscious conduct and experience are the field's substance. We can say that the changing nature of the field determines the experience that patient and analyst can create in one another's presence; but we can also say that the therapeutic dyad, simply by doing their work together, ceaselessly configures and

reconfigures the field. "Relational freedom" is Stern's own interpersonal and relational conception of the field, which he compares, along with other varieties of interpersonal/relational field theory, to the work of Bionian field theorists such as Madeleine and Willy Baranger, and Antonino Ferro. Other chapters concern the role of the field in accessing the frozen experience of trauma, in creating theories of therapeutic technique, evaluating quantitative psychotherapy research, evaluating the utility of the concept of unconscious phantasy, treating the hard-to-engage patient, and in devising the ideal psychoanalytic institute. Relational Freedom is a clear, authoritative, and impassioned statement of the current state of interpersonal and relational psychoanalytic theory and clinical thinking. It will interest anyone who wants to stay up to date with current developments in American psychoanalysis, and for those newer to the field it will serve as an introduction to many of the important questions in contemporary psychoanalysis. Psychoanalysts and psychotherapists of all kinds will profit from the book's thoughtful discussions of clinical problems and quandaries. Donnel B. Stern, Ph.D., a psychoanalyst and psychotherapist in private practice in New York City, serves as Training and Supervising Analyst at the William Alanson White Institute, and Adjunct Clinical Professor and Consultant at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. He is the founder and editor of "Psychoanalysis in a New Key," a book series published by Routledge.

Dynamic Interpersonal Therapy (DIT) is a brief psychodynamic psychotherapy developed for the treatment of mood disorders. It is being rolled out as part of the Improving Access to Psychological Therapies (IAPT) initiative as the psychodynamic model for the treatment of depression. This 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. It sets out clearly the theoretical framework, as well as the rationale and strategies for applying DIT with patients presenting with mood disorders (depression and anxiety). Throughout, it is illustrated with detailed examples that help the reader to implement the approach in their practice. The book will be required reading to support the national IAPT training initiative, as well as providing a resource for mental health professionals specialising in psychodynamic psychotherapy and wishing to work within a limited time frame.

This book advances a new understanding of producing change in psychotherapy. It proposes the concept of interaction structure, repeated mutually influencing interactions between therapist and patient that are a fundamental aspect of therapeutic action. Interaction structures allow consideration of both the intrapsychic and the interpersonal by recognizing the intrapsychic as an important basis for what occurs in clinical interaction. This book clarifies the process of therapy, and is a guide to the practice of psychoanalytic psychotherapy. Using transcripts of clinical sessions, Dr. Enrico E. Jones offers an unusual window on the interactive structures that actually occur between patient and therapist and identifies specific interventions that successfully promote change.

In the course of addressing the challenges of conducting assessment consultations in psychoanalytic psychotherapy, this book engages with many technical as well as theoretical issues. It includes chapters on the history of psychoanalytic approaches to assessing patients, assessments within a public health setting, the process of psychotherapeutic engagement, the special cases of trauma and serious disturbance, and research that may inform approaches to consultation - all with a firm grounding in clinical practise.

Destined to be as much of a mainstay as Bosch's previous books, Doing Brief Psychotherapy successfully meets the new challenges of the climate in which psychotherapy is practiced today.

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