



Practicing Psychotherapy

A CASEBOOK

MICHAEL FRANZ BASCH

Practicing Psychotherapy A Casebook

Brian A. Sharpless



Practicing Psychotherapy A Casebook:

Practicing Psychotherapy Michael Franz Basch, 1992-06-16 How can one engage the hostile or the frightened patient or the patient incapacitated by shame or by physical illness How can a clinician focus a therapy that threatens to wander indefinitely and unproductively When and how should one use short term therapy Even experienced talented therapists frequently find themselves stymied often for prolonged periods of time by problems commonly encountered in an office based practice Here along with detailed case examples is a hands on demonstration of how to deal with such complex at times seemingly intractable problems Basch s technique is a psychodynamic approach that also embraces cognitive and behavioral therapy It correlates what is heard and seen in the therapist s consulting room with our knowledge of normal infant and child development This book shows how Basch s developmental method can be used even in short term therapy to deal with complex problems The book also includes extensive examples of the supervisory process demonstrating how to make the best use of this model for therapy both as supervisor and supervisee Basch s first book *Doing Psychotherapy* has become a standard introductory text and his second book *Understanding Psychotherapy The Science Behind the Art* has gained widespread support and garnered much acclaim Building on the principles elaborated in his previous books this eminently practical new book takes readers to a new level of understanding

Practicing Psychodynamic Therapy Richard F. Summers, Jacques P. Barber, 2014-10-31 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

Doing Brief Psychotherapy Michael Franz Basch, 1995-12 Open ended therapy is no longer an option for most patients and therapists must learn to achieve therapeutic goals in much shorter periods This practical and highly readable book spells out an effective treatment approach designed to work successfully with most patients in fewer than twenty sessions

Case Book of Brief Psychotherapy with College Students Leighton Whitaker, Stewart Cooper, James Archer Jr, 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

Comprehensive Handbook of Social Work and Social Welfare, Human Behavior in the Social Environment, 2008-07-23 Comprehensive Handbook of Social Work and Social Welfare Volume 2 The Profession of Social Work features contributions from leading international researchers and practitioners and presents the most comprehensive in depth source of information on the field of social work and social welfare Doing Psychotherapy Michael Franz Basch, Michael Basch, 2008-08-01 Here is a practical guide to doing psychotherapy which unlike most other manuals that present an idealized view of the therapist patient relationship shows what the therapeutic encounter is really like Using detailed excerpts from clinical protocols and without omitting the inevitable mistakes that a therapist will make Dr Basch draws the reader into the therapeutic dialogue as a way of experiencing what actually happens in the course of treatment with cases of varying complexity The author focuses on the treatment of the kind of patients who though likely to make up the majority of a therapist's practice are generally ignored in training guides those who are not acutely disturbed whose pathology is minimal but whose personal relationships are usually troubled unsatisfying and frequently destructive Dr Basch's approach developed over twenty years of practicing and teaching psychotherapy is dynamic and analytic in that he considers the management of the transference relationship as basic to the treatment process however he avoids the rigidities often associated with the classical psychoanalytic position and does not hesitate to incorporate into his teaching methods techniques associated with other schools of therapy Throughout he stresses building on the patient's strengths rather than searching for pathology This wise and useful book not only will prove invaluable to all beginning psychotherapists whether their background is one of psychiatry psychology or social work but will also serve as an ideal refresher for those more experienced in clinical work

Attachment in Psychotherapy David J. Wallin, 2015-04-27 This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development Advancing a model of treatment as transformation through relationship the author integrates attachment theory with neuroscience trauma studies relational psychotherapy and the psychology of mindfulness Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients thus helping them to generate the internalized secure base for which their early relationships provided no foundation Demonstrating the clinical uses of a focus on nonverbal interaction the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike

The Talking Cures Robert S. Wallerstein, 1995-08-01 In this book an eminent psychoanalytic theoretician clinician educator and researcher investigates the similarities and differences and the evolving

relationship between psychoanalysis and the dynamic psychotherapies This book is the most systematic study of the theory and practice of psychoanalytic psychotherapy that I know and at the same time a profound and original review of leading contemporary developments of controversies in the field of psychoanalysis at large Otto F Kernberg M D The author s depth of experience and intimate knowledge of both psychotherapy and psychoanalysis have led him to produce a brilliant and illuminating history of their interaction It is a fascinating book to read and indispensable as a reference work everyone in the field should possess and absorb this lucid and scholarly work Joseph Sandler PH D M D Emeritus Professor of Psychoanalysis University of London Wallerstein s book stands alongside Reuben Fine s The History of Psychoanalysis as a major contribution For informed readers Library Journal Wallerstein presents a comprehensive precise scholarly and well documented historical review and study of the theory and practice of psychoanalysis and psychoanalytically oriented psychotherapy The work includes a good review of leading contemporary developments including attention to social constructivist paradigms and recognizes that disputes are extant and far from being settled An important and well referenced book it is the best systematic study of the theory and practice of psychoanalysis available Choice **Psychotherapy Pearls**

Fred M. Levin, Meyer S. Gunther, 2004-01-13 Psychotherapy Pearls began as a personal project to capture as many of the clinical insights as possible from the careers of its two authors Fred Levin and Meyer Gunther Such wisdom accumulates piecemeal only from the continued intensive experience of working each day with patients who are suffering from a vast array of difficulties narcissistic deficits depressions anxiety and phobic disorders learning disabilities attention deficit hyperactivity disorder bipolar illness so called manic depressive disorder Alzheimer s disease and other dementing illnesses mourning and melancholia and so forth The only way to learn about specific people is to become immersed in their psyche to care with and about them over long periods of time and only then can one learn to respect the dignity and power of individuals as they patiently find enduring solutions to their problems To be part of this intensity is a great privilege as well as a responsibility Out of respect for those we have worked with both colleagues and patients and in order to make things a bit easier for those who wish to improve their knowledge of psychotherapy theory and technique we have worked diligently to state our hard won insights clearly for students of all levels of experience and sophistication One unique feature of Psychotherapy Pearls is that we cover both technique and psychopathology in one book Most textbooks tackle one or the other but we believe this is wasteful since it makes most sense to us to consider technique in close proximity to our discussions of the very illnesses and problems for which our technique is designed to address Moreover in considering technique we center our thinking about common sense psychology which most readers have been thinking about whether they realize it or not from the beginning of their lives but without ever pulling these bits of insight together into a body of knowledge or theory as such For example our book begins with the following subjects feelings beginning therapy listening empathy idealization paying attention free association therapeutic relationship referrals patient selection diagnosis calming

down transference resistance defense working through and so forth It is not possible to cover everything in any book on a single subject But we try hard not to leave out essentials or correlated matters For example we cover not only suicidal but homicidal impulses biological as well as psychological illnesses theoretical issues and practical matters In the latter category we consider such matters as how to decide when and whom to refer patients to and whom and when to accept patients into treatment how to keep one's patient records and how best to manage such things as vacation absences billings and even how to plan for the possible death of the therapist i e how to help the patient deal with our absence whether brief or permanent We have taken the time to personally create the index for our book because we believe that only the author's involved can generate the proper subject headings or know where important ideas appear in the text This should make our book more user friendly than many other books where the index is generated simply on the basis of some computer program for doing so without the sensitivity of the authors being involved in the process The reader may appreciate that each of the subject chapters have been discussed at length after they were composed by the authors as we reviewed each word of our text and debated with each other our conclusions nuances and wording Often these debates lasted into the evening and intense feelings were aroused on both sides But our goal in this process was always finding a common denominator which we could better explicate for the reader without doing any injustice to the complexity and evern beauty of the questions being asked The mind and brain are complex beyond bel

Kohut's Twinship Across Cultures Koichi Togashi, Amanda Kottler, 2015-09-16

Kohut's Twinship Across Cultures The Psychology of Being Human chronicles a 10 year voyage in which the authors struggled initially independently to make sense of Kohut's intentions when he radically re defined the twinship experience to one of being human among other human beings Commencing with an exploration of Kohut's work on twinship and an illustration of the value of what he left for elaboration Togashi and Kottler proceed to introduce a new and very different sensitivity to understanding particular psychoanalytic relational processes and ideas about human existential anguish trauma and the meaning of life Together they tackle the twinship concept which has often been misunderstood and about which little has been written Uniquely the book expands and elaborates upon Kohut's final definition being human among other human beings It problematizes this apparently simple concept with a wide range of clinical material demonstrating the complexity of the statement and the intricacies involved in recognizing and working with traumatized patients who have never experienced this feeling It asks how a sense of being human as opposed to being described as human can be generated and how this might help clinicians to better understand and work with trauma Written for psychoanalysts and psychoanalytic psychotherapists interested in self psychological intersubjective and relational theories *Twinship Across Cultures* will also be invaluable to clinicians working in the broader areas of psychoanalysis psychotherapy social work psychiatry and education It will enrich their sensitivity and capacity to understand and treat traumatized patients and the alienation they feel among other human beings

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 New Developments in Self Psychology Practice Peter Buirski, Amanda Kottler, 2007-10-23 Since the publication of Heinz Kohut s monumental book The Analysis of the Self in 1971 self psychology has undergone a vibrant and exciting evolution that has significantly influenced and expanded the range of psychoanalytic thinking New Developments in Self Psychology Practice gives voice to the multiple and diverse perspectives that shape contemporary self psychology from complexity and attachment theories to treatment of children and from developments in family and group therapies practices and supervisory process to examination of the role of shame enactments and traumatic experience in self object relatedness and subjective experience **Psychodynamic Therapy Techniques** Brian A. Sharpless, 2019-03-06 Psychodynamic therapy has a growing evidence base is cost effective and may have unique mechanisms of clinical change However gaining competence in this approach generally requires extensive training and mastery of a large and complex literature Integrating clinical theory and research findings Psychodynamic Therapy Techniques provides comprehensive but practical guidance on the main interventions of contemporary psychodynamic practice Early chapters describe the psychodynamic stance and illustrate effective means of identifying and understanding clinical problems Later the book describes how to question clarify confront and interpret patient material as well as assess the clinical impacts of interventions With these foundational tools in place the book supplements the classic psychodynamic therapy techniques with six sets of supportive interventions helpful for lower functioning patients or those in acute crisis Complete with step by step instructions on how to prepare techniques as well as numerous clinical vignettes to illustrate their use in clinical settings Psychodynamic Therapy Techniques effectively demystifies this important approach to therapy and helps practitioners more effectively apply them to a wide range of patients and problems Affect Regulation And The Repair Of The Self Allan N Schore, 2003-03-25 In 1994 Schore published his groundbreaking book Affect Regulation and the Origin of the Self This books builds from this landmark work and develops on his understanding of affect and the implicit self **Being Alive** Judith Edwards, 2014-07-16 This book is a celebration of the work of Anne Alvarez an enormously influential psychoanalytic psychotherapist whose work on autism and severe personality disorders in children has been important internationally This book brings together assessment of the influence of Alvarez s work across a range of child psychotherapy and related areas evaluates how her ideas affect the most current developments in these areas includes contributions from renowned psychoanalysts and psychotherapists from around the world It will be of great interest to child and adolescent

psychotherapists in training and practice and also to clinical psychologists psychoanalysts and psychiatrists working with autistic severely disturbed children *Understanding Trauma and Emotion* Colin Wastell, 2020-07-31 I recommend this scholarly and readable book to all concerned with the field of stress and trauma Students and clinicians will find it equally beneficial Mardi J Horowitz M D Professor of Psychiatry University of California San Francisco and author of Stress Response Syndromes and Treatment of Stress Response Syndromes This is a remarkably good book One seldom sees such exquisite balance of scholarship practical relevance and compassion for both client and counsellor I recommend it most highly Michael J Mahoney author of Constructive Psychotherapy and Human Change Processes *Understanding Trauma and Emotion* is an essential reference for all clinicians working in the area of trauma and provides a comprehensive and very accessible account of the emotion focused model of psychological trauma Michelle A Webster PhD Institute for Emotionally Focused Therapy Sydney How do we help the traumatised How can we better understand someone who has faced death violence or imprisonment Traumatic experiences can leave an indelible impression on those involved one which the person may suppress or re live with destructive and troubling consequences For many traumatised individuals the essence of their trauma is deeply emotional terror anger anxiety Colin Wastell interprets the modern understanding of the traumatic process and presents his own model based on extensive research He examines the role of emotion in human function and in particular its role in the experience of trauma and effective trauma treatment Wastell's approach is grounded in practical treatment and the way emotion focused therapy can be used to benefit the therapist and client Using extensive case studies and making clear links between theory and practice Wastell presents an innovative practice manual for the counsellor and psychologist interested both in trauma treatment and human emotion These principles for understanding trauma will also assist health professionals including nurses doctors ambulance officers social workers religious leaders emergency services workers and police officers to help their clients This book is also supported by a website containing a full report of the author's research at www.allenandunwin.com/trauma.asp **Self Psychology** Jill Gardner, 2024-09-04 This book offers an in depth explanation of the concepts of self psychology and pragmatic steps for recognizing and using these concepts in clinical work helping clinicians move from theory to practice Both early and contemporary concepts in self psychology and intersubjectivity theory are discussed in successive chapters of the book with illustrative examples drawn from the author's experience working in diverse settings with a wide range of mental health practitioners Individual chapters shed light on brief treatment supervision interpretation development agency and nuances of empathic communication among other topics In addressing these topics specific tools for conceptualizing clinical data and guidelines for intervention are also described The emphasis on helping people via a sustained focus on their internal subjective experience and creating a new selfobject bond with the therapist unifies the chapters in this volume With its rich clinical vignettes and accessible language *Self Psychology Moving from Theory to Practice* is also a valuable resource for supervisors and teachers of self psychology

whether in analytic training institutes graduate schools of psychology counseling and social work or continuing education programs

Progress in Self Psychology, V. 10 Arnold I. Goldberg, 2013-09-05 The tenth volume in the Progress in Self Psychology series begins with four timely assessments of the selfobject concept followed by a section of clinical papers that span the topics of homosexuality alter ego countertransference hypnosis trauma dream theory and intersubjective approaches to conjoint therapy Section III A Dialogue of Self Psychology offers Merton Gill's astute appreciation of Heinz Kohut's Self Psychology followed by commentaries by Leider and Stolorow and Gill's reply The concluding section offers Stolorow and Atwood's The Myth of the Isolated Mind followed by discussions by Gehrie and the Shanes A forum for the kind of spirited productive exchanges that have long found a home within the self psychological community A Decade of Progress builds on the past in responding to the theoretical and clinical challenges of the present

Becoming Attached Robert Karen, 1998 In this provocative primer on the nature versus nurture debate Mirabella psychologist and noted journalist Robert Karen offers fresh insights into some of the most fundamental questions of emotional life He traces the history of attachment theory through the controversial work of John Bowlby a British psychoanalyst and Mary Ainsworth an American developmental psychologist who together launched a revolution in child psychology

Religious Experience and Self-Psychology Jung Eun Jang, 2016-11-09 This book explores the 1907 Korean Revival Movement from a self psychological perspective The examination of the psychological processes in the movement based on Heinz Kohut's self psychology can shed light on religious experiences as selfobject experiences by identifying the sense of defeatedness and helplessness that Korean people experienced under Japanese occupation as what Kohut calls self fragmentation of the Korean group self and explaining its therapeutic functions which facilitate potential for the narcissistic nourishment of the fragmented group self leading to renewed self esteem transformation and empowerment of the Korean people Korean people in the early 1900s experienced abuses and oppression by corrupt officials and exploitation by Japanese government Through religious experiences which emphasized the individual repentance the experience of God through the spirit emphasis on prayer and eschatological faith the Korean Revival Movement in 1907 enabled its followers to experience mirroring and idealizing selfobjects which function as a role of transforming the lower shape of narcissism into the higher one

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