

Short-Term Psychotherapy

A Psychodynamic
Approach

Alex Coren

Second Edition



BASIC TEXTS IN COUNSELLING AND PSYCHOTHERAPY
Series Editor: Stephen Frosh



Shortterm Psychotherapy A Psychodynamic Approach

Penny Rawson



Shortterm Psychotherapy A Psychodynamic Approach:

Short-term Psychotherapy Alex Coren, 2001-01 Short Term Psychotherapy is a sourcebook for those counsellors or psychotherapists wishing to take a psychodynamic approach to their patient treatment *Short-Term Psychodynamic Psychotherapy* Penny Rawson, 2019-09-30 In this book the author succeeds in showing short term psychodynamic psychotherapy to be an authentic and accepted method of therapy She roots the concept in tradition and also introduces the reader to the relevant contemporary literature In examining several cases in detail she draws out the key principles involved to present these in a clear and concise manner and demonstrates aspects of the method in practice This book is both an excellent introduction and in depth exposition so it is highly relevant to the experienced practitioner or student It will appeal to people both lay and professional who have an interest in an approach to therapy that is condensed but not diluted This book concentrates on short term psychodynamic psychotherapy It aims to discover and analyse the key principles involved It also aims to enrich the understanding of an approach to therapy that is already of benefit to many in our community but that could reach very many others if it were better known and understood From the Introduction **A Psychodynamic Approach to Brief Therapy** Gertrud Mander, 2000-01-26 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 *Short-Term Psychotherapy* Alex Coren, 2020-09-12 This new edition reflects the growing use of short term therapy across a variety of settings Packed with new material on key issues the book explores the therapeutic relationship the length of therapy and the evidence base for various forms of therapy This is key reading for anyone wishing to incorporate a psychodynamic element in their work **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

Short-term Counselling in Higher Education David Mair, 2015-11-19 As demand for counselling from students across Higher Education HE increases year on year counselling services are continually seeking to explore creative ways of working under the pressure that results from this rise in client numbers One of the most frequent responses to increased demand is limiting the number of sessions that individual students may have Until Short term Counselling in Higher Education there has been no text which provides a contextual theoretical and practical input to this evolving way of working This book explores constructive ways of providing very short term counselling within a Higher Education context Using case studies and employing up to date statistics from the sector the book gives readers a clear understanding of the nature of the professional challenges and offers ways of addressing these including managing waiting lists developing policies to facilitate timely intervention and understanding the limitations of what short term therapy can offer Short term Counselling in Higher Education explores the implications of working in Higher Education counselling services in this very short term way and as such it will be an essential resource for counsellors heads of counselling services and student services managers in Higher Education helping to find ways of delivering effective short term interventions within existing counselling services

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

Handbook of Psychodynamic Approaches to Psychopathology Patrick Luyten, Linda C. Mayes, Peter Fonagy, Sidney J. Blatt, Mary Target, 2017-05-04 Authoritative and comprehensive this volume provides a contemporary psychodynamic perspective on frequently encountered psychological disorders in adults children and adolescents Leading international authorities review the growing evidence base for psychoanalytic theories and therapeutic models Chapters examine the etiology and psychological mechanisms of each disorder and thoroughly describe effective treatment strategies Highly accessible the book is richly illustrated with clinical case material It demonstrates ways in which psychodynamic theory and therapy are enhanced by integrating ideas and findings from neuroscience social and personality psychology

cognitive behavioral therapy and other fields Winner Goethe Award for Psychoanalytic and Psychodynamic Scholarship

Psychodynamic Counselling in Action Michael Jacobs, 2017-05-29 This substantially revised fifth edition of a classic text includes an updated preface new content on the therapeutic relationship substantially revised chapters on the middle phase of counselling and reflections on the influence of other modalities and shared aspects of practice across approaches Each chapter now includes an annotated Further Reading section to help deepen knowledge and reinforce learning of key aspects of the counselling process

Brief Counselling: A Practical Integrative Approach Colin Feltham, Windy Dryden, 2006-03-16 Praise for the previous edition an excellent resource for all trainee and beginning counsellors irrespective of theoretical orientation I regard it as a core text for Professional and Clinical Practice components of counsellor education and training courses Ian Horton formerly Principal Lecturer University of East London Praise for the current edition This book is a must It informs the beginner and experienced counsellor how to undertake brief counselling step by step from orienting the client to counselling to termination of counselling Professor Stephen Palmer City University London and Director for the Centre for Stress Management Almost two thirds of counsellors and psychotherapists work with clients in up to twenty sessions each this book reflects that reality and the challenges involved The bestselling first edition of this book by two of the UK's leading counsellor trainers and academics was praised by trainers and tutors for its accessibility comprehensiveness and practicality It was also a leading contribution to the movement towards time conscious counselling and to an understanding of the therapeutic alliance across time The second edition has been thoroughly updated to include significant recent professional developments and new thinking in the counselling field Additions include more detailed discussion of Assessment Contracting Very brief counselling Clinical reasoning Clients modalities Technical repertoire Depression and realism Supervision of brief counselling In the rapidly maturing profession of counselling this book's sensitivity to time as a precious resource clients perceptions evidence based guidelines and integration of some of the best thinking from several counselling models make it an ideal core text for beginners and reflective practitioners Thoughtful and busy practitioners in primary care employee counselling educational voluntary and private practice settings will find many immediately helpful ideas and examples in this classic text

Effective Short-Term Counselling within the Primary Care Setting Valerie Garrett, 2018-03-26 This book covers two distinct yet related topics the primary care setting and the counselling carried out within it and it can be dipped into or read straight through Part One using psychodynamic and systems theory explores the holding environment of primary care the interpersonal relationships within the primary care team and other variables affecting counselling in a medical organisational setting Part Two takes the counsellor through the how of using psychodynamic and Cognitive Behavioural Therapy CBT approaches within short term contracts in this setting Case studies and scenarios are given to illustrate these The counsellor is guided through assessing the patient's counselling needs either within a psychodynamic or CBT model or to formulate a tailor made short term contract using elements drawn

from psychodynamic CBT and supportive counselling

Time-Limited Adolescent Psychodynamic Psychotherapy

Stephen Briggs, 2019-04-30 Time Limited Adolescent Psychodynamic Psychotherapy A Developmentally Focussed Psychotherapy for Young People will be an indispensable clinician's guide to the practice of Time Limited Adolescent Psychodynamic Psychotherapy TAPP providing comprehensive instruction on the theory and delivery of this distinctive model of psychotherapy TAPP is a manualised brief psychodynamic psychotherapy of 20 sessions for young people between approximately 14 and 25 years combining psychodynamic psychotherapy with psychosocial understanding of adolescent difficulties It places emphasis on the therapeutic engagement of young people and works with a developmental focus to effect change and growth Divided into two parts Conceptual Framework and Practice this book combines digestible scholarly analysis with case studies to effect a one stop practitioner's guide to TAPP Time Limited Adolescent Psychodynamic Psychotherapy A Developmentally Focussed Psychotherapy for Young People will be of immense value to clinicians working with young people researchers engaging with evaluating TAPP and students of psychotherapy

A Psychodynamic Approach to Brief Therapy Gertrud Mander, 2000-01-26 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

An Integrated Approach to Short-Term Dynamic Interpersonal Psychotherapy Joan Haliburn, 2018-03-26 Short term dynamic interpersonal psychotherapy is an integrated trauma informed contemporary dynamic way of working with a range of mental health difficulties Flexible though structured phase oriented focused and time limited it is informed by the Conversational Model Attachment and Interpersonal Theories and Brief Psychodynamic Psychotherapies which are briefly described It provides clinicians with a way of working with patients whose difficulties do not warrant long term therapy who prefer a talking therapy or who have failed cognitive behaviour therapies With the help of examples it guides the process of assessment and therapy with trauma in mind using Conversational Model techniques where empathy replaces confrontation resistance is seen as a fear of re-traumatization defence mechanisms are regarded as adaptive coping mechanisms which later become maladaptive transference interventions replace interpretations and self reflective capacity is encouraged rather than just insight Separation anxiety is addressed and anxiety provoking techniques are avoided given that anxiety is a large part of most presentations

Planned Short-term Psychotherapy Bernard L. Bloom, 1997 This book provides in a comprehensive integrative analytic and evaluative overview of the field of planned short

term psychotherapy that will be of great benefit to therapists already in practice The author considers both clinical and methodological issues pertinent to planned short term psychotherapy and he examines this emerging field in terms of its health policy implications Emphasis is placed on actual as well as potential contributions of planned short term psychotherapy to the field of clinical mental health practice After describing the history of the field and examining the outcome studies that have evaluated brief psychotherapy the author introduces and describes 17 different approaches This is followed by a look at planned short term psychotherapy in five different clinical settings including medical settings and group and family settings The final two chapters deal with general issues that affect the field For professionals working in the field of psychology psychotherapy

The SAGE Handbook of Counselling and Psychotherapy Terry Hanley, Laura Anne Winter, 2023-02-02 The SAGE Handbook of Counselling and Psychotherapy is the most comprehensive and accessible introduction to the field of counselling and psychotherapy This handbook supports all levels of training and modalities providing an essential entry point to theory practice and research At over 600 pages and with more than 100 contributions from leading authors in the field this Fifth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Each chapter includes a Further Reading section and case studies Now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners Sections cover Counselling and psychotherapy in context Social justice and intersectionality Core therapeutic and professional skills What do people come to therapy for Theories and approaches Lifespan modalities and technology Settings

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Ian Horton, 2012-03-05 This long awaited Third Edition of The SAGE Handbook of Counselling and Psychotherapy brings together the fundamentals of counseling and psychotherapy theory research skills and practice Editors Colin Feltham and Ian Horton address what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive accessible and jargon free Including new material on interpersonal psychotherapy cognitive analytic therapy pluralism and mindfulness as well as body psychotherapy hypnotherapy learning disabilities ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike

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 Handbook of Integrated Short-Term Psychotherapy Arnold Winston, Beverly Winston, 2008-08-13 In the past short term or brief treatment was practiced by few clinicians its power relatively unknown Today the dual pressures of managed care and patient preference make it imperative to reconsider brief treatment which has proven to be as effective as long term therapy for many disorders and problems This remarkable guide for conducting short term psychotherapy details the tools and techniques of brief psychotherapy addressing four main areas Understanding conceptualizing and formulating the patient s problems Brief psychotherapy requires a concise formulation of the patient s problems within the first hours of treatment to ensure that the therapist understands and can focus on the patient s core problems early in therapy The authors describe a detailed method of patient assessment and case formulation as the first building block in learning the fundamentals of short term treatment Setting realistic treatment goals Brief psychotherapy sets explicit goals from the beginning based on a thorough evaluation that incorporates the patient s wishes desires and dissatisfactions and an agreement about what the work of therapy will encompass Knowing what to say to patients i e technique Brief psychotherapy requires focused concrete techniques within clear guidelines for each stage of treatment With numerous clinical examples the authors define a unified treatment that emphasizes the differential use of therapeutic interventions such as cognitive behavioral and interpersonal techniques encompassing the continuum of interpretative to supportive approaches They also offer an in depth look into the therapeutic process they use patient therapist dialogues including both patient and therapist comments and accompanying third voice explanations to chronicle the progress of four patients through the initial middle and termination phases of psychotherapy Maintaining a positive therapeutic alliance Although the quality of the therapeutic alliance is the best predictor of outcome in both traditional and brief psychotherapy it is absolutely vital to the success of brief psychotherapy The authors present a framework for maintaining and enhancing this alliance including how to heal misunderstandings Concluding with a collaborative model and summary of the past 20 years research on integrated treatment this volume is more than a valuable clinical guide for integrated evaluation and treatment it is also a practical blueprint for promoting and maintaining a flexible positive patient therapist relationship As such it will prove indispensable not only to practitioners but also to educators and students *Brief Therapy for Couples* W. Kim Halford, 2003-08-01 This book provides a complete guide to self regulatory couple therapy SRCT an innovative clinical approach that maximizes the couple s capacity for self directed change Presented is a flexible framework for treating couples effectively in as few as one or two and as many as 25 sessions of highly focused work Featuring step by step intervention guidelines and helpful clinical examples the book demonstrates how to identify those couples for whom very brief therapy is possible how to focus in quickly on the processes associated with relationship distress and how to integrate additional

therapeutic components for clients needing longer term help

This book delves into Shortterm Psychotherapy A Psychodynamic Approach. Shortterm Psychotherapy A Psychodynamic Approach is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Shortterm Psychotherapy A Psychodynamic Approach, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Shortterm Psychotherapy A Psychodynamic Approach
 - Chapter 2: Essential Elements of Shortterm Psychotherapy A Psychodynamic Approach
 - Chapter 3: Shortterm Psychotherapy A Psychodynamic Approach in Everyday Life
 - Chapter 4: Shortterm Psychotherapy A Psychodynamic Approach in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Shortterm Psychotherapy A Psychodynamic Approach. This chapter will explore what Shortterm Psychotherapy A Psychodynamic Approach is, why Shortterm Psychotherapy A Psychodynamic Approach is vital, and how to effectively learn about Shortterm Psychotherapy A Psychodynamic Approach.
 3. In chapter 2, this book will delve into the foundational concepts of Shortterm Psychotherapy A Psychodynamic Approach. This chapter will elucidate the essential principles that must be understood to grasp Shortterm Psychotherapy A Psychodynamic Approach in its entirety.
 4. In chapter 3, this book will examine the practical applications of Shortterm Psychotherapy A Psychodynamic Approach in daily life. This chapter will showcase real-world examples of how Shortterm Psychotherapy A Psychodynamic Approach can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Shortterm Psychotherapy A Psychodynamic Approach in specific contexts. This chapter will explore how Shortterm Psychotherapy A Psychodynamic Approach is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Shortterm Psychotherapy A Psychodynamic Approach. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Shortterm Psychotherapy A Psychodynamic Approach.

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Shortterm Psychotherapy A Psychodynamic Approach Introduction

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