

Redecision Therapy



A Brief, Action-Oriented Approach

Carolyn E. Lennox, Ed.

Redecision Therapy A Brief Action Oriented Approach

Carolyn E. Lennox



Redecision Therapy A Brief Action Oriented Approach:

Redecision Therapy Carolyn E. Lennox,1997-03-01 Editor Carolyn Lennox characterizes the rededecision therapist as a director in an improvisational theater Guided by the client s personal contract for change the therapist helps the client select and rewrite old scripts in which he or she was cast as victim By keeping the dialogue moving and assisting the client in confronting negative messages the therapist supports revision of the last act so that the self can be experienced as triumphant protagonist and the victory can be carried over into everyday life This compendium of contributions from twenty two experienced rededecision therapists first addresses issues of theory how to negotiate a clear contract for change how to identify client impasses how to access the client s potential for creativity what transactional analysis calls the natural child and then illustrates applications of the theory in the treatment of depression anxiety bulimia PTSD and so forth in individuals and groups and in private HMO and hospital settings Closing chapters discuss rededecision therapy training and supervision The book s thoroughly accessible approach to brief action oriented therapy will be welcomed by students and practitioners alike as what Dr Lennox gracefully terms teachable and learnable magic

Transactional Analysis Approaches to Brief Therapy Keith Tudor,2002-02-05 Of all the approaches to therapy Transactional Analysis or TA is arguably one of those most suited to time limited work At a time when short term therapy is increasingly dominant as a form of practice Transactional Analysis Approaches to Brief Therapy provides an insightful guide which both informs and challenges Rather than a single theory TA has developed as a group of four schools which share a common philosophy but place different emphasis on what occurs during the therapeutic process Written by therapists at the leading edge of developments in TA the book presents and differentiates each of these four approaches Through transcripts and commentaries it shows how theory applies to practice for exampl

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Interviews With Brief Therapy Experts Michael F. Hoyt,2013-05-13 This book is a compilation of twelve interviews with brief therapy experts and some of

the field's most influential innovators O Hanlon de Shazer White and Meichenbaum to name a few The interviews conducted to explore technical theoretical and ethical aspects of the theory and practice of brief therapy offer the give and take spontaneity that can only be found in an interview style The selection of the content is based on both the expertise of the interviewees as well as those issues of most concern to the field managed care and economics ethics and being solution focused

Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Print CourseSmart *Psychotherapy for the Advanced Practice Psychiatric Nurse* Kathleen Wheeler, 2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students Award winning and highly lauded *Psychotherapy for the Advanced Practice Psychiatric Nurse* is a how to compendium of evidence based approaches for both new and experienced advanced practice psychiatric nurses and students This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology It advises the reader on when and how to use techniques germane to various evidence based psychotherapy approaches for the specific client problems encountered in clinical practice This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment Contributed by leaders in the field chapters integrate the best evidence based approaches into a relationship based framework and provides helpful patient management strategies from the first contact through termination This gold standard textbook and reference honors the heritage of psychiatric nursing reaffirms the centrality of relationship for psychiatric advanced practice and celebrates the excellence vitality depth and breadth of knowledge of the specialty New to This Edition Revised framework for practice based on new theory and research on attachment and neurophysiology New chapters Trauma Resiliency Model Therapy Psychotherapeutics Re uniting Psychotherapy and Psychopharmacotherapy Trauma Informed Medication Management Integrative Medicine and Psychotherapy Psychotherapeutic Approaches with Children and Adolescents Robust instructor resources Key Features Offers a how to of evidence based psychotherapeutic approaches Highlights the most useful principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority Features guidelines forms and case studies to guide treatment decisions Includes new chapters and robust instructor resources chapter PowerPoints case studies and learning activities

Brief Therapy and Beyond Michael F. Hoyt, 2017-08-25 *Brief Therapy and Beyond* is a collection of new and selected papers by prominent psychologist Michael Hoyt Numerous clinical vignettes and informative discussions describe time sensitive treatments to relieve psychological distress and or promote growth Drawing from an encyclopedic knowledge of the professional literature as well as humor poetry sports and candid revelation Hoyt illustrates the importance of stories language love hope and time in shaping worldviews that inspire and empower clients and clinicians to make effective and efficient changes

Pediatric Interviewing James Binder, 2011-04-08 ObivoV brac vV eJ de teJcnh makrhv Life is short the art long Hippocrates Pediatric

Interviewing A Practical Relationship Based Approach by James Binder is filled with a unique blend of wisdom experience and evidence which will serve as a guide and as a reminder that what comes first in the care of the patient is the language and the silences that are shared between patient and physician The medical interview quickly establishes the type of caring relationship the two will share In this age of electronic medical records pay for performance and evidence based medicine it is easy to lose sight that medicine is fundamentally about one person who has knowledge and experience providing care for another individual who is asking for help How the physician organizes his or her interactions has an important impact on the experience and outcome for both the physician and for the patient Dr Binder presents a conceptual framework with which to approach interviewing and illustrates this framework with practical examples from years of teaching and practice Physicians in training will find this book filled with wisdom and much needed recommendations about how to approach the medical interview For those of us who have been in practice a number of years Dr Binder's book can serve as a refreshing opportunity to reflect in detail about something many of us take for granted the complexity of the medical interview

Transformational Chairwork , Scott Kellogg, 2014-12-18 Transformational Chairwork Using Psychotherapeutic Dialogues in Clinical Practice is an exposition of the art and science of Chairwork It is also a practical handbook for using the Chairwork method effectively with a wide range of clinical problems Originally created by Dr Jacob Moreno in the 1950s and then further developed by Dr Fritz Perls in the 1960s Chairwork has been embraced and reenvisioned by therapists from cognitive behavioral existential Jungian experiential psychodynamic and integrative perspectives Transformational Chairwork builds on this rich and creative legacy and provides a model that is both integrative and trans theoretical The book familiarizes clinicians with essential dialogue strategies and empowers them to create therapeutic encounters and reenactments Chairwork interventions can be broadly organized along the lines of external and internal dialogues The external dialogues can be used to help patients work through grief and loss heal from interpersonal abuse and trauma manage difficult relationships and develop and strengthen their assertive voice The internal dialogues in turn focus on resolving inner conflicts combatting the negative impact of the inner critic and the experience of self hatred working with dreams and nightmares and expanding the self through polarity work Using both internal and external strategies this book explores how Chairwork dialogues can be a powerful intervention when working with addictions social oppression medical issues and psychosis This is done through the use of compelling clinical examples and scripts that can be read studied and enacted Chairwork's central emphasis is helping patients express each of their voices as distinctly and as forcefully as possible The book concludes with a review of the deepening technique the strategies that therapists can use to help facilitate clarity and existential ownership

Some Stories are Better than Others Michael F. Hoyt, 2013-08-21 There are stories that we use to explain what happened to us twenty years ago or last week those we use to explain why the world works the way it does and those that we use to fix the world when it doesn't work the way other stories said it should And as the author points out in

this collection of essays and interviews some of these stories are better than others This book is an investigation into which might be the better stories and how they can help clients reach their goals in therapy This book contains fifteen essays and interviews written or co written by Michael Hoyt The collection represents Dr Hoyt s recent thinking on helping clients with the brief future orientated therapeutic approaches

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