Intensive Short-Term Dynamic Psychotherapy

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Intensive Short-Term Dynamic Psychotherapy

Patricia C. Della Selva 2018-05-08 Traditionally, psychoanalytic treatment has been a lengthy endeavor, requiring a long-term commitment from patient and analyst, as well as vast financial resources. More recently, short-term approaches to psychoanalytic treatment have proliferated. One of the most well-known and thoroughly studied is the groundbreaking method of Intensive Short-term Dynamic Psychotherapy, developed by Dr. Habib Davanloo. Having trained directly with Dr. Davanloo, the author has written a clear, concise outline of the method that has come to be regarded as a classic in the field. The book is organized in a systematic fashion, analogous to the process of therapy itself, from initial contact through to termination and follow-up. Detailed clinical examples are presented throughout the text to illustrate how theory is translated into techniques of unparalleled power and effectiveness.

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Dr. Habib Davanloo 1992 Argues that with suitable selection criteria and specialized techniques, short-term dynamic psychotherapy in both brief and valuable. Contributors address the question of suitability. In commenting on each others selection criteria, they reveal differences amongst themselves. Reaching Through Resistance: Advanced Psychotherapy Techniques Alan M. D. Abbott 2013-05-15

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Maximizing Effectiveness in Dynamic Psychotherapy—Patricia Coughlin 2016-06-17 The best therapists embody the changes they attempt to facilitate in their patients. How can they do so? The answer is simple: by being their own dynamic therapist. This book explores this question with a focus on the integration of multiple therapeutic approaches. The therapist who disciplines himself to be his own dynamic therapist takes the insights of his clients and translates them into the practice of his own craft. In this way, he can grow and change as a therapist. Psychotherapy demonstrates how and why therapists can and must develop the specific skills and personal qualities required to produce consistently effective results. The book is enriched with clinical examples, extensive tables, and over 100 exercises. It is a practical guide to accessing the full potential of the therapeutic relationship, with detailed, verbatim case transcripts. In addition, extensive short-term dynamic psychotherapy, a method of treatment that incorporates all key factors, is introduced to the reader. Therapists of every stripe will learn to develop and integrate the clinical skills presented in this book to improve their interventions, enhance effectiveness and, ultimately, help more patients in a deeper and more lasting fashion.

Short-Term Psychodynamic Psychotherapy—Alain Eipp 2018-04-05 This book is an easy-to-use guide to short-term psychodynamic psychotherapy for early career psychotherapists and those working with specific populations. It provides a clear and concise framework for understanding how to use the major psychotherapy approaches with the majority of clients with a personality disorder. This study is a preliminary step in elucidating viable theoretical and pragmatic principles for treating individuals with personality disorders derived from the ISTDP-DTB therapy integration. Using a qualitative, therapy-building methodology, the therapy integration was vetted with ten experts; these with expertise in ISTDP, then with experts in DBT, and four with expertise in psychotherapy integration in general. The feedback of these experts was obtained through in-depth individual interviews, which were used to produce an initial formulation of the ISTDP-DTB therapy integration in preparation for future study on the effectiveness of the therapy integration in actual work with clients.”—Page vii.

Therapy Integration—Deborah Hudson 2016 “Despite the general notion that psychodynamic modalities are incompatible with cognitive behavior therapy, the author has been successfully using components of Intensive Short-Term Dynamic Psychotherapy (ISTDP) in the treatment of personality disorders. While both ISTDP and DBT have garnered empirical support for their utility with various personality disorders, their use together in the same therapeutic framework has proved to be highly effective. Intensive Short-Term Dynamic Psychotherapy (ISTDP) is an approach that draws on the latest science about the healing power of our emotions. Whereas conventional therapy encourages patients to talk through past events that may trigger anxiety and depression, accelerated experiential dynamic psychotherapy (AEDP), the method practiced by Jacobs Hendel and pioneered by Diana Fosha, maintains a focus on specific client goals within a psychodynamic conceptual framework. This book is an easy-to-use guide to short-term psychodynamic psychotherapy for early career psychotherapists and those working with specific populations. It provides a clear and concise framework for understanding how to use the major psychotherapy approaches with the majority of clients with a personality disorder. This study is a preliminary step in elucidating viable theoretical and pragmatic principles for treating individuals with personality disorders derived from the ISTDP-DTB therapy integration. Using a qualitative, therapy-building methodology, the therapy integration was vetted with ten experts; these with expertise in ISTDP, then with experts in DBT, and four with expertise in psychotherapy integration in general. The feedback of these experts was obtained through in-depth individual interviews, which were used to produce an initial formulation of the ISTDP-DTB therapy integration in preparation for future study on the effectiveness of the therapy integration in actual work with clients.”—Page vii.

Psychodynamic Psychotherapy for Personality Disorders—John F. Clarkin 2010 This book includes the work of 22 contributing writers in addition to the three psychotherapy authors. The book offers an up-to-date and illustrated overview of the techniques used to treat personality disorders, and provides a range of psychoanalytic and other psychotherapy techniques and results.