



# Concise Guide to Psychodynamic Psychiatry (Concise Guides)

Ursano, Robert J.

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# Concise Concise Guide Guide Psychodynamic Psychotherapy

**Hanna Levenson, Stephen F.  
Butler, Theodore A. Powers, Bernard D.  
Beitman**

## **Concise Concise Guide Guide Psychodynamic Psychotherapy:**

*Concise Guide to Psychodynamic Psychotherapy* Robert J. Ursano, Stephen M. Sonnenberg, Susan G. Lazar, 2008-05-20

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 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.

*Concise Guide to Psychodynamic Psychotherapy* Robert J. Ursano, Stephen M. Sonnenberg, Susan G. Lazar, Designed to complement more detailed, lengthier texts, this compact guide literally fits into a lab coat pocket. Its 15 densely informative chapters, complete with glossary, indexes, illustrations, and references, not only provide clinicians with an updated introduction to the concepts and techniques of psychodynamic psychotherapy but also convey the excitement and usefulness, as well as the difficulties of this complex field.

*Concise Guide to Brief Dynamic Psychotherapy* Hanna Levenson, Stephen F. Butler, Bernard D. Beitman, 1997. This guide presents seven brief psychodynamic therapy models, including supportive therapy, time-limited therapy, interpersonal therapy, time-limited dynamic psychotherapy, short-term dynamic therapy for post-traumatic stress disorder, brief dynamic therapy for substance abuse disorders, and brief psychodynamic psychotherapy with

children The models are established short term approaches to common clinical problems and can accommodate the ten to 20 minutes session time frame found in most managed care settings Each chapter focuses on a particular approach and matches particular patient problems best handled by that approach The book discusses each model in terms of its overall framework selection criteria goals therapeutic tasks and strategies empirical support and relevance for managed care Clinical cases are provided to illustrate how each model is applied A separate chapter covering the use of psychopharmacology in brief psychotherapy is also included

**Concise Guide to Psychodynamic Psychotherapy** Robert J. Ursano, Stephen M. Sonnenberg, Susan G. Lazar, 1998 Designed to complement more detailed lengthier texts this compact guide literally fits into a lab coat pocket Its 15 densely informative chapters complete with glossary indexes illustrations and references not only provide clinicians with an updated introduction to the concepts and techniques of psychodynamic psychotherapy but also convey the excitement and usefulness as well as the difficulties of this complex field

**Concise Guide to Psychodynamic Psychotherapy** Robert J. Ursano, Stephen M. Sonnenberg, Susan G. Lazar, 1991 An introduction to the concepts and techniques of psychoanalytic psychotherapy aimed at clinicians seeking to find the best treatment for the pain and suffering of their patients with psychiatric illness Covered are patient evaluation resistance transference dreams and termination

**Concise Guide to Brief Dynamic and Interpersonal Therapy** Hanna Levenson, Stephen F. Butler, Theodore A. Powers, Bernard D. Beitman, 2002 The second edition of this Concise Guide is intended to help educate both beginning and experienced clinicians in the strategies and techniques of time attentive models and to foster more positive and optimistic attitudes toward using brief therapy

**Standards and Guidelines for the Psychotherapies** Paul M. Cameron, Jon Ennis, John Deadman, 1998-01-01 A comprehensive overview of the art and science of psychotherapy and a set of practice guidelines for psychiatrist developed from a report by the Joint Task Force on Standards and Guidelines for Medical Psychiatric Psychotherapy of the OPA and OMA

**Concise Guide to Mood Disorders** Steven L. Dubovsky, Amelia N. Dubovsky, 2002 Concise yet comprehensive it compiles the most essential facts on every aspect of mood disorders epidemiology etiology physical treatments psychosocial treatments outcomes and comorbidity The information is organized for easy look up and fast comprehension with detailed indexes and many charts and tables

**Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70

**Concise Guide to Marital and Family Therapy** Leslie B. Kadis, Ruth McClendon, 1998 Presents both the theoretical and practical cornerstones of relationship therapy that help therapists move a family or couple toward healing This guide focuses on therapy with families and couples the field of marital and family therapy MFT This therapeutic approach is about changing relationships through changing the interactions among the people who make up the family or marital unit

*National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1991

*The Handbook of Adult Clinical Psychology* Alan Carr, Muireann McNulty, 2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach

like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health. While practical in orientation, the book is based solidly on empirical evidence. Building on the success of the previous edition, this handbook has been extensively revised in a number of ways. Throughout the book, the text, references, and website addresses have been updated to reflect important developments since the publication of the first edition. Recent research findings on the epidemiology, aetiology, course, outcome, assessment, and treatment of all psychological problems considered in this volume have been incorporated into the text. Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM-5. Chapters on ADHD in adults, emotion-focused therapy, radical open dialectical behaviour therapy, and schema therapy have been added. The book is divided into 6 sections. Section 1 covers conceptual frameworks for practice, lifespan development, classification, and epidemiology; CBT, psychodynamic, emotion-focused, systemic, and bio-medical models, and general assessment procedures. Section 2 deals with mood problems: depression, bipolar disorder, suicide risk, and anger management. Section 3 focuses on anxiety problems: social phobia, generalized anxiety disorder, panic disorder, obsessive compulsive disorder, post-traumatic stress disorder, and depersonalization disorder. Section 4 deals with psychological problems linked to physical health: health anxiety, somatization, chronic pain, adjustment to cancer, and eating disorders. Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologists in adult mental health services: ADHD in adults, alcohol and other drug problems, psychosis, and psychological problems in older adults. Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma: dialectical behaviour therapy for borderline personality disorder, racially open dialectical behaviour therapy for over-controlled presentations, and schema therapy. Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence-based way, with reference to case material. Interventions from cognitive-behavioural, psychodynamic, interpersonal, systemic, and biomedical approaches are described where there is evidence that they are effective for the problem in question. Skill-building exercises and further reading for psychologists and patients are included at the end of each chapter. This book is one of a set of three volumes which cover the lion's share of the curriculum for clinical psychologists in training in the UK and Ireland. The other two volumes are the *Handbook of Child and Adolescent Clinical Psychology*, Third Edition, by Alan Carr, and the *Handbook of Intellectual Disability and Clinical Psychology Practice*, Second Edition, edited by Alan Carr, Christine Linehan, Gary O'Reilly, Patricia Noonan Walsh, and John McEvoy.

**Encyclopedia of Mental Health**, 2015-08-26. Encyclopedia of Mental Health, Second Edition, Four Volume Set, tackles the subject of mental health, arguably one of the biggest issues facing modern society. The book presents a comprehensive overview of the many genetic, neurological, social, and psychological factors that affect mental health, also describing the impact of mental health on the individual and society, and illustrating the factors that aid positive mental health. The book contains 245 peer-reviewed articles written by more than 250

expert authors and provides essential material on assessment theories of personality specific disorders therapies forensic issues ethics and cross cultural and sociological aspects Both professionals and libraries will find this timely work indispensable Provides fully up to date descriptions of the neurological social genetic and psychological factors that affect the individual and society Contains more than 240 articles written by domain experts in the field Written in an accessible style using terms that an educated layperson can understand Of interest to public as well as research libraries with coverage of many important topics including marital health divorce couples therapy fathers child custody day care and day care providers extended families and family therapy

Concise Guide to Child and Adolescent Psychiatry Mina K. Dulcan, D. Richard Martini, MaryBeth Lake, 2003 Concise Guide to Child and Adolescent Psychiatry is an ideal resource for novices practical easy to understand and small enough to carry in a jacket pocket This essential book features summary information on disorders and their treatment methods including psychosocial and psychopharmacological techniques and simplified theoretical and research foundations Organized for easy reference the book includes a detailed table of contents index tables figures and other charts for quick access to information The Third Edition has been expanded and updated to reflect the latest research on the emotional and behavioral states of children and adolescents Readers will find new techniques for diagnosis and treatment as well as updated information from DSM IV TR Convenient and affordable Concise Guide to Child and Adolescent Psychiatry is an invaluable tool for those just beginning to treat child psychiatry patients and an outstanding on the spot reference for daily use in the clinic

**Handbook of Interpersonal Psychology** Leonard M. Horowitz, Stephen Strack, 2010-11-02 Modern interpersonal psychology is now at a point where recent advances need to be organized so that researchers practitioners and students can understand what is new different and state of the art This field defining volume examines the history of interpersonal psychology and explores influential theories of normal abnormal behaviors widely used assessment measures recent methodological advances and current interpersonal strategies for changing problematic behaviors Featuring original contributions from field luminaries including Aaron Pincus John Clarkin David Buss Louis Castonguay and Theodore Millon this cutting edge volume will appeal to academicians professionals and students interested in the study of normal and abnormal interpersonal behavior

**The Complete Mental Health Directory** Richard Gottlieb, 2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

The Complete Mental Health Directory Laura Mars, 2001 This Second Edition has broadly expanded to offer the most comprehensive information covering the field of behavioral health with critical information for both the layman mental health professional For the layman this directory offers understandable descriptions of 25 Mental Health disorders as well as detailed information on Associations Media Support Groups Mental Health Facilities For the professional The Complete Mental Health Directory offers critical comprehensive information on Managed Care Organizations Information Systems

Government Agencies Provider Organizations For immediate access to information The Complete Mental Health Directory four indexes a brand new Web Sites Index a Disorder Index an Organization Index a Geographic Index This comprehensive volume of needed useful information will be a welcome addition to any reference collection Concise Guide to Brief Dynamic and Interpersonal Therapy Hanna Levenson, Stephen F. Butler, Theodore A. Powers, Bernard D. Beitman, 2008-08-13 In today's world of managed care characterized by limited mental health resources emphasis on accountability concerns of third party payers and consumer need the demand for mental health professionals to use briefer therapeutic approaches is on the rise Fully 84% of all clinicians are doing some form of planned brief therapy 6-20 sessions per year per patient Yet despite clinical advances and outcome data that demonstrate the effectiveness of short term therapy many therapists in fact 90% of those whose theoretical orientation is psychodynamic rather than cognitive behavioral are reluctant to learn briefer interventions seeing value only in long term depth oriented work The second edition of this Concise Guide is intended to help educate both beginning and experienced clinicians in the strategies and techniques of time attentive models and to foster more positive and optimistic attitudes toward using these important therapies The seven therapeutic models presented here including an entirely new chapter on time limited group therapy highlight the importance of the interpersonal perspective The seven models one per chapter represent well established short term approaches to clinical issues that therapists commonly encounter in their clinical practices These models also have clearly defined intervention techniques and formulation strategies and can be used within the 10 to 20 session time frame of most managed care settings The first part of each chapter dealing with a therapeutic model lists the various presenting problems the authors deem most suitable for treatment by that particular approach The authors discuss the overall framework of each model selection criteria goals therapeutic tasks and strategies empirical support and relevance for managed care with clinical cases to illustrate the application of each model The authors include updated chapters on supportive time limited and interpersonal therapies time limited dynamic psychotherapy short term dynamic therapy for patients with posttraumatic stress disorder brief dynamic therapy for patients with substance abuse disorders an entirely new chapter on time limited group therapy and a final chapter on the reciprocal relationship between pharmacotherapy and psychotherapy Meant to complement the more detailed information found in lengthier psychiatric texts this Concise Guide it is designed to fit into a jacket or lab coat pocket is a practical and convenient reference for psychiatrists psychiatric residents and medical students working in a variety of treatment settings such as inpatient psychiatry units outpatient clinics consultation liaison services and private offices

**The Women's Concise Guide to Emotional Well-Being** Karen J. Carlson, Stephanie A. Eisenstat, 1997-09-25 Profiles current research on women's emotional health while offering advice about preventing recognizing and treating the particular psychological disturbances and disorders that affect women Caring for the Mind Dianne Hales, Robert E. Hales, 1996 Defines mental disorders and presents each condition in a systematic format

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