



Models of Brief Psychodynamic Therapy: A Comparative Approach

By Stanley B. Messer PhD, C. Seth Warren PhD

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This practical and scholarly text presents a comprehensive review and evaluation of the theory, research, and practice of psychodynamically oriented brief psychotherapy. Offering in-depth discussions of the major clinical and theoretical approaches, chapters explore commonalities and differences in patient selection, theory of personality and psychopathology, theory of change, and techniques of therapy. The book addresses general questions about the efficacy of each approach and gives special attention to treatment of "difficult" patients, children, adolescents, and the elderly.

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- Sales Rank: #988991 in Books
- Brand: Brand: The Guildford Press
- Published on: 1998-01-02
- Original language: English
- Number of items: 1
- Dimensions: 8.96" h x 1.07" w x 5.94" l, 1.14 pounds
- Binding: Paperback
- 374 pages

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Editorial Review

Review

"This is a most thoughtful and clearly written review of brief psychodynamically oriented psychotherapies. The authors explore a wide range of therapies from a conceptual framework, allowing for comparison and critical evaluation of each approach. Their conceptual scheme and integration of theory, practice, and research offers depth of understanding beyond the typical surveys of psychotherapy. Both psychotherapy students and experienced clinicians will find it an outstanding reference." --Sara J. Knight, PhD, Northwestern University Medical School, in Doody's Journal: Health Sciences Book Review

"This book is a major achievement. It is comprehensive, well organized, and a remarkable combination of sophistication and clarity. It is not only an outstanding guide to brief therapy from a psychodynamic point of view but an excellent presentation of contemporary perspectives in psychoanalytic thought in general. A marvelous addition to the literature that will be of great value to beginning student and practicing clinician alike." --Paul L. Wachtel, PhD, Distinguished Professor of Psychology, City University of New York

"Messer and Warren make a superb contribution in bringing up to date the historical and current front runners in brief psychotherapy. It is lucid, well-documented, and includes a pointed discussion on the fate of psychotherapy in general." --James Mann, MD, Professor of Psychiatry Emeritus, Boston University School of Medicine; Training & Supervising Analyst Emeritus, Boston Psychoanalytic Institute

"Whether an era of rapid change is nerve-wracking, exhilarating, or debilitating depends in part on the company you keep and your philosophical perspectives. Messer and Warren contribute their company and perspectives to us, making exhilaration more likely. Their book on brief psychodynamic therapies is comprehensive, careful, and lucid. In a admirable way they keep their presentations as simple as possible but provide a deep look by an apt combination of concrete case examples and passages of superb theoretical explanation and integration." --Mardi J. Horowitz, MD, Professor of Psychiatry, University of California at San Francisco, Director, Center on Stress and Personality, Langley Porter Psychiatric Institute

"Even highly sophisticated psychotherapists will be helped by *Models of Brief Psychodynamic Therapy* as a guide to a field that has become more and more diverse and complicated. Long term dynamic psychotherapy is still the most commonly used form of psychotherapy, but brief dynamic is becoming more used and only partly because of the competition with managed care. The book is not only intended for training beginning clinicians, but will help those who practice the usual long term dynamic psychotherapy to also become capable in brief psychodynamic therapy. The book traces the history of the basic models of brief dynamic psychotherapy and illustrates them by case examples that are concrete, vivid, and easily remembered. Many long term psychodynamic psychotherapists will pick up this book, as I just did, and get engrossed in it. This book will help those who wish to expand their range of skills, as I once did, by also becoming comfortable and competent in brief psychodynamic therapy." --Lester Luborsky, PhD, Center for Psychotherapy Research

"In the burgeoning literature of short-term psychotherapy this volume emerges as a jewel. It includes some of the most incisive and sophisticated discussions of different approaches to time-limited psychotherapy from a psychodynamic perspective and realistically appraises their promise as well as their limitations. The authors are thoroughly versed in clinical theory, research, and practice which inform their writing

throughout. Their exposition and clinical examples are lucid and a pleasure to read. I have rarely seen a more sympathetic yet sober assessment of what can be done for the difficult' patient. The book should become required reading for any therapist, patient, and policymaker who tries to chart a course of realism and sanity in this confused and troubled field." --Hans H. Strupp, Ph.D., Distinguished Professor of Psychology, Emeritus, Vanderbilt University

"This work remains a major achievement, and it promises to inform and inspire ongoing elaboration of theory, practice, and research in brief dynamic treatment as we revise our understandings of the therapeutic endeavor. The authors trace the connections between representative schools of thought in contemporary psychoanalysis, empirical research, and the concrete particulars of the therapeutic situation, and enlarge our ways of seeing, understanding, and acting as we go about our work. I know of no better text for students, trainees, teachers, and researchers in the field of brief dynamic psychotherapy." --William Borden, PhD, Department of Psychiatry, University of Chicago

"This book will be educational and informative to both experienced clinicians and those with little or no prior clinical experience. The sections on techniques and those on learning and teaching brief therapies give the reader an inside look not only into the brief dynamic therapist's office but also into the training needed to be effective there...It will be of immense value for those who wish to learn to conduct brief psychodynamic therapy and those who wish to teach it."--Psychoanalytic Psychology
(*Psychoanalytic Psychology* 1998-01-04)

"Thoughtful and clearly written....The authors explore a wide range of therapies from a conceptual framework, allowing for comparison and critical evaluation of each approach. Their conceptual scheme and integration of theory, practice, and research offers depth of understanding beyond the typical surveys of psychotherapy. Both psychotherapy students and experienced clinicians will find it an outstanding reference."--Doody's Journal
(*Doody's Journal* 1998-01-04)

About the Author

Stanley B. Messer, PhD, is Professor and Chairperson in the Department of Clinical Psychology at the Graduate School of Applied and Professional Psychology, Rutgers University. He is coeditor, with Alan S. Gurman, of *Essential Psychotherapies*, with C. Seth Warren of *Models of Brief Psychodynamic Therapy*, and with Paul L. Wachtel of *Theories of Psychotherapy: Origins and Evolution*. He has been an Associate Editor of *American Psychologist* and is on the editorial boards of several other journals. He has written extensively about the prospects for psychotherapy integration, and conducts research on brief psychotherapy. Dr. Messer practices psychodynamic psychotherapy in Highland Park, New Jersey.

C. Seth Warren, PhD, is Visiting Assistant Professor of Psychology at the Graduate School of Applied and Professional Psychology, Rutgers University. Dr. Warren maintains a private practice in psychoanalytic psychotherapy in the New York City metropolitan area.

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I. Introduction 1. The Advent of Brief Psychodynamic Therapy II. Basic Models of Brief Psychodynamic Therapy 2. The Drive/Structural Model: Malan, Davanloo, and Sifneos 3. The Relational Model: Luborsky, Horowitz, Weiss and Sampson, and Strupp and Binder III. Integrative and Eclectic Models of Brief Psychodynamic Therapy 4. An Integrative Psychoanalytic Model: Mann 5. Eclectic Approaches: Garfield, Bellak, and Gustafson IV. Special Topics in Brief Psychodynamic Therapy 6. Assessing and Treating the Difficult Patient 7. Treating Children, Adolescents, and the Elderly: A Lifespan Developmental Approach 8.

Epilogue: Whither (Wither?) Psychotherapy?

Users Review

From reader reviews:

Michael Coffman:

Reading a publication tends to be new life style in this particular era globalization. With reading you can get a lot of information that will give you benefit in your life. Using book everyone in this world may share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their very own reader with their story or maybe their experience. Not only the storyline that share in the publications. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors on earth always try to improve their ability in writing, they also doing some research before they write to the book. One of them is this Models of Brief Psychodynamic Therapy: A Comparative Approach.

Connie Cornish:

Precisely why? Because this Models of Brief Psychodynamic Therapy: A Comparative Approach is an unordinary book that the inside of the guide waiting for you to snap that but latter it will zap you with the secret it inside. Reading this book beside it was fantastic author who have write the book in such awesome way makes the content interior easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking way. So , still want to hesitate having that book? If I were you I will go to the guide store hurriedly.

Louis Trent:

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Paula Lauria:

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this period of time, many ways to get whatever we wish. Likewise word says, many ways to reach Chinese's country. Therefore this Models of Brief Psychodynamic Therapy: A Comparative Approach can make you truly feel more interested to read.

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