

A Psychodynamic Approach to
Brief Therapy

Gertrud Mander



Brief Therapies Series

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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

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 example

Brief Cognitive Behaviour Therapy Berni Curwen, Stephen Palmer, Peter Ruddell, 2018-01-08 This timely new edition describes how to use cognitive behaviour therapy successfully with clients in a brief time limited way After reading this book therapists will be able to provide effective help to clients suffering from a wide range of disorders including anxiety depression obsessive compulsive disorder and post traumatic stress or those who are suicidal Following an explanation of brief therapy and the theory behind cognitive behaviour therapy the authors outline strategies for helping clients overcome unhelpful beliefs and thought patterns through all stages of counselling Using illustrative case material throughout the updated book includes extra practical material for the client and therapist to use during the counselling process a brand new chapter on brief CBT in groupwork expansion of discussion on counselling suicidal clients within a brief CBT framework Every trainee psychotherapist should own a copy of this book and it is important reading for all new health professionals working in the NHS and private practice

Brief Gestalt Therapy Gaie Houston, 2003-06-12 Anybody with the slightest interest in brief therapy should read this book Now that the initial controversy over brief therapy has begun to subside it is great to see how brief therapy works in practice Gaie Houston's book is part of a series published by SAGE which sets out to do this and hers is particularly illuminating and accessible As she points out Gestalt is better equipped than many mainstream therapies to be applied to situations with extreme time constraints because it is both flexible and it acknowledges the part that can be played by other therapies But what propels Houston's book out of the hum drum or indeed

the defensive or offensive diatribes about short therapy which have appeared over the past few years is her vivid accounts of real life sessions both one to one and group which punctuate the text Amazon Review Brief Gestalt Therapy demonstrates how the Gestalt approach can be used effectively in brief interventions with clients Gestalt's distinctively integrative nature and emphasis on a highly co-operative working alliance make it particularly suited to brief work The book sets out the basic theory and principles of Gestalt and looks at each phase of the therapeutic process from initial assessment through the beginning and middle stages to the ending of the work It presents clear practical strategies for therapists to follow and in particular examines aspects of Gestalt which are especially relevant to brief work the elements of successful therapy ways of improving skills Brief Gestalt Therapy includes vignettes and detailed case studies which bring the theory alive It will contribute much to both existing literature on Gestalt therapy and also brief therapy and will be invaluable to trainee and practising Gestalt therapists

Brief NLP Therapy Ian McDermott, Wendy Jago, 2001-12-20 Neuro Linguistic Programming has evolved as an effective approach to therapeutic work which originated in the study of excellence in communication With its focus on enabling clients to find their own solutions and achieving their full potential NLP is of increasing interest to many counsellors and psychotherapists Brief NLP Therapy provides a much needed guide to the core concepts underpinning NLP practice Each concept is explained clearly in terms of its theoretical and historical development and its practical application within brief therapy Each chapter also features a Skill Builder aimed at helping the reader develop the therapeutic techniques which stem from the theory The application of NLP skills is d

Brief Cognitive Behaviour Therapy Berni Curwen, Stephen Palmer, Peter Ruddell, 2000-09-01 This practical guide based on the theory that emotional disorders are influenced by negatively biased thinking describes how brief cognitive behaviour therapy can provide effective help to clients suffering from a wide range of disorders including anxiety depression obsessive compulsive disorder and post traumatic stress or those who are suicidal Using illustrative case material throughout the authors outline strategies for helping clients examine and overcome unhelpful beliefs and patterns of thought at the root of their distress Following an explanation of brief therapy and the theory behind cognitive behaviour therapy they describe the process of working with clients through all stages of counselling

Handbook of Solution-Focused Therapy Bill O'Connell, Stephen Palmer, 2003-08-20 On a scale of 0 10 I would give the Handbook of Solution Focused Therapy a nine it met my best hopes in terms of an insight into the theory and mechanics of SFT and gave me ideas for extending my current use of the therapy I found it engaging readable and well presented with useful reference lists within each chapter to guide further reading Solution News This collection of fifteen chapters each written by a different specialist in the SFT field is a valuable contribution to the Solution Focused therapist's bookshelf A must read for any informed SF therapy practitioner Mark McKergow The Solutions Focus This book has 14 chapters on diverse applications of Solution Focus between introductory and closing chapters by Bill O'Connell The book relates to work being done in the UK and in Ireland excepting Alasdair MacDonald's piece on research in SFT which is an up

to date and welcome review of research findings world wide All the chapters are succinct and they convey a clear impression of the lightness and excitement of this approach for service users and therapists alike The book is a good read for any therapist professional helper or service manager Robert Cumming Nurturing Potential Solution Focused therapy is an increasingly popular approach used by practitioners in a wide range of contexts and settings Illustrating the breadth and depth of contemporary practice the Handbook of Solution Focused Therapy brings together contributions from leading practitioners in fields such as social work education and health care to show how solution focused techniques can be effective in many different situations Beginning with an introduction to the origins and theory of the approach the book examines different areas of practice explaining how and why the solution focused approach is applicable and highlighting the issues specific to each context Each chapter features a case example which demonstrates the practical advantages and difficulties involved in using the solution focused approach The Handbook of Solution Focused Therapy is an ideal text for training courses in solution focused therapy and a source of new ideas for practitioners trained in other approaches who want to integrate solution focused techniques with their existing practice Bill O Connell is a Senior Lecturer in Counselling at University of Birmingham and author of Solution Focused Therapy SAGE 1998 and Solution Focused Stress Counselling Continuum 2001 Professor Stephen Palmer is Director of the Centre for Stress Management and the Centre for Coaching London He has written and edited over 25 books *Brief Interventions and Brief Therapies for Substance Abuse* Kristen Lawton Barry,1999 This TIP presents the historical background outcomes research rationale for use and state of the art practical methods and case scenarios for implementation of brief interventions and therapies for a range of problems related to substance abuse This TIP is based on the body of research conducted on brief interventions and brief therapies for substance abuse as well as on the broad clinical expertise of the Consensus Panel Because many therapists and other practitioners are eclectically trained elements from each of the chapters may be of use to a range of professionals **The Role of Brief Therapy in Attachment Disorders** Lisa Wake,2018-05-08 The Role of Brief Therapy in Attachment Disorders provides a comprehensive summary of the range of approaches that exist within the brief therapy world including Cognitive Analytic Therapy Cognitive Behavioural Therapy Eye Movement Desensitisation and Reprocessing Ericksonian Therapy Neurolinguistic Psychotherapy Provocative Therapy Rational Emotive Behaviour Therapy and Self Relations Therapy Historically many of the founders of these therapies commenced their psychotherapy careers as psychodynamic or systemic therapists and have changed their allegiance to briefer therapies viewing these as more respectful and offering greater potential for assisting the client to change through an outcome oriented approach *Solution-Focused Groupwork* John Sharry,2007-10-25 Solution Focused Groupwork 2001 was a major contribution to the literature on groupwork It has been one of this author s most influential books The Second Edition contains much new material including the uses of problem talk an activity normally avoided by solution focused therapists Preparation for groups client motivation and collaboration are all

explored in detail The role of or necessity for social time to be built into the therapy model is an interesting and novel idea Suggestions are made for client evaluation and for creative exercises to enhance the group process All in all the result is a valuable and readable new edition Dr Alasdair J Macdonald Enlightening clearly written and helpfully presented The book echoes what Solution Focused Groupwork is all about being practical and optimistic about human potential David Jaques Author of Learning in Groups A fund of practical wisdom which will give confidence and encouragement to everyone trying to run groups along solution focused lines Bill O Connell Focus on Solutions Limited Birmingham John Sharry has drawn on a combination of extensive experience in running groups and a thorough understanding of current developments to produce an inspiring and practical guide to this powerful way of helping people to change I have recommended the first edition many times and have been sharing the good news of this new edition ever since I knew it was under way John Wheeler MA UKCP Registered Family Therapist Social Worker and Independent Trainer Sharry s book offers a persuasive alternative to traditional methods of group practice The new edition enhances the applicability of an already major contribution to solution focused practice It is obviously written from a real practitioner who understands the process and elements of group work He offers excellent case material throughout to help demonstrated the skills and values of this approach and does so in a readable and engaging manner suitable for students and professionals at all levels of expertise Professor Robert Blundo Ph D LCSW Strengths Collaborative Department of Social Work University of North Carolina Wilmington Wilmington NC U S A This slim tautly written volume disguises an enormously practical treasure store to help group facilitators Solution Focused Groupwork should be essential reading Barbara Wilson Family Mediation in Practice Solution Focused Groupwork Second Edition is a highly practical guide for all professionals who use groups to help people For those new to the solution focused approach it provides a clear step by step introduction while for more experienced practitioners it presents ideas and techniques which can be readily integrated into existing practice Using carefully selected case studies John Sharry takes readers through the various stages in the therapeutic process from getting started to the final session He also provides creative exercises for use in practice guidance on evaluating the outcomes of group work and a new model for group supervision A real strength of the book is in showing practitioners how to create a constructive positive and solution focused group culture and how to maintain this culture in spite of the challenges tensions and difficulties that naturally arise within groups John Sharry is a Principal Social Worker in the Department of Child and Family Psychiatry Mater Hospital and part time Director of the Brief Therapy Group Private Practice and Consultancy

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