

Handbook of
Integrated
Short-Term
Psychotherapy

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Beverly Winston, Ph.D.

Handbook Of Integrated Short Term Psychotherapy
Paperback 2001 By Arnold Winston

Arnold Winston, Beverly Winston



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Handbook of Integrated Short-Term Psychotherapy Arnold Winston, Beverly Winston, 2008-08-13 In the past short term or brief treatment was practiced by few clinicians its power relatively unknown Today the dual pressures of managed care and patient preference make it imperative to reconsider brief treatment which has proven to be as effective as long term therapy for many disorders and problems This remarkable guide for conducting short term psychotherapy details the tools and techniques of brief psychotherapy addressing four main areas Understanding conceptualizing and formulating the patient s problems Brief psychotherapy requires a concise formulation of the patient s problems within the first hours of treatment to ensure that the therapist understands and can focus on the patient s core problems early in therapy The authors describe a detailed method of patient assessment and case formulation as the first building block in learning the fundamentals of short term treatment Setting realistic treatment goals Brief psychotherapy sets explicit goals from the beginning based on a thorough evaluation that incorporates the patient s wishes desires and dissatisfactions and an agreement about what the work of therapy will encompass Knowing what to say to patients i e technique Brief psychotherapy requires focused concrete techniques within clear guidelines for each stage of treatment With numerous clinical examples the authors define a unified treatment that emphasizes the differential use of therapeutic interventions such as cognitive behavioral and interpersonal techniques encompassing the continuum of interpretative to supportive approaches They also offer an in depth look into the therapeutic process they use patient therapist dialogues including both patient and therapist comments and accompanying third voice explanations to chronicle the progress of four patients through the initial middle and termination phases of psychotherapy Maintaining a positive therapeutic alliance Although the quality of the therapeutic alliance is the best predictor of outcome in both traditional and brief psychotherapy it is absolutely vital to the success of brief psychotherapy The authors present a framework for maintaining and enhancing this alliance including how to heal misunderstandings Concluding with a collaborative model and summary of the past 20 years research on integrated treatment this volume is more than a valuable clinical guide for integrated evaluation and treatment it is also a practical blueprint for promoting and maintaining a flexible positive patient therapist relationship As such it will prove indispensable not only to practitioners but also to educators and students **American Book Publishing Record** ,2002 *Doing More with Less* Barbara Dane, Carol Tosone, Alice Wolson, 2001 Confronting the challenge to provide sound clinical treatment in brief therapy this timely book will enrich the practices of all psychotherapists Designed and arranged according to the DSM IV diagnostic categories each chapter addresses the short term treatment of a specific condition or patient population Starting from the premise that psychodynamically trained clinicians already possess the requisite skills to conduct short term treatment the editors demonstrate how to adapt these skills to a time limited approach **Working Mother** ,2001-10 The magazine that helps career moms balance their personal and professional lives **Short-term Psychotherapy [edited By] Lewis R.**

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