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Short-term Therapy for Long-Term Change (Paperback)

By Michael Alpert, David Malan, Leigh McCullough

WW Norton Co, United States, 2001. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Can the effects of early childhood traumas-traumas that may have seemed small at the time but that have affected personality development-be overcome in short-term therapy? Here, leaders in the field of short-term therapy present a definitive statement on state-of-the-art intensive dynamic short-term psychotherapy. While they have approached these questions from different perspectives, the renowned practitioners in this book note points of contact and overlap among their ideas about the underlying causes of depression, maladjustment, marital discord, character pathology, and posttraumatic stress disorders. Each outlines the precise methods he or she uses with patients to create emotional growth and reintegration, illustrating these with cases and transcripts. Their methods can be proven scientifically valid, taught to others, and reliably reproduced by effectively trained psychotherapists with a wide variety of patients. Readers will find variations on the theme of short-term therapy for long-term change. Habib Davanloo was a colleague of Malan's and has influenced Neborsky, Alpert, and McCullough. While Neborsky has devoted himself to refining and presenting clearly Davanloo's theory and method, Alpert has developed a method of accelerated empathic treatment and...


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