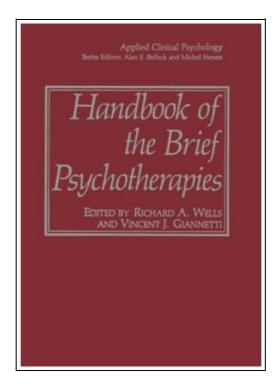
Handbook of the Brief Psychotherapies



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Reviews

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.

(Kristian Nader)

HANDBOOK OF THE BRIEF PSYCHOTHERAPIES



Condition: New. Publisher/Verlag: Springer, Berlin | The last two decades have seen unprecedented increases in health care costs and, at the same time, encouraging progress in psychotherapy research. On the one hand, accountability, cost-effectiveness, and efficiency have now become commonplace terms for providers of mental health services whereas, on the other hand, an increasingly voluminous literature has emerged supporting the effectiveness of a number of types of psychotherapies. There now exists the possibility for the design and delivery of mental health services that-drawing upon this literature-more closely approximate empirically established data concerning the appropriateness and effectiveness of psychotherapy. The Handbook of the Brief Psychotherapies is intended to capture one major thrust of this movement: the development of a group of empirically grounded, time-limited therapies all sharing a common interest in the clinical utilization of a structured focus and an emphasis on time and action. For many years, professional self-interest, competing theoretical para digms, and the vagaries of practice, wisdom, and clinical myth have influenced the practice of psychotherapy. A critical questioning of the resulting, predomi nantly nondirective, open-ended, and global therapies has led to a growing emphasis on action-oriented, problem-focused, time-limited therapies. Yet, ironically, this interest in the brief psychotherapies has not so much involved a radical departure from traditional therapeutic modalities as it has emphasized a new pragmatism about how time, action, and structure operate in life as well as in therapy. | The Brief Psychotherapies.- The Therapeutic Interaction Research Perspectives.- An Integrative Model for Short-Term Treatment.- Brief Treatment and Mental Health Policy.- Technical Issues.- Innovations in Family Therapy Strategies for Overcoming Resistance to Treatment.- On Time in Brief Therapy.- Tasks in Brief Therapy.- The Challenge of Single-Session Therapies.- Individual Approaches in Brief Psychotherapy.- Short-Term Dynamic Psychotherapy.- Cognitive Therapy.- An Introduction to Cognitive-Behavior Therapy.- Interpersonal Psychotherapy of Depression (IPT).-...



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