

Time-Limited Psychotherapy

James Mann, M. D.

September

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Time Limited Psychotherapy

Gaby Shefler



Time Limited Psychotherapy:

Time-Limited Psychotherapy James MANN, James Mann, 2009-06-30 Waiting lists in psychiatric clinics and increasing numbers of patients in long term psychotherapy have highlighted the need for shorter methods of treatment Existing forms of short term psychotherapy tend to be vague and uncertain lacking as they do a clearly formulated rationale and methodology

Time-Limited Psychotherapy in Practice Gaby Shefler, 2014-01-09 Therapists and counsellors are under increasing pressure to provide effective treatment in a time limited demonstrably effective form Time Limited Psychotherapy TLP has developed in response and is designed to give clients an intense form of therapy over 12 sessions This title Uses vivid clinical descriptions of treatments and up to date research findings Describes what the treatments entail Discusses their outcome Deals with teaching and learning of TLP regarding the changing conditions in public needs and in public services Time Limited Psychotherapy in Practice will appeal to psychotherapists counsellors researchers and academics in the mental health field

Time-limited Psychotherapy James Mann, 1974 *Time-Limited Psychotherapy* Mann, Goldman, Professor Goldman, Anne, 1987-12-01 At the core of this book are five chapters of case studies illuminating the authors application of the method of brief psychotherapy developed by Dr Mann and presented in his book Time Limited Psychotherapy Further refined and expanded the treatment model is reviewed here it emphasizes conscious and unconscious meaning and the experience of time The authors demonstrate that the treatment method can be used with patients of diverse social economic and educational backgrounds Each case study includes verbatim dialogue between patient and therapist as well as comments on interventions and tactics taken by the therapist

A Casebook in Time-limited Psychotherapy James Mann, Robert Goldman, 1982 This work argues that the selection of 12 sessions on a once weekly basis mobilises hope and optimism in psychotherapy patients It also necessitates dealing with the conscious and unconscious conflicts and meanings surrounding time termination and separation individuation The patient knows precisely when the beginning stages of therapy are over and where the middle and end are No other short term therapy deals specifically with these issues Much of the theorising on time by Dr Mann is relevant to the termination issues in open ended long term psychotherapy and psychoanalysis proper Margaret Mahler s writings are also utilised

Time-limited Dynamic Psychotherapy Hanna Levenson, 1995-08-25 Time limited dynamic psychotherapy provides a state of the art model of treatment that incorporates current developments in psychoanalytic interpersonal object relations and self psychology theories as well as cognitive behavioral and systems approaches This flexible approach to brief therapy is designed to treat people with long standing dysfunctional relationships

A Case Study of Time-limited Psychotherapy Mary O'Farrell, 1985 A Casebook in Time-Limited Psychotherapy James Mann, Robert Goldman, This work argues that the selection of 12 sessions on a once weekly basis mobilises hope and optimism in psychotherapy patients It also necessitates dealing with the conscious and unconscious conflicts and meanings surrounding time termination and separation individuation The patient knows precisely when the beginning stages of therapy

are over and where the middle and end are No other short term therapy deals specifically with these issues Much of the theorising on time by Dr Mann is relevant to the termination issues in open ended long term psychotherapy and psychoanalysis proper Margaret Mahler s writings are also utilised *Introduction to Time-limited Group Psychotherapy* K. Roy MacKenzie,1990 *Introduction to Time Limited Group Psychotherapy* is a basic text designed for the clinician who already has experience in individual psychotherapy However the breadth of perspective and discussion of therapeutic strategies should be of value to the more experienced psychotherapist as well The book is divided into four sections Section One deals with basic concepts regarding the small group This section should aid the therapist in accurately recognizing group phenomena Section Two presents the applications of the theories concerning time limited group psychotherapy in a clinical setting It emphasizes the importance of careful diagnostic and interpersonal assessment group composition considerations and pretherapy preparation in ensuring that a sense of groupness will emerge promptly Section Three shows how to use the emerging relationships among group members as the vehicle to manage individual issues In both Sections Two and Three the current literature concerning brief individual therapy is applied to the group context Section Four offers guidelines for integrating group psychotherapy into service and training programs Special consideration is given to inpatient groups and long term support groups *Handbook of Play Therapy, Advances and Innovations* Kevin J. O'Connor, Charles E. Schaefer,1994-12-13 In the decade since its publication *Handbook of Play Therapy* has attained the status of a classic in the field Writing in the most glowing terms enthusiastic reviewers in North America and abroad hailed that book as an excellent resource for workers in all disciplines concerned with children s mental health *Contemporary Psychology* Now in this companion volume editors Kevin O Connor and Charles Schaefer continue the important work they began in their 1984 classic bringing readers an in depth look at state of the art play therapy practices and principles While it updates readers on significant advances in sand play diagnosis therplay group play and other well known approaches Volume Two also covers important adaptations of play therapy to client populations such as the elderly and new applications of play therapeutic methods such as in the assessment of sexually abused children Featuring contributions by twenty leading authorities from psychology social work psychiatry psychoanalysis and other related disciplines *Handbook of Play Therapy* Volume two draws on clinical and research material previously scattered throughout the professional literature and organizes it into four main sections for easy reference Theoretical approaches including Adlerian cognitive behavioral gestalt and control theory approaches as well as family ecosystem and others Developmental adaptations covers ground breaking new adaptations for adolescents adults and the elderly Methods and techniques explores advances in traditional techniques such as sand play Jungian play therapy and art therapy and examines other new high tech play therapies Applications reports on therapeutic applications for psychic trauma sex abuse cancer patients psychotics and many others The companion volume to the celebrated classic in the field *Handbook of Play Therapy* Volume Two is an indispensable resource for play therapists child

psychologists and psychiatrists school counselors and psychologists and all mental health professionals HANDBOOK OF PLAY THERAPY Edited by Charles E Schaefer and Kevin J O Connor an excellent primary text for upper level students and a valuable resource for practitioners in the field of child psychotherapy American Journal of Mental Deficiency a thorough thoughtful and theoretically sound compilation of much of the accumulated knowledge Like a well executed stained glass window that yields beauty and many shades of light through an integrated whole so too this book synthesizes and reveals many creative facets of this important area of practice Social Work in Education 1983 0 471 09462 5 489 pp THE PLAY THERAPY PRIMER Kevin J O Connor The Play Therapy Primer covers the impact of personal values and beliefs on therapeutic work and provides a detailed description of the process preceding the beginning of therapy It then offers guidelines and strategies for developing treatment plans respective of the various phases of therapy including specific in session techniques modifications for different ages transference considerations and the termination and follow up of clinical cases 1991 0 471 52543 X 371 pp PLAY DIAGNOSIS AND ASSESSMENT Edited by Charles E Schaefer Karen Gitlin and Alice Sandgrund The first and only book to fully explore the assessment potential of play evaluation this book offers an impressive array of papers by nearly fifty authorities in the field Following a logical progression it is divided into six parts covering the full range of practical and theoretical concerns including developmental play scales for normal children from preschool to adolescence diagnostic play scales including those for the evaluation of children with a variety of cognitive behavioral and or emotional disorders parent child interaction play scales projective play techniques and scales for assessing a child s behavior during play therapy 1991 0 471 62166 8 718 pp GAME PLAY Edited by Charles E Schaefer and Steven E Reid This important work highlights the psychological significance of using games to assess and treat various childhood disorders In chapters written by leading authorities it examines the content of various types of games and provides theoretical approaches techniques and practical guidelines for applying games to play therapy with children Case histories demonstrate the use of game play with childhood problems ranging from hyperactivity to divorce counseling and juvenile delinquency 1986 0 471 81972 7 349 pp **Psychodynamic Psychotherapy Research** Raymond A. Levy, J. Stuart Ablon, Horst Kächele, 2011-12-27 Psychodynamic Psychotherapy Research Evidence Based Practice and Practice Based Evidence continues the important work of the first book published in 2009 by Humana Press Handbook of Evidence Based Psychodynamic Psychotherapy Bridging the Gap Between Science and Practice This landmark title presents in one volume significant developments in research including neuroscience research in psychodynamic psychotherapy by a team of renowned clinician researchers The demand for ongoing research initiatives in psychodynamic psychotherapy from both internal and external sources has increased markedly in recent years and this volume continues to demonstrate the efficacy and effectiveness of a psychodynamic approach to psychotherapeutic interventions in the treatment of psychological problems The work in this volume is presented in the spirit of ongoing discussion between researchers and clinicians about the value of specific approaches to specific

patients with specific psychiatric and psychological problems Multiple forms of treatment interventions have been developed over the past fifty years and this volume makes clear with firm evidence the authors support for the current emphasis on personalized medicine Groundbreaking and a major contribution to the psychiatric and psychologic literature Psychodynamic Psychotherapy Research Evidence Based Practice and Practice Based Evidence provides firm grounding for advancing psychodynamic psychotherapy as a treatment paradigm

Psychotherapy In A New Key Hans H. Strupp, Jeffrey L. Binder, 1984 Clear practical and wise this book a codification of WLDP offers an integrated model of therapy close to clinical data that is applicable to therapy regardless of length of treatment

Handbook of Psychotherapies with Children and Families Sandra W. Russ, Thomas H. Ollendick, 2013-11-11 The aim of this book on psychotherapies with children and families is to present a comprehensive overview of the current array of intervention approaches in the child mental health field There is a focus on the integration of theory research and practice throughout the book The book proceeds from the more global presentations of basic theoretical approaches to applications of these approaches with specific problems and populations It then presents more integrated intervention approaches and overviews of the research literature One of the unique features of this book is its focus on future directions for each approach both in clinical practice and in research A second unique feature is its structured format across diverse approaches with a focus on empirical validation of approaches Another innovation is the presentation of interventions that integrate major components of different theoretical approaches Thus the book reflects the current trends in the field of interventions with specific problems and populations empirical validation of the approach and the integration of treatment approaches There are five major sections in this book Part I consists of four chapters that address a variety of issues related to child psychotherapy Chapter 1 by the editors examines the historical roots of child psychotherapy and explores current trends in the treatment of diverse child disorders It emphasizes the movement to treatments that work and sets the stage for the chapters that follow

American Journal of Psychotherapy, 1947

The First Session in Brief Therapy Simon H. Budman, Michael F. Hoyt, Steven Friedman, 1992-08-07 In all models of therapy the initial interview is a significant component It sets the tone structure direction and foundation of treatment In brief therapy the opening moves are even more important because there is less time later to correct errors or change direction This volume provides practitioners with an up close view of exactly what expert brief therapists do at the beginning of treatment and why they do it Each author describes his or her particular orientation presents annotated transcripts of actual initial sessions and responds to pointed questions from the editors about their cases Following an introduction by the editors the first section of the book covers initial sessions in therapies for individuals These include the rational emotive approach a one session intervention an interpersonal psychodynamic model neurolinguistic programming and the I D E interpersonal developmental existential approach Beginning cognitive behavioral therapy with depressed or drug abusing adolescents is covered and a directive approach strongly influenced by the work of Milton Erickson is presented The next

section addresses methods and strategies for working with couples and families Chapters on marital therapy cover an integrative approach that combines an intra and interpersonal focus in marital therapy a cognitive behavioral approach that is based on principles of social learning and social exchange theory emotionally focused therapy and an approach that utilizes reflective conversation A solution oriented model the possibility paradigm for helping families amplify their strengths is delineated as is a strategic MRI style model for working with an individual family member and a structural approach for creating familial change An ideal companion to Budman s THEORY AND PRACTICE OF BRIEF THERAPY this illuminating and unique casebook is essential reading for all clinicians who need to learn more about time effective models Offering a comparative view of a variety of models it is an ideal text for undergraduate and graduate students Brief Therapy Jeffrey K. Zeig, Stephen G. Gilligan, 2013-05-24 A tapestry of rich and varied perspectives drawn from a remarkable event The Brief Therapy Congress sponsored by the Milton H Erickson Foundation brought together over 2200 therapists and an impressive faculty that included J Barber J Bergman S Budman G Cecchin N Cummings S de Shazer A Ellis M Goulding J Gustafson J Haley C Lankton S Lankton A Lazarus C Madanes W O Hanlon P Papp E Polster E Rossi P Sifneos H Strupp P Watzlawick J Weakland M Yapko and many more *Time-Limited Counselling* Colin Feltham, 1996-12-11 Excellent the book explores the provision of effective counselling with limited resources and under strict time pressures with some excellent writing on the nature of time and attitudes to time in counselling and psychotherapy the evidence in favour of short term counselling is put strongly Colin Feltham favours it as an approach of choice for certain clients which should co exist with rather than adversarially seek to oust and replace longer term therapy he draws from a wide range of literature while identifying those key ingredients skills and strategies that he has found especially significant He also discusses some of the different contexts in which this work operates Many of the questions and issues he poses will be picked up most productively in training and supervision sessions *Counselling The Journal of the British Association for Counselling and Psychotherapy* Time limited counselling that is the provision of effective counselling with limited resources and under strict time pressures is becoming increasingly important as the demand for counselling increases and the management of waiting lists and costs becomes a crucial concern In this clearly written book which incorporates useful illustrative examples Colin Feltham outlines the specific practical and technical skills strategies and knowledge counsellors must have in order to undertake time limited counselling Following an examination of the client s induction into counselling he describes the most appropriate models for different clients and problems Further chapters assess the management of time limited counselling in different settings including private practice and look at research training and supervision issues Squarely addressing the objections to the use of and real problems in the practice of this short term therapeutic paradigm the author argues that time limited counselling can be justified not only on economic grounds but also ethically philosophically clinically and with reference to consumer preferences He also identifies the common factors in successful short term work that span different theoretical orientations

Therapists' Attitudes Toward Time-limited Psychotherapy Paula Elaine Carmona, 1986 *Psychotherapy, an Eclectic Approach* Sol Louis Garfield, 1980 TABLE OF CONTENTS 1 Introduction 2 Some traditional emphases and orientations in psychotherapy 3 client variables in psychotherapy 4 psychotherapist 5 Specifying the therapeutic variables in psychotherapy 6 common and specific factors in psychotherapy 7 psychotherapeutic process 8 psychotherapeutic process II 9 cognitions affects and behavior 10 making psychotherapy more specific 11 research in psychotherapy 12 evaluating the effectiveness of psychotherapy 13 psychotherapy concluding note Time-limited Psychotherapy Hanna Levenson, 1995

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