

Download Concise Guide To Brief Dynamic And Interpersonal Therapy

In this concise volume, Hanna Levenson revisits the history, theory, and practice of brief dynamic therapy. This integrative approach uses techniques from attachment theory, interpersonal neurobiology, affective–experiential learning, and systems orientations to help clients with dysfunctional ways of relating to others. Rooted in the landmark, systematic studies of the Vanderbilt University research team, time-limited dynamic psychotherapy (TLDP) significantly broadens the use of short-term psychoanalytic therapy to include people with chronic problems—the majority of those seeking help.

What is Psychodynamic Therapy? A Definition “In contrast [to behavioral therapy], dynamic psychotherapy, which facilitates a patient’s rewriting of his life narrative, his picture of himself, his past, present, and future, seems uniquely positioned to address the depth of a individual’s experience.”

Overview. Written for therapists of all experience levels, *Co-Creating Change* shows what to do to help “stuck” patients (those who resist the therapy process) let go of their resistance and self-defeating behaviors and willingly co-create a relationship for change instead.