Principles of Psychotherapy. Promoting Evidence–Based Psychodynamic Practice. 3rd Edition

Description: A complete and authoritative guide to conducting effective psychotherapy

Now in a new Third Edition, this landmark text has been completely updated and revised, addressing the full range of basic issues in psychotherapy combined with a complete survey of its elements, processes, current treatment techniques, and phases.

Writing with eloquent simplicity and citing hundreds of contemporary sources, Irving Weiner and Robert Bornstein present conceptual and empirical foundations and offer helpful case examples that illustrate vividly what a therapist might say and do in various circumstances.

The authors use their vast experience as psychotherapists to bring new features to the Third Edition, including:

- Increased coverage of short-term therapy
- Coverage of new key practices, including issues of confidentiality and ethics, working with managed care, and recognizing liability
- Multicultural and therapeutic considerations in working with patients from diverse ethnic and sociocultural backgrounds
- The nature and current status of empirically supported therapies and evidence-based practice
- Differentiation among a broad range of psychodynamic perspectives as well as some current interpretive approaches
- A two-part case study that illustrates many of the concepts and principles discussed, including review of background history, clinical evaluation, treatment planning, and a description of the course of twice-weekly psychotherapy with an annotated verbatim transcript of a complete session which took place shortly before termination

Steeped in the latest research and attentive to practical concerns of the day, this new edition should be required reading for all therapists and therapists-in-training.

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