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Nota di contenuto	Cover -- Title Page -- Copyright -- Dedication -- About the Author -- Preface -- Acknowledgments -- Contents -- Chapter 1 - What Defines a Psychoanalytic Therapy? -- Background Information -- Psychoanalysis and the Psychoanalytic Therapies -- My Own Orientation -- Chapter 2 - The Psychoanalytic Sensibility -- Curiosity and Awe -- Complexity -- Identification and Empathy -- Subjectivity and Attunement to Affect -- Attachment -- Faith -- Concluding Comments -- Chapter 3 - The Therapist's Preparation -- Orienting Considerations -- Therapy for the Therapist -- Other Valuable Foundations of Practice -- Concluding Comments -- Chapter 4 - Preparing the Client -- Establishing Safety -- Educating the Patient About the Therapy Process -- Concluding Comments -- Chapter 5 - Boundaries I: The Frame -- Some General Observations about Therapists and Boundaries -- Specific Boundaries and Their Vicissitudes -- The Art of Saying No -- Concluding Comments -- Chapter 6 - Basic Therapy Processes -- Listening -- Talking -- Influences on Therapeutic Style -- Integrating Psychoanalytic Therapy with Other Approaches -- Power and Love -- Chapter 7 - Boundaries II: Quandaries -- Accidents and More or Less Innocent Events -- Enactments -- Disclosure -- Touch -- Concluding Comments -- Chapter 8 - Molly -- Original Clinical Picture -- History of Treatment -- Posttermination Observations -- Chapter 9 - Donna -- Original

Clinical Picture -- History of Treatment -- Posttermination
Observations -- Chapter 10 - Ancillary Lessons of Psychoanalytic
Therapy? -- On Psychoanalytic Knowledge -- Emotion -- Development
-- Trauma and Stress -- Intimacy and Sexuality -- Self-Esteem --
Forgiveness and Compassion -- Chapter 11 - Occupational Hazards
and Gratifications -- Occupational Hazards -- Gratifications -- Chapter
12 - Self-Care -- Care of the ID -- Care of the Ego.
Care of the Superego -- Annotated Bibliography -- References --
Author Index -- Subject Index -- About Guilford Publications -- From
the Publisher.

Sommario/riassunto

Building on the enormous popularity of her two previous texts on diagnosis and case formulation, this important work from Nancy McWilliams completes the trilogy by addressing in detail the art and science of psychodynamic treatment. McWilliams distills the essential principles of clinical practice, including effective listening and talking; transference and counter transference; emotional safety; and an empathic, attuned attitude toward the patient. The author describes the values, assumptions, and clinical and research findings that guide the psychoanalytic enterprise, and shows how to integrate elements of other theoretical perspectives when necessary. She also discusses the phases of treatment and covers such neglected topics as educating the client about the therapeutic process, handling complex challenges to boundaries, and attending to self-care. Presenting complex clinical information in personal, nontechnical language enriched by in-depth clinical vignettes, this is an essential psychoanalytic work and training text for therapists.
