

1. Record Nr.	UNINA9910458478503321
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Titolo	Introduction to psychological theories and psychotherapy // Andrew Koffmann, M. Grace Walters
Pubbl/distr/stampa	New York, New York : , : Oxford University Press, , 2014 ©2014
ISBN	0-19-939866-6 0-19-939867-4 0-19-939865-8
Descrizione fisica	1 online resource (329 p.)
Collana	Pittsburgh Pocket Psychiatry Series
Disciplina	616.89/14
Soggetti	Psychotherapy Psychology Psychiatry Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Introduction to Psychological Theories and Psychotherapy; Copyright; Contents; Detailed Contents; 1 Introduction; Overview of the Book; 2 Psychological Theories: Key Concepts; The Evolution of Psychodynamic Theory; Introduction; Freud's Life and the Origins of Psychodynamic Theory; The Vienna Psychoanalytic Society; Ego Psychology; Object Relations Theory; The Interpersonal School; Psychodynamic Approaches to Character and the Self; Child Analysis and Developmental Theory; Current Trends in Psychodynamic Theory; The Evolution of Cognitive and Behavior Therapies Behaviorism: The First Wave Behaviorism: The Second Wave; Behaviorism: The Third Wave; 3 Toward an Integrated Understanding of Psychotherapy: Useful Perspectives; Neurobiological Correlates of Psychological Theory and Psychotherapy; Neuroplasticity and Four Key Phenomena; Neurobiology and the Psychotherapy of Depression; Neurobiology and the Psychotherapy of PTSD; Summary; Research Findings in Psychology; What Do We Know About the Rate of Recovery in Psychotherapy?; In General, How Does Psychotherapy Work?;

Research Findings from Treatment Studies; Efficacy vs. Effectiveness  
Monotherapy vs. Combined Treatment  
Continuation and Maintenance  
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Pharmacotherapy; Psychotherapy Within Psychiatry: Narrowing  
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Challenges; Common Psychotherapeutic Techniques; Proposed  
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Psychotherapies; Psychoanalysis  
Psychodynamic Psychotherapy  
Transference-Focused Psychotherapy  
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(Including Psychoeducation); Play Therapy; Individual Behavior  
Therapies; Cognitive-Behavioral Therapy (CBT); Exposure and Response  
Prevention (ERP); Brief Cognitive Therapy for Panic Disorder; Prolonged  
Exposure for Posttraumatic Stress Disorder (PE-PTSD); Dialectical  
Behavior Therapy (DBT); Applied Behavior Analysis (ABA); Other  
Individual Psychotherapies; Interpersonal Psychotherapy (IPT);  
Motivational Interviewing (MI); Twelve-Step Facilitation  
Eye Movement Desensitization and Reprocessing (EMDR)  
Biofeedback for  
Mental Disorders; Therapies from Complementary and Alternative  
Medicine; Psychotherapy for Multiple Patients; Group Psychotherapy;  
Mindfulness-Based Cognitive Therapy (MBCT); Family Therapy;  
Recommended Reading; 6 Conclusions; Psychiatry, Psychotherapy, and  
the Future; Anticipations in Neuroscience; Anticipations in  
Psychological Theory; Next Steps: Further Training and Self-Study;  
References; Glossary; Index

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## Sommario/riassunto

This is an introductory text on psychological theories and psychotherapy that approaches the topic from a multidisciplinary perspective. Written for psychiatry residents, but of notable relevance to other students and practitioners in medical and mental health fields, this book lays out a specific sequence for learning psychotherapy that emphasizes the fundamental importance of acquiring an appropriate foundational knowledge base in addition to learning the specific techniques of psychotherapies. Beyond emphasizing the details of major treatment models as well as the theory and research findin

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