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Psychodynamic PsychotherapyTransference-Focused Psychotherapy
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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
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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

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
