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Autore	Koffmann Andrew
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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 PsychotherapyTransference-Focused Psychotherapy  
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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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