

1. Record Nr.	UNINA9910458482103321
Titolo	Clinical strategies for becoming a master psychotherapist [[electronic resource] /] / editors, William O'Donohue, Nicholas A. Cummings, Janet L. Cummings
Pubbl/distr/stampa	Amsterdam ; Boston, : Elsevier Academic Press, c2006
ISBN	1-280-92692-9 9786610926923 0-08-047656-2
Descrizione fisica	1 online resource (367 p.)
Collana	Practical Resources for the Mental Health Professional
Altri autori (Persone)	O'DonohueWilliam T CummingsNicholas A CummingsJanet L
Disciplina	616.89/14
Soggetti	Psychotherapy 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 indexes.
Nota di contenuto	Front Cover; Clinical Strategies for Becoming a Master Psychotherapist; Copyright; Contents; List of CONTRIBUTORS; Chapter 01 The Art and Science of Psychotherapy; Psychotherapy is not Entirely an Art; Psychotherapy is not Only a Science; Psychotherapy is both an Art and a Science; An Outline of the Problems Encountered in the Art of Psychotherapy; References; Chapter 02 Enhancing Client Motivation to Change; Definition; Enhancing Motivation for Change; Assessment; Theoretical Underpinnings of Motivational Interviewing; The Practice of Motivational Interviewing; Summary Recommended Reading and Online ResourcesReferences; Chapter 03 The Therapeutic Alliance: Cultivating and Negotiating the Therapeutic Relationship; Definition; Identification; Theory and Conceptualization; Case Formulation; Clinical Strategies; Key Mistakes; Case Study; Summary; References; Chapter 04 Narrative Psychotherapy as Effective Story-Making: An Introduction; Why a Narrative Approach to Psychotherapy?; Conceptualizing Psychotherapy as Active Story-Making; A Suggested Conceptual Framework; Suggested Clinical

Practices for Narrative Psychotherapy; A Story Unfinished
Story-Making's Universe, or Narration's Neglect in Psychotherapy
A Story Retold; References; Chapter 05 Recognizing and Dealing with Cultural Influences in Psychotherapy; Definition of Culture and Other Terms; Recognizing and Dealing with Cultural Influences in the Client; Dealing and Recognizing Cultural Influences in the Therapist; Case Illustration; Summary; References; Chapter 06 Effective Understanding and Dealing with Manipulation; References; Chapter 07 Recognizing and Dealing with Transference; Definition; Detection and other Assessment Issues; Theory and Conceptualization
Impact on Case Formulation
Clinical Strategies; Key Mistakes and Miscomprehensions; Case Study; Summary; References; Chapter 08 The Temporal Structure of Therapy: Key Questions Often Associated with Different Phases of Sessions and Treatments (Plus Twenty-one Helpful Hints); The Temporal Structure of Therapy; Some Questions to Consider at Different Junctures in Therapy; A Few Other Hints; References; Chapter 09 Resistance as an Ally in Psychotherapy; A Definition: Patients have a Right to their Resistance; Who is Presenting What, and Why?; Initial Strategies for Working with Resistance
Imperative Strategies for Working with Resistance
Different Strokes for Different Folks: Who is Presenting?; Summary; References; Chapter 10 Enhancing Psychotherapy through Appropriate entry points; Entry Point: a Definition; The Landscape: Onion and Garlic Psychodynamics; Analyzable Onion Conditions; Analyzable Garlic Conditions; The Borderline Personality: A Category all its own; Onion and Garlic Nonanalyzable (Psychotic) Patients; Turning up the Heat With Garlic Patients; Summary; References; Chapter 11 Dealing with Feelings of Depression; Definitions; Theory and Conceptualization
Case Formulation

Sommario/riassunto

The best health practices are a synthesis of science and art. Surgery is a case in point. Although all competent surgeons follow scientific protocols, the best surgeons are masters of the art of surgery and produce better outcomes: e.g., smaller incisions; lower mortality rates. Psychotherapists are in exactly the same position. Psychotherapy is both a science and an art. There are excellent resources that convey information about empirically supported practices - the science of psychotherapy. However, this scientific information is incomplete in two important ways. It does not cover key matte
