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Nota di contenuto	COVER; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; INTRODUCTION; Quick reference note; AIMS OF THE BOOK; CHAPTER ONE: What is brief psychodynamic psychotherapy? An overview; Quick reference notes; Focal and short-term psychodynamic psychotherapy; Suitability of client; Counter indications to suitability of client for short-term therapy; Selection of patients; Motivation; Basic principles of focal and short-term therapy; Holmes-Rahe scale; Article 'Focal and short-term psychotherapy in a treatment of choice' (Rawson, 1992); CHAPTER TWO: Focus; Quick reference notes; Finding the focus Progressive diagram of question areas inspired by the Heimler Social Functioning Scale CHAPTER THREE: The importance of the first session; Quick reference notes; Initial interview in short-term focal therapy; Aims of initial interview; Table: Important aspects of the first session as seen from research case work (Rawson, 2002); CHAPTER FOUR: Jointly agreed strategic focus: contract part I; Quick reference notes; Fixing the focus; Holding the focus; The strategic focus; Homework: Aspects of brief therapy to practise; Questions for the therapist to think about in

relation to the focus

CHAPTER FIVE: Jointly agreed time scale: contract part II Quick reference notes; Time limited psychotherapy (i); Time limited psychotherapy (ii); The dynamics of the deadline; Article: 'By mutual arrangement' (Rawson, 1995); CHAPTER SIX: Flexibility; Quick reference notes; Body memory exercise; Flexibility re skills used by the therapist; CHAPTER SEVEN: Activity; Quick reference notes; Activity; Working with the client - giving them the tools: homework; CHAPTER EIGHT: Techniques; CHAPTER NINE: Endings; Quick reference notes; Coping with loss: the end from the beginning; Loss for the client
Loss for the therapist in short-term work Homework; CHAPTER TEN: Review and what next?; Quick reference notes; Letters to the editor: 'Brief therapy' (Rawson, 1999a); 'Supervision nonsense' (Rawson, 2003); Article: 'Therapy for the 21st Century' (Rawson 1999b); CHAPTER ELEVEN: Conclusion; Brief psychodynamic psychotherapy: Summary of the basics; REFERENCES AND BIBLIOGRAPHY; INDEX

Sommario/riassunto

Short-term psychotherapy has become more and more popular in recent years and there is an increasing need for therapists to be able to offer help without entering into many years of therapy. This practical volume is an introductory text and a quick reference guide to short-term therapy, by an experienced therapist and teacher of psychodynamic short-term therapy. It is based on lectures given on the topic to experienced therapists wanting to familiarise themselves with short-term therapy. In a clear and concise manner, the author explores the basics of this approach and moves on to discuss such topics as the importance of the first session; the timescale of the therapy, the different techniques; and ending of analysis. Full of useful tables and bullet points, this volume is an indispensable guide to short-term psychodynamic therapy for experienced therapists as well as laypeople who are interested in learning more about this method of therapy.
