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Nota di contenuto	Cover; Half Title; Title Page; Copyright Page; Table of Contents; About the Contributors; Preface; Chapter 1: Introduction; Chapter 2: Flight of the Appalachian Bumblebee: Solution-Oriented Brief Therapy with a Young Adult; Chapter 3: Resolving PTSD Through Time Limited Dynamic Psychotherapy; Chapter 4: From Hate to Healing: Sexual Assault Recovery; Chapter 5: Don't Go There: Impulse Control in Stage-Specific Short Term Counseling; Chapter 6: Current Conflicts as Mirrors of Unfinished Business with Mom and Dad Chapter 7: Fostering Development: A Case of Short Doses of Psychotherapy Over the Course of a College CareerChapter 8: Saying Goodbye Ten Years Later: Resolving Delayed Bereavement; Chapter 9: Separation/Individuation in a Cultural Context: The Case of a Haitian-American Student; Chapter 10: Saying Good-bye to the Guru: Brief

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Chapter 14: Shoulder to Shoulder: A Single Session Success Story
Chapter 15: The Runaway Client: Working Through Interpersonal Anxiety; Chapter 16: Harm Reduction: From Substance Abuse to Healthy Choices; Chapter 17: Finding the Silver Lining: Counseling a Couple in Conflict; Chapter 18: Synthesis and Summary; Index

Sommario/riassunto

Short-term therapy doesn't have to be second-best! This valuable book explores a variety of brief therapy approaches with young adults between 17 and 25. Each case discussion thoroughly covers the salient points of the client, the problem, and the treatment, as well as segments of the treatment transcripts that illustrate the critical aspects of the counseling. A post-hoc question-and-answer section explores alternative ways the therapist could have handled the client and allows in-depth examination of successful treatment approaches. Case Book of Brief Psychotherapy with Co
