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Autore	Koffmann Andrew
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Monotherapy vs. Combined TreatmentContinuation and Maintenance Psychotherapy; Bringing a Psychotherapeutic Understanding to Pharmacotherapy; Psychotherapy Within Psychiatry: Narrowing Indications and Broadening Options; Recommended Reading; 4 Learning Psychotherapy; Introduction; Basic Skills; Attending and Listening skills; Restatements; Questions; Showing Empathy; Challenges; Common Psychotherapeutic Techniques; Proposed Learning Sequence ; Recommended Reading; 5 Current Psychotherapies; Psychotherapy Training; Individual Psychodynamic Psychotherapies; Psychoanalysis Psychodynamic PsychotherapyTransference-Focused Psychotherapy (TFP); Mentalization-Based Treatment (MBT); Supportive Psychotherapy (Including Psychoeducation); Play Therapy; Individual Behavior 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

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
