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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
