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Nota di contenuto	Cover; Copyright; Manual of panic focused psychodynamic psychotherapy-extended range; Contents; Acknowledgments; About the authors; 1. The importance of a psychodynamic manual for panic and anxiety disorders; 2. Vignette, part I; Part I : Theoretical background; 3. Basic psychodynamic concepts; 4. The psychodynamic formulation; 5. The role of development in the pathogenesis of panic and anxiety disorders; Part II : Treatment; 6. The framework of panic focused psychodynamic psychotherapy-eXtended range 7. Some techniques of psychodynamic psychotherapy as they apply to panic and anxiety disorders8. Initial evaluation and early sessions; 9. Common psychodynamic conflicts in panic and anxiety disorders; 10. Defense mechanisms in panic and anxiety disorders; 11. Working through and termination; Part III : eXtended range; 12. Psychodynamic approaches to agoraphobia and other phobias; 13. Psychodynamic approaches to social anxiety disorder; 14. Psychodynamic approaches to generalized anxiety disorder; 15. Psychodynamic approaches to posttraumatic stress disorder 16. Psychodynamic approaches to anxiety-related personality

disorders  
17. Common clinical difficulties in practicing panic focused psychodynamic psychotherapy-eXtended range; 18. Vignette, part II: Psychodynamic formulation and therapeutic action; Afterword; References; Index

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Sommario/riassunto

"This manual presents a carefully researched, detailed psychodynamic treatment program for the alleviation of a transdiagnostic range of primary Axis I anxiety disorders, including panic disorder, generalized anxiety disorder, social anxiety disorder, posttraumatic stress disorder, and related psychological problems. First exploring the principles of psychodynamic theory and formulation, the authors then present a three-phased process of panic-focused psychodynamic psychotherapy-extended range (PFPP-XR): initial evaluation, interpretation of central conflicts and defense mechanisms, and termination. Each phase is discussed in depth and relies on central case illustrations to demonstrate techniques and results. A subsequent chapter explores how to address complex issues that may arise during the course of treatment. Altogether, this manual not only provides a demonstrated, adaptable approach for anxiety disorders, but also clearly embodies a spirit of research and empiricism heretofore rare in psychodynamic psychotherapies, with an eye toward future development"--Provided by publisher.

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