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Nota di contenuto

Front Cover; Beginnings; Copyright Page; Contents; Preface to the second edition; Acknowledgments; About the author; 1. Beginnings; 2. Understanding and diagnosis; 3. Mapping; 4. Alliance; 5. Focus; 6. History taking: How much is enough?; 7. Engaging ourselves and the patient in the process; 8. What material is important?; 9. How can we be sure?; 10. Trial interventions and feedback; 11. Four models of underlying developmental disruption; 12. What has gone right? Strengths and resilience; 13. The structural weakness model; 14. The trauma model; 15. The maladaptive character pattern model; 16. The conflicts and splits model; 17. Helping the patient form an alliance: Mapping paths of trust and repair; 18. Reality testing and reasoning; 19. The maturation of emotional balance; 20. The maturation of relatedness; 21. The maturation of moral sense; 22. Respecting the psychological costs of change; 23. The patient's learning style; 24. The power of expectations: Their influence on focus, modality, and style; 25. Modalities; 26. Priorities and treatment episodes; 27. Am I the right person?; References; Index

Sommario/riassunto

Utilizing a decade's worth of clinical experience gained since its original publication, Mary Jo Peebles builds and expands upon exquisitely demonstrated therapeutic approaches and strategies in this second edition of *Beginnings*. The essential question remains the same, however: How does a therapist begin psychotherapy? To address this delicate issue, she takes a thoughtful, step-by-step approach to the substance of those crucial first sessions, delineating both processes and potential pitfalls in such topics as establishing a therapeutic alliance, issues of trust, and history taking.
