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Nota di contenuto	Part 1: THE INTEGRATED APPROACH IN PSYCHOTHERAPY -- Chapter 1: Toward an Integrated Approach to Evidence-Based Practices in Psychotherapy -- Part 2: THE FORMULATION OF THE CLINICAL CASE IN THE INTEGRATED EBP APPROACH -- Chapter 2: Case Formulation: Developing a Shared Understanding of the Patient's Relational World -- Part 3: UNDERSTANDING PATIENT FUNCTIONING: MOTIVATIONAL SYSTEMS, ATTACHMENT, AND MEANING ORGANIZATIONS -- Chapter 3: Motivational systems for the understanding of Patient's functioning -- Chapter 4: The Post-rationalism perspective: Personal Meaning Organizations and their functioning -- Chapter 5: The Assessment of Attachment for Case Formulation -- Part 4: TRAINING IN THE THERAPEUTIC RELATIONSHIP -- Chapter 6: Alliance Ruptures and Repairs -- Chapter 7: The Therapeutic Relationship as an Attachment Relationship: the role of the epistemic trust -- Chapter 8: Mentalization in the Therapeutic Relationship -- Chapter 9: The Role of Trauma in the Therapeutic Relationship -- Chapter 10: Training Therapists in Common Interpersonal Skills -- Chapter 11: iCAST: Possible steps

toward the integration of nonverbal signals into psychotherapeutic practice -- Part 5: THE THERAPIST'S EXPERIENTIAL TRAINING AND SELF-AWARENESS DEVELOPMENT -- Chapter 12: Personal Experiential Training within the Integrated Psychotherapy pathway -- Chapter 13: The path of self-awareness development and the role of co-trainers -- Part 6: EVIDENCE-BASED TECHNIQUES -- Chapter 14: Intertwine techniques and therapeutic relationship for the treatment of personality disorders -- Chapter 15: The Attachment Based Family Therapy (ABFT): theory, clinical model and training -- Chapter 16: Trauma Resolution: A Healing Journey Through EMDR Therapy -- Chapter 17: Dialectical Behavior Therapy -- Chapter 18: CBT-E: Addressing Eating Disorder Psychopathology with Cognitive Behavioral Strategies and Procedures -- Chapter 19: Dynamic-Relational Treatment of Pernicious Personality: Working with Perfectionism -- Chapter 20: Schema therapy and ACT -- Chapter 21: Integrating sexology into evidence-based practice of psychotherapy -- Part 7: PERSONALIZATION OF THE TREATMENT -- Chapter 22: The Stepped Care Model -- Chapter 23: Using patient Feedback in Psychotherapy and Training -- Chapter 24: Using patient preferences to customize therapy.

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### Sommario/riassunto

This edited book offers an integrative and evidence-based practice approach to training in psychotherapy, examining common factors across different therapeutic models seen through an attachment theory lens. It stresses the opportunities to handle those therapeutic situations in practice that predict patient outcomes. This edited volume will appeal to instructors and students, particularly as an introductory text on psychotherapy practice that emphasizes the fundamentals of therapist interpersonal skills and approaches. Instructors may use the book, its worksheets, and review exercises to help structure a course in psychotherapy. Individual chapters will interest trainers and students in a more advanced course that teaches interpersonally oriented therapies with an attachment theory foundation. Although written specifically for training contexts, the book will also interest practicing clinicians who wish to extend their skill set to include interventions related to those informed by attachment theory.

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