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Note generali	First published in German as Integrative psychotherapie : zwei exemplarische Geschichten aus der Praxis.
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Nota di contenuto	CONTENTS -- ACKNOWLEDGEMENTS -- ABOUT THE AUTHOR -- Introduction: existential creativity -- TWELVE EXEMPLARY CASES -- TALE ONE Stress reaction with anxiety and depression: a singer loses her voice -- TALE TWO Adjustment disorder: a medical student suffers from crippling jealousy -- TALE THREE Social anxiety: a business management student fails whenever things come to a head -- TALE FOUR Anxiety and avoidance: a pianist is afraid to demonstrate her prowess -- TALE FIVE Slight to moderate depression: a young woman doctor cannot explain why she feels so low -- TALE SIX Psychosomatic symptoms: a housewife in pain for decades -- TALE SEVEN Narcissistic personality traits: a law graduate sees no one but himself and despairs -- TALE EIGHT Histrionic personality traits: a student in search of constant thrills -- TALE NINE Impulse control disorder with Don Juan syndrome: an architect intends to shoot himself -- TALE TEN Severe depression plus burnout: a company employee is completely burnt out and sees no hope for himself -- TALE ELEVEN Psychotic episodes: a musician seeks ecstasy and ends in chaos -- TALE TWELVE Borderline personality traits: long-term psychotherapy helps to understand feelings and relationships -- Conclusion: an integrative ABCDE model of psychotherapy -- REFERENCES -- INDEX

Sommario/riassunto

"What happens in psychotherapy and when it is helpful? With twelve case reports covering the most frequent disorders requiring psychotherapy, the prominent psychiatrist, psychotherapist, and psychoanalyst Rainer Matthias Holm-Hadulla shows how success can be achieved with the flexible integration of different psychotherapeutic methods. The focus is on individuals in their social context, with their various biographies, life situations, and creative potentialities. The narratives revolve around an 'ABCDE' model and highlight the following aspects of modern psychotherapy: therapeutic alliance, behaviour change, cognitive reflection, psychodynamic analysis, and existential understanding."--Provided by publisher.
