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Nota di contenuto	I. Introduction -- II. Introduction to key concepts -- III. Assessment and suitability -- IV. Introduction to the fundamentals of supportive therapy -- V. Beginning of treatment -- VI. Interventions -- VII. Active and passive use of the transference -- VIII. Intercultural aspect of supportive therapy.
Sommario/riassunto	This book explores Open-Ended Supportive Therapy, a psychoanalytically informed approach designed to offer a compassionate and flexible alternative to more rigid therapeutic

methods. Supportive therapy is particularly valuable for individuals who find traditional therapeutic models either too directive or insufficiently supportive, as it prioritizes the therapeutic relationship over specific goal-oriented techniques. The book presents consistent research indicating that early termination of treatment, when patients abruptly leave the therapeutic process, is often linked to therapists offering interventions that patients are not ready for. Supportive Therapy assigns a specific role to the therapist in the use of transference, leveraging this understanding to create a supportive environment through a strong therapeutic alliance. This framework guides the therapist in navigating the complexities of providing support without colluding with the patient's pathology. Rodrigo Sánchez Escandón is the Course Lead for Psychodynamic Psychotherapy Trainings at the Tavistock and Portman NHS Foundation Trust in the UK, where he designs and delivers courses in London and Leeds. He is also an invited lecturer in the Department of Psychosocial and Psychoanalytic Studies at the University of Essex, where he supervises PhD students and serves as Chair of the Curriculum Subcommittee at the British Psychoanalytic Association. Rodrigo studied Clinical Psychology in Mexico City and completed his training in Psychoanalytic Psychotherapy at the Mexican Psychoanalytic Association, followed by further psychoanalytic formation at the British Psychoanalytic Association. He has over 20 years of clinical experience across private practice, the NHS, and other settings, including managing a brief therapy clinic in central London.
