



Psychodynamics, Training, and Outcome in Brief Psychotherapy

David Malan, Ferruccio Osimo

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Psychodynamics, Training, and Outcome in Brief Psychotherapy provides information pertinent to the fundamental aspects of dynamic psychotherapy. This book discusses the selection criteria, the principles of therapeutic methods, and the factors leading to therapeutic effects in psychotherapy.

Organized into five parts encompassing 37 chapters, this book begins with an overview of the influence of research on clinical practice. This text then examines the evidences showing that most of the improvements were in fact due to therapy. Other chapters summarize the essential characteristics of the methods used with the patients in various case studies. This book discusses as well the concept of the triangle of conflict, which refers to one of the cornerstones of psychodynamic theory. The final chapter deals with the advantages of a psychotherapeutic clinic to certain kind of patients who can be greatly helped in a relatively short time. This book is a valuable resource for psychotherapists, psychiatrists, psychologists, and social workers.

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