



# Practicing Psychotherapy

A CASEBOOK

MICHAEL FRANZ BASCH

# Practicing Psychotherapy A Casebook

**James O. Prochaska, John C. . Norcross**



## **Practicing Psychotherapy A Casebook:**

**Practicing Psychotherapy** Michael Franz Basch,1992-06-16 How can one engage the hostile or the frightened patient or the patient incapacitated by shame or by physical illness How can a clinician focus a therapy that threatens to wander indefinitely and unproductively When and how should one use short term therapy Even experienced talented therapists frequently find themselves stymied often for prolonged periods of time by problems commonly encountered in an office based practice Here along with detailed case examples is a hands on demonstration of how to deal with such complex at times seemingly intractable problems Basch s technique is a psychodynamic approach that also embraces cognitive and behavioral therapy It correlates what is heard and seen in the therapist s consulting room with our knowledge of normal infant and child development This book shows how Basch s developmental method can be used even in short term therapy to deal with complex problems The book also includes extensive examples of the supervisory process demonstrating how to make the best use of this model for therapy both as supervisor and supervisee Basch s first book *Doing Psychotherapy* has become a standard introductory text and his second book *Understanding Psychotherapy The Science Behind the Art* has gained widespread support and garnered much acclaim Building on the principles elaborated in his previous books this eminently practical new book takes readers to a new level of understanding

**Practicing Psychodynamic Therapy** Richard F. Summers,Jacques P. Barber,2016-07-29 This volume presents 12 highly instructive case studies grounded in the evidence based psychodynamic therapy model developed by Richard F Summers and Jacques P Barber Bringing clinical concepts vividly to life each case describes the patient s history and presenting problems and takes the reader through psychodynamic formulation treatment planning and the entire course of therapy including the challenges of termination The cases address a variety of core psychodynamic problems with outcomes ranging from very successful to equivocal The emotional experience of the therapist is explored throughout Commentary from Summers and Barber on every case highlights important points and key clinical dilemmas See also the authored book *Psychodynamic Therapy A Guide to Evidence Based Practice* in which Summers and Barber comprehensively describe their therapeutic model

**Doing Brief Psychotherapy** Michael Franz Basch,1995-12 Open ended therapy is no longer an option for most patients and therapists must learn to achieve therapeutic goals in much shorter periods This practical and highly readable book spells out an effective treatment approach designed to work successfully with most patients in fewer than twenty sessions

**Doing Psychotherapy** Michael Franz Basch,Michael Basch,2008-08-01 Here is a practical guide to doing psychotherapy which unlike most other manuals that present an idealized view of the therapist patient relationship shows what the therapeutic encounter is really like Using detailed excerpts from clinical protocols and without omitting the inevitable mistakes that a therapist will make Dr Basch draws the reader into the therapeutic dialogue as a way of experiencing what actually happens in the course of treatment with cases of varying complexity The author focuses on the treatment of the kind of patients who though likely to make up the majority of a

therapist's practice are generally ignored in training guides those who are not acutely disturbed whose pathology is minimal but whose personal relationships are usually troubled unsatisfying and frequently destructive Dr Basch's approach developed over twenty years of practicing and teaching psychotherapy is dynamic and analytic in that he considers the management of the transference relationship as basic to the treatment process however he avoids the rigidities often associated with the classical psychoanalytic position and does not hesitate to incorporate into his teaching methods techniques associated with other schools of therapy Throughout he stresses building on the patient's strengths rather than searching for pathology This wise and useful book not only will prove invaluable to all beginning psychotherapists whether their background is one of psychiatry psychology or social work but will also serve as an ideal refresher for those more experienced in clinical work

**Case Book of Brief Psychotherapy with College Students** Leighton Whitaker, Stewart Cooper, James Archer Jr, 2014-02-25 Short term therapy doesn't have to be second best This valuable book explores a variety of brief therapy approaches with young adults between 17 and 25 Each case discussion thoroughly covers the salient points of the client the problem and the treatment as well as segments of the treatment transcripts that illustrate the critical aspects of the counseling A post hoc question and answer section explores alternative ways the therapist could have handled the client and allows in depth examination of successful treatment approaches Case Book of Brief Psychotherapy with College Students offers constructive suggestions for dealing with common presenting problems including depression individuation issues PTSD impulse control in mandated psychotherapy cult membership post rape trauma bereavement issues With comprehensive references and a fascinating variety of presenting problems Case Book of Brief Psychotherapy with College Students is a helpful resource for any psychologist social worker or therapist whose clients include young adults

**Comprehensive Handbook of Social Work and Social Welfare, Human Behavior in the Social Environment**, 2008-07-23  
Comprehensive Handbook of Social Work and Social Welfare Volume 2 The Profession of Social Work features contributions from leading international researchers and practitioners and presents the most comprehensive in depth source of information on the field of social work and social welfare

**Systems of Psychotherapy** James O. Prochaska, John C. Norcross, 1998-08  
Casebook of Eclectic Psychotherapy John C. Norcross, 1987 **Introduction to the Technique of Psychotherapy** Samuel I. Greenberg, 1998 Greenberg psychiatry U of Florida presents a basic practical guide with a minimum of theory for the beginning therapist The emphasis is on individual dynamic psychotherapy with technical procedures from the other theoretical approaches being discussed as helpful additions to a therapist's repertoire The book is divided into two parts basic psychotherapy and special situations No bibliography Annotation copyrighted by Book News Inc Portland OR

**The Handbook of Problem-Oriented Psychotherapy** Arthur Harry Chapman, Miriam Chapman-Santana, 1997 Answers questions that new mental health professionals may have illustrating right and wrong approaches with therapist patient dialogues Deals with problems such as erotic overtures ending a session and patient attacks on therapists interpretations

with chapters on emotional pain and the flow of conversation energy flows in human relationships group therapy and special techniques such as humor and dreams Includes a brief orientation for nonphysician psychotherapists on combining psychotherapy and medications Annotation copyright by Book News Inc Portland OR *Innovations in Clinical Practice* Leon Vandecreek, Samuel Knapp, Thomas L. Jackson, 1997 **The American Journal of Psychiatry**, 1993 **Casebook in Abnormal Psychology** John Vitkus, 1995 National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1993 *Brief Therapy and Beyond* Michael F. Hoyt, 2017-08-25 Brief Therapy and Beyond is a collection of new and selected papers by prominent psychologist Michael Hoyt Numerous clinical vignettes and informative discussions describe time sensitive treatments to relieve psychological distress and or promote growth Drawing from an encyclopedic knowledge of the professional literature as well as humor poetry sports and candid revelation Hoyt illustrates the importance of stories language love hope and time in shaping worldviews that inspire and empower clients and clinicians to make effective and efficient changes *Innovations in Clinical Practice*, 1997 **Psychopathology, a Case Book** Robert L. Spitzer, 1983 Progress in Self Psychology Arnold Goldberg, 1994 Affect Theodore Shapiro, Robert N. Emde, 1992 Feelings also known as emotions and affects intrude on our awareness in all that we do Affect Psychoanalytic Perspectives addresses our newest views about these phenomena from multiple vantages Developmental clinical and integrative perspectives are detailed in sixteen original papers by leaders in psychoanalytic thought and developmental psychology The section on Clinical Perspectives elaborates a two way effort that uncovers the contribution of theory to clinical studies and establishes how clinical inquiry has led to new theories Signal affects now replace signal anxiety and clinical data are elaborated to show how attention to affect directs our grasp of unconscious fantasy In the section on Development the latest biological theories of affect generation are reviewed and their relation to the socialization of emotion at various developmental stages are explored These phenomena are traced from early interactions to the consequences of the development of self on affect in the later years The Integrative section elaborates newer notions about procedural memory and the effect of nominalization of feelings on the process of treatment Clinical experiences of affects are viewed in tandem with Darwinian concepts of affect Freudian catharsis and the emergence of complex emotions of shame and love The latter are given new life in experience near psychoanalytic data The volume is full of clinical examples wisdom and application of new knowledge to an area of scrutiny that has for too long evaded our systematic study *Readings*, 1992

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Practicing Psychotherapy A Casebook**

In a global inundated with displays and the cacophony of immediate transmission, the profound energy and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, nestled within the musical pages of **Practicing Psychotherapy A Casebook**, a fascinating function of fictional beauty that pulses with fresh thoughts, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that enchanting opus books viewers on a mental odyssey, gently revealing the latent potential and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect its charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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