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# Effective Brief Therapies

A Clinician's Guide

Edited by  
Michel Hersen  
Maryka Biaggio



# Effective Brief Therapies

**E Durkheim**



## **Effective Brief Therapies:**

**Effective Brief Therapies** Michel Hersen, Maryka Biaggio, 2000-06-05 This treatment guide is based on selected disorders taken from the American Psychiatric Association DSM IV Diagnostic Classifications. The disorders selected are treatable or responsive to brief therapy methods. The therapist or student in training can use this book to identify the elements needed for formulating a treatment plan on disorders typically encountered in clinical practice. The approaches taken are based on cognitive behavioral principles and makes use of empirical findings. However the case study format allows the reader to see how the assessment and treatment is implemented in a real life patient and not as a clinical abstraction distilled from research studies. Moreover the treatment plan is outlined in a manner that makes reimbursement likely from managed care organizations and insurance companies. **Effective Brief Therapies** is useful as a reference for therapists and as a training guide for graduate students. Case Descriptions Treatment Conceptualization Assessment Techniques Treatment Implementation Techniques Concurrent Diagnoses and Treatment Complications and Treatment Implications Dealing with Managed Care and Accountability Outcome and Follow up Dealing with Recidivism

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Brief Interventions and Brief Therapies for Substance Abuse Kristen Lawton Barry, 1999 This TIP presents the historical background outcomes research rationale for use and state of the art practical methods and case scenarios for implementation of brief interventions and therapies for a range of problems related to substance abuse. This TIP is based on the body of research conducted on brief interventions and brief therapies for substance abuse as well as on the broad clinical expertise of the Consensus Panel. Because many therapists and other practitioners are eclectically trained elements from each of the chapters may be of use to a range of professionals.

**Effective Brief Therapies** Michael Hersen, 2003-04 Transactional Analysis Approaches to Brief Therapy Keith Tudor, 2002-02-05 Of all the approaches to therapy Transactional Analysis or TA is arguably one of those most suited to time

limited work At a time when short term therapy is increasingly dominant as a form of practice Transactional Analysis Approaches to Brief Therapy provides an insightful guide which both informs and challenges Rather than a single theory TA has developed as a group of four schools which share a common philosophy but place different emphasis on what occurs during the therapeutic process Written by therapists at the leading edge of developments in TA the book presents and differentiates each of these four approaches Through transcripts and commentaries it shows how theory applies to practice for example

**Handbook of Effective Psychotherapy** Thomas R. Giles, 2012-12-06 Handbook of Effective Psychotherapy is the culmination of 15 years of personal interest in the area of psychotherapy outcome research In my view this is one of the most interesting and crucial areas in the field it has relevance across disparate clinical disciplines and orientations it provides a measure of how far the field has progressed in its efforts to improve the effectiveness of psychotherapeutic intervention and it provides an ongoing measure of how readily clinicians adapt to scientific indications in state of the art care Regrettably as several of the chapters in this volume indicate there is a vast chasm between what is known about the best available treatments and what is applied as the usual standard of care On the most basic level there appears to be a significant number of clinicians who remain reluctant to acknowledge that scientific study can add to their ability to aid the emotionally distressed I hope that this handbook with its many delineations of empirically supported treatments will do something to remedy this state of affairs

**Theory and Practice of Brief Therapy** Simon H. Budman, Alan S. Gurman, 2002-08-13 The authors of this book identify the central features of effective time limited interventions for individuals couples families and groups Taking a developmental approach to treatment they explain how brief therapy can help at different times in a patient's life as changes and transitions bring on new stresses and challenges A practical framework is provided for selecting and screening patients rapidly finding a focus for clinical work and making optimal use of available time

**Intervention & Strategies in Counseling and Psychotherapy** Richard E. Watts, Jon Carlson, 2013-08-21 Psychology has recently shifted toward a phenomenological approach closely aligned with theories originally put forth by noted psychologist Alfred Adler However modern approaches are often presented in a language that differs from the original theories with no acknowledgment to the contributions of Adler Interventions and Strategies in Counseling and Psychotherapy corrects this oversight illustrating the many ways in which Adlerian ideas underpin and influence contemporary therapeutic approaches Original chapters by leading thinkers in the field address the practice of counseling and psychotherapy from a social cognitive perspective and logically combine classic Adlerian theories with proven and effective methods from other approaches The book covers a wide range of topics including play therapy parent education couples therapy and problem solving counseling This book is essential reading not only for Adlerian psychologists but also counselors psychologists and psychotherapists of any theoretical stripe who wish to keep their practical skills up to date It is also of use to graduate and doctoral students enrolled in counseling and psychology programs

*The First Session in Brief Therapy* Simon H.

Budman, Michael F. Hoyt, Steven Friedman, 1992-08-07 In all models of therapy the initial interview is a significant component. It sets the tone, structure, direction, and foundation of treatment. In brief therapy, the opening moves are even more important because there is less time later to correct errors or change direction. This volume provides practitioners with an up-close view of exactly what expert brief therapists do at the beginning of treatment and why they do it. Each author describes his or her particular orientation, presents annotated transcripts of actual initial sessions, and responds to pointed questions from the editors about their cases. Following an introduction by the editors, the first section of the book covers initial sessions in therapies for individuals. These include the rational emotive approach, a one-session intervention, an interpersonal psychodynamic model, neurolinguistic programming, and the I D E interpersonal developmental existential approach. Beginning cognitive behavioral therapy with depressed or drug-abusing adolescents is covered, and a directive approach strongly influenced by the work of Milton Erickson is presented. The next section addresses methods and strategies for working with couples and families. Chapters on marital therapy cover an integrative approach that combines an intra- and interpersonal focus in marital therapy, a cognitive behavioral approach that is based on principles of social learning and social exchange theory, emotionally focused therapy, and an approach that utilizes reflective conversation. A solution-oriented model, the possibility paradigm for helping families amplify their strengths, is delineated, as is a strategic MRI style model for working with an individual family member and a structural approach for creating familial change. An ideal companion to Budman's *THEORY AND PRACTICE OF BRIEF THERAPY*, this illuminating and unique casebook is essential reading for all clinicians who need to learn more about time-effective models. Offering a comparative view of a variety of models, it is an ideal text for undergraduate and graduate students.

**The Value of Psychological Treatment** Nicholas A. Cummings, 1999  
Volume II Nicholas Cummings has been called a lot of things in his life: entrepreneur is one of them. The Cummings legacy will be voluminous and manifold. His contributions to the field have spanned the many definitions of practicing psychology: from education to policy, from business to ongoing exploration. He has been predicting trends, cautioning those who would listen, and negotiating the obstacles to efficacious delivery of quality therapeutic services for over half a century. With this book, we pause once again to revisit some of the most important of his projects as an entrepreneur. Editors Thomas Cummings and O'Donohue took on a difficult task when they set out to convince Cummings to tell the story behind the story of how and why he created the various organizations selected here. Of course, he balked at the idea of showing off these successes, but the editors were finally able to persuade him of the potential benefit to readers. First, there is the revelation of psychologist as entrepreneur and the delicate balance that is required in order to proceed in this direction with integrity and effectiveness. More important, these organizations were for the most part conceived of as being in service to the profession or to its legislators rather than being focused on profits. Their success, therefore, has had more than a little to do with strengthening the ability of the field to move forward even as it is pulled in different directions. In the end, Nick Cummings decided to tell

the story behind the story and readers will be very glad he did Part history part memoir this is a fascinating whodunit and each time you ll find Nick Cummings seeing the need envisioning a way to meet it and then doing it      **Systems of Psychotherapy** James O. Prochaska, John C. Norcross, 2018-02-01 Comprehensive systematic and balanced Systems of Psychotherapy uses a wealth of clinical cases to help readers understand a wide variety of psychotherapies including psychodynamic existential experiential interpersonal exposure behavioral cognitive third wave systemic multicultural and integrative The ninth edition of this landmark text thoroughly analyzes 15 leading systems of psychotherapy and briefly surveys another 32 providing students and practitioners with a broad overview of the discipline The book explores each system s theory of personality theory of psychopathology and resulting therapeutic process and therapy relationship Through these explorations the authors clearly demonstrate how psychotherapy systems agree on the processes producing change while diverging on the elements in need of change Additionally the authors present cogent criticisms of each approach from cognitive behavioral psychoanalytic humanistic cultural and integrative perspectives This ninth edition features updated meta analytic reviews of the effectiveness of each system new sections on Lacanian analysis mentalization therapy and psychotherapy with gender nonconforming people as well as new sections and updates throughout the text

**Evidence-Based Practice Manual** Albert R. Roberts, Kenneth R. Yeager, 2004-01-15 The Evidence Based Practice Manual was developed as an all inclusive and comprehensive practical desktop resource It includes 104 original chapters each specially written by the most prominent and experienced medical public health psychology social work criminal justice and public policy practitioners researchers and professors in the United States and Canada This book is specifically designed with practitioners in mind providing at a glance overviews and direct application chapters This is the only interdisciplinary volume available for locating and applying evidence based assessment measures treatment plans and interventions Particular attention has been given to providing practice guidelines and exemplars of evidence based practice and practice based research The Evidence Based Practice Manual emphasizes and summarizes key elements issues concepts and how to approaches in the development and application of evidence based practice Discussions include program evaluation quality and operational improvement strategies research grant applications validating measurement tools and utilizing statistical procedures Concise summaries of the substantive evidence gained from methodologically rigorous quantitative and qualitative research provide make this is an accessible resource for a broad range of practitioners facing the mandate of evidence based practice in the health and human services      Education and Training in Solution-Focused Brief Therapy

Thorana S. Nelson, 2005 Solution focused brief therapy SFBT is the practice that works by changing concentration from problem behaviour to solution behaviour ideally within just a few sessions This book includes helpful tables questionnaires case studies each chapter is extensively referenced      **Essential Psychotherapies, Third Edition** Stanley B. Messer, Alan S. Gurman, 2011-08-17 This book has been replaced by Essential Psychotherapies Fourth Edition ISBN 978 1 4625 4084 6

*Solution-focused Therapy* Bill O'Connell, 2005 O'Connell presents a comprehensive introduction to Solution focused therapy SFT His writing is accessible making this an easy book to read The way in which the material is organized and presented is appealing The tone of the writing is down to earth and I imagine that few readers would feel alienated by the language regardless of training or theoretical background This book provides not only an in depth introduction to SFT but also provides the more experienced therapist with further ideas and principles O'Connell manages to keep an air of hope and optimism in his writing which left me with a renewed sense of enthusiasm for working with clients in a SFT way Having read a substantial amount of literature in brief therapy I found this book to be one of the best I have come across O'Connell communicates his ideas in a clear and rational way and most importantly with an essential dose of humanity I would recommend this book to almost everyone regardless of their professional background as it instills a sense of hope and change

*Counselling Psychology Review* A thoroughly enjoyable read about an inspiring approach to facilitating others without pathologising them this book not only offers practical guidelines for beginners and validating supportive ideas for the more experienced it could also inspire those who are simply interested in efficient and effective ways of empowering people via reminders of their potential to live zestful creative fruitful connected lives

*Nurturing Potential Solution Focused Therapy* is a comfortable introduction to SFT which is best suited for students or those new to the model or to professionals in other fields It supports the novice practitioner in feeling that providing good therapy is within their grasp Bill O'Connell's presentation of solution focused therapy encourages theoretical integration practicality and trust in the abilities of the client over purity Hopefully such an approach would appeal to all therapists

*The Brief Therapy Networks Solution Focused Therapy Second Edition* is a popular introduction to the theory practice and skills of an approach which is increasingly used by a variety of professionals including counsellors psychologists mental health workers and social workers Its popularity lies in the fact that it is both time limited and cost effective which are key considerations for many practitioners nowadays For this the Second Edition the book has been fully revised and updated and now includes new sections on solution focused supervision and running a solution focused reflecting team Most chapters include brief practice points for counsellors This book will be of great interest to trainees of solution focused therapy as well as practitioners who work in a range of contexts where the emphasis is on providing effective brief interventions Bill O'Connell is Director of Training for Focus on Solutions Limited in Birmingham He was previously Head of the Counselling Department at Westhill College of Higher Education Birmingham and is co editor of *Handbook of Solution Focused Therapy* Sage 2003

**Multimodal Treatment of Acute Psychiatric Illness** Justin M Simpson, Glendon L Moriarty, 2013-12-24 The multimodal treatment of acute psychiatric illness is an integrated systematic set of interventions stabilizing individuals with severe mental illness and helping them avoid the trauma of unnecessary psychiatric hospitalization Focusing on patients suffering from schizophrenia schizoaffective disorder bipolar disorder major depressive disorder severe anxiety and substance dependence this volume provides individual

practitioners and professional teams with the necessary tools for responding to crisis and delivering acute care reinforcing lessons with real world hospital case studies exercises and resources

**Psychotherapy Abbreviation** Terry S Trepper, Helena E Papay, 2014-03-18 Psychotherapy Abbreviation is a field tested approach designed to train both experienced and student mental health professionals to do brief therapy that is effective and highly satisfactory to clients This book is unique in that it is the only text that is compatible with almost all approaches to treatment making it suitable as a primer of brief therapy usable by virtually all psychotherapists Most other brief therapy books are affiliated with a specific theory of psychopathology making each limited to those who share the author's theoretical orientation Pekarik wrote this text based on his own brief therapy training manual because he could not find a text suitable for the wide range of psychotherapy approaches represented by the therapists whom he trains in his research teaching and consulting work By offering a unique approach derived from the active ingredients common to all forms of brief therapy and the literature on client treatment preferences Psychotherapy Abbreviation simplifies the abbreviation process and makes it accessible to all therapists Pekarik's strategies have been field tested he has used them to train hundreds of therapists who have demonstrated success with clients increased client satisfaction improved treatment effectiveness and lowered dropout rates These same therapists also doubled the proportion of cases they treated with brief therapy This how to do it text is extremely practical It assumes that the reader already has a theory and set of therapy techniques true of even most graduate students The emphasis is then placed on the treatment abbreviation process itself Because of this highly focused approach the text will like the technique it describes be concise and brief By avoiding association with any particular school of therapy Pekarik's approach is usable by all schools of therapy Therapists and future therapists now in graduate school will benefit from Psychotherapy Abbreviation as it explores these topics rationale for the abbreviation of psychotherapy practical and ethical issues to consider in client selection a conceptual model for treatment abbreviation rapid assessment and case conceptualization establishing a brief therapy focus goal establishment and negotiation adapting standard psychotherapy techniques to the brief format practice issues in brief therapy Psychotherapy Abbreviation is two part Part one is an orientation to this model of brief therapy in which Pekarik emphasizes a research based rationale for doing brief therapy presents a general theory of why brief treatments work and provides guidelines for the identification of appropriate clients for brief therapy The second part of the text is devoted to technical skills training It begins with an overview of the techniques common to most schools of brief therapy and describes a universal model of brief therapy Readers are then taken step by step through a description of the four most important abbreviation techniques presented in the typical order of use with clients To encourage readers to consistently apply the recommended techniques Pekarik includes one particular training case which he describes in detail and uses it in all of the technical skills chapters in special Case Application sections of these chapters Before describing the detailed applications Pekarik prompts readers to consider how they would apply the abbreviating technique presented in that



chapter to the case With individual exercises he gives special attention to how readers can adapt their personal therapy styles and theoretical orientations to brief therapy As a result readers develop both a rationale and abbreviation strategy compatible with their values and practical needs as therapists The exercises are found in each chapter in special exercise

*The Practice of Counselling in Primary Care* Robert Bor,Damian McCann,1999-05-19 Useful for the insights about introducing a new service into the general practice environment Family Practice Counselling practitioners in primary care settings have unique circumstances to contend with This book offers practical guidance for managing the issues these counsellors face exploring the complex dynamics of health care teams and providing a guide to the safe and effective practice of counselling in primary health care contexts The book highlights potential sources of difficulty for this group from needing to maximize therapeutic contact while using time limited techniques to working with a wide range of patients and problems and relying increasingly on evidence based practice

**Brief Psychotherapy** Richard D. Parsons,2022-05-03 Brief therapy is a unique and effective approach to mental health service delivery Brief Psychotherapy Time Limited and Effective Treatments offers readers insight into the assumptions and operating principles that are at the core of all brief therapies The book reviews contemporary and time limited models of psychotherapy and also provides clinical illustrations of each theory Part I provides readers with an overview of brief therapy The chapters describe brief therapy s unique perspective and focus for mental health service the social and cultural forces that have contributed to its emergence its key values and principles and various factors that may impact the suitability of brief therapy for individual clients Part II focuses on various theories and their applications with chapters that cover solution focused brief therapy time limited dynamic psychotherapy brief cognitive behavior therapy acceptance and commitment therapy dialectical behavioral therapy emotion focused therapy interpersonal psychotherapy and single session therapy Each chapter describes the individual theory s history and significant contributors unique perspective assumptions and guiding principles principles in action supportive research and its suitability and effectiveness Throughout engaging case studies and activities bridge theory and practice and enrich the student learning experience Designed to provide students and practitioners with an effective introduction to emerging mental health treatment and provisions Brief Psychotherapy is an ideal resource for mental health training programs and practitioners at all levels

Seminars in the Psychotherapies Rachel Gibbons,Jo O'Reilly,2021-06-10 This comprehensive and highly readable book outlines the main psychological therapies used in contemporary clinical practice It clearly describes the underlying theoretical principles and techniques and with vivid case examples demonstrates the central role of these treatments in mental health care The contribution of psychological and psychodynamic ideas to different psychiatric presentations is outlined including mood disorders psychosis self harm and suicide Other chapters specifically address recent developments including neuropsychanalysis psychedelic assisted psychotherapy and Open Dialogue As the chapters unfold this book illustrates how a psychologically informed approach to mental disorder can enrich psychiatric practice by providing

a holistic and meaningful understanding of the symptoms of psychological distress Bringing together ideas from psychiatry and psychotherapy this is the go to text for trainees experienced psychiatrists and other mental health professionals interested in the psychological and psychodynamic aspects of psychiatry An essential resource for preparation for the MRCPsych examinations

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