

Fundamentals  
of Adaptive  
Psychotherapy  
and Counselling

Robert Langs



# Fundamentals Of Adaptive Psychotherapy And Counselling

**Carol Holmes**



## **Fundamentals Of Adaptive Psychotherapy And Counselling:**

**Fundamentals of Adaptive Psychotherapy and Counselling** Robert Langs, 2017-03-14 This important text not only brings together a synthesis of Robert Langs most important ideas and the latest developments in his thinking many of them of utmost importance to all manner of therapists it also presents them in a form that is accessible to the reader new to the communicative approach as well as those with more experience With separate sections on theory and practice that clearly define the basic principles that apply to all forms of psychotherapy and counselling the book is an excellent starting point as a basic introduction to and reconsideration of psychotherapy and counselling for trainees and practitioners Love and Death in Psychotherapy Robert Langs, 2006-06-23 Feelings of love between patients and their therapists have been an endless source of confusion for those involved An essential reading for all counselling and psychotherapy students and practitioners this text offers fresh perspectives and advice on how best to deal with expressions of love and sexual desires in the course of therapy Values & Ethics in Counselling and Psychotherapy Gillian Proctor, 2014-03-14 This book offers an introduction to values and ethics in counselling and psychotherapy helping you to develop the ethical awareness needed throughout the counselling process The book covers Context and emergence of ethics in counselling Exercises to explore personal and professional values Tools to develop ethical mindfulness Differences between therapeutic models Relational ethics Ethical dilemmas and issues Practice issues including confidentiality boundaries and autonomy versus beneficence Using in depth case studies of counselling students the author demonstrates the constant relevance of values and ethics to counselling and psychotherapy equipping trainees with the tools to successfully navigate values and ethics in their professional practice Beyond Yahweh and Jesus Robert Langs, 2008 Beyond Yahweh and Jesus constitutes the first in depth psychoanalytic study of the Old and New Testaments in terms of God's role in enabling humans to cope with death and the anxiety it evokes The journey on which this study embarks leads through an examination of the relate **The Paradox of Countertransference** Carol Holmes, 2017-03-04 In this innovative text Carol Holmes provides students and professional psychotherapists with an historical account leading to the most up to date information on the core psychoanalytic concept of counter transference and the subsequent changes that have occurred in its clinical application This book uniquely examines the fundamental principles and practice that underpin some of the major schools of psychotherapy including psychoanalysis existential humanistic integrative systemic and communicative therapy The author compares the philosophies that underline these diverse schools and explores their precepts in relation to the notion of counter transference In contrast to traditional psychoanalytic texts the counter transference theme of the book is examined in relation to the biased and contradictory aspect of the concept and highlights some of the more radical and interpersonal ideas that endorse the relational and complementary qualities between therapist and client The text offers concise and engaging introductions to the main schools of psychotherapy and includes interviews and case study analyses from notable practitioners and trainers from these

competing approaches This book will be invaluable for those interested in understanding the importance of the hidden messages that are concealed in our communications *Touch Papers* Graeme Galton,2018-05-08 For the first time the controversial issue of physical contact in the consulting room is explored by distinguished psychoanalysts and psychotherapists representing a diverse range of psychoanalytic viewpoints The contributors focus on the unconscious meanings of touch or absence of touch or unwelcome touch or accidental touch in the psychoanalytic clinical situation There are plenty of clinical vignettes and the discussions are grounded in clinical experience Out of all medical and therapeutic treatments psychoanalysis remains one of the very few that uses no physical contact Sigmund Freud stopped using the pressure technique in the late 1890s a technique whereby he would press lightly on his patient s head while insisting that they remembered forgotten events He gave up this procedure in favour of encouraging free association then listening and interpreting without touching his patient in any way Psychoanalysis was born and the use of touch as a technique reminiscent of hypnosis was explicitly prohibited The avoidance of physical contact between the analyst and patient was established as a key component of the classical rule of abstinence *Mentalizing Power and Powerlessness* Marie-Luise Althoff,2022-12-19 In this book the author discusses with a view to psychotherapeutic practice how power and the exercise of power can be used in a constructive sense Spontaneously people tend to associate the topic of power negatively They mostly talk about their own powerlessness and the power of those up there and very rarely about their own striving for power It is undisputed that power and the exercise of power as well as dealing with powerlessness play an important role in psychotherapy Nevertheless the constructive and destructive aspects of power are still too little reflected Here there is a mentalization deficit on the part of both psychotherapists and patients In this book questions are asked and suggestions for practice are developed Written for psychological psychotherapists child and adolescent psychotherapists family therapists counselors psychiatrists physicians students and psychotherapists in training *Adaptation and Psychotherapy* John R. White,2023-01-30 *Adaption and Psychotherapy* gives a concentrated but complete picture of Robert Langs s adaptive clinical theory and also expands Langs s treatment of adaptation by examining Carl Jung s theory of adaptation This book articulates Jung s positive and clinical understanding of adaptation in a way that allows comparison to Langs s adaptive paradigm as well as a creative synthesis of the two approaches The result is a development of Langs s adaptive paradigm and an expansion of clinical theory and technique that is valuable for both Freudian and Jungian analysts *Clinical Thinking in Psychotherapy* Jon Frederickson,2024-12-17 *Clinical Thinking in Psychotherapy* empowers practitioners and students to better understand clients by attending to both verbal and nonverbal forms of expression Readers will find tools for unlearning biases and for providing effective therapy with transcripts and dialogic tools Chapters focus on how to practice clinical thinking how to teach it and how to reflect on what is being taught Therapists supervisors and students alike will come away from this book with decision tree questions and prompts as well as metacognitive questions for structuring

consultations and producing desirable outcomes for the clinician and the patient

**Managing Managed Care** Robert Langs, 2009-02-19 Managing Managed Care is the first comprehensive exploration of the many issues and challenges faced by both providers and patients who work under the auspices of managed care insurers The distinctive conditions of managed care treatment are scrutinized in detail and their effects and optimal management are carefully presented The book makes extensive use of the author's unique in depth understanding of the human mind and pays attention to both the consciously mediated effects of the conditions of managed care treatment and to the especially powerful largely unappreciated effects that are mediated unconsciously The result is a well grounded extensive practical guide to dealing effectively with the inevitable intrusions into the therapeutic relationship and with other common issues that are characteristic of managed care therapy The recommendations proposed by the author can turn a failing treatment experience into one that brings symptom relief to the patient and satisfaction to the therapist While the author is critical of many practices endorsed by managed care insurers and in use by their providers he takes pains to propose basic improvements in these areas In addition the positive features of this treatment modality are given full consideration including ways to enhance their favorable effects The book uniquely provides critical insights for therapists and psychiatrists of all backgrounds and all levels of clinical experience in ways that will greatly enhance their work with managed care patients

**Freud on a Precipice** Robert Langs, 2010 This book is a psychoanalytic detective story that takes the reader back to the late 1890s and to the generally unappreciated yet single most important turning point in the history of psychoanalysis The context is the death of Freud's father and the decision Freud made to abandon his first reality centered theory of the mind in favor of a theory focused on inner fantasies and needs Marshalling a large body of evidence Langs views this change of heart as a regressive paradigm shift driven by unconsciously influential archetypes that were in turn linked to a series of early life traumas in Freud's life possibly eight in all several of them preceding Freud's birth and all but one outside of Freud's conscious awareness The ramifications of these incidents placed Freud on a later day precipice from which his fall into equivalents of homicide and suicide were at risk Freud shifted focus to save his life Langs detective work brings him to new insights into such matters as the psychological archetypes that affect the creation and modifications of paradigms physical and mental a new utilitarian view of the design of the emotion processing mind recognition of the complex unconscious impact of reality and of death related traumas on the human psyche and emotionally charged choices the vast superiority of Freud's first paradigm over his second theory of the mind and the unconscious reasons despite its many flaws that Freud's second paradigm remains in favor to this very day Freud saved his life by shifting course but at the same time he created a theory that must be held partly accountable for the compromised forms of dynamic therapy and broad psychological harm that has followed in its wake Using an updated version of Freud's first paradigm Langs shows us a better way to live and work as a psychotherapist or any other career

**Silence and Silencing in Psychoanalysis** Aleksandar Dimitrijević, Michael B. Buchholz, 2020-11-16 This book is the first

comprehensive treatment in recent decades of silence and silencing in psychoanalysis from clinical and research perspectives as well as in philosophy theology linguistics and musicology The book approaches silence and silencing on three levels First it provides context for psychoanalytic approaches to silence through chapters about silence in phenomenology theology linguistics musicology and contemporary Western society Its central part is devoted to the position of silence in psychoanalysis its types and possible meanings a form of resistance in countertransference the foundation for listening and further growth based on both the work of the pioneers of psychoanalysis and on clinical case presentations Finally the book includes reports of conversation analytic research of silence in psychotherapeutic sessions and everyday communication Not only are original techniques reported here for the first time but research and clinical approaches fit together in significant ways This book will be of interest to all psychologists psychoanalysts and social scientists as well as applied researchers program designers and evaluators educators leaders and students It will also provide valuable insight to anyone interested in the social practices of silence and silencing and the roles these play in everyday social interactions

**The Psychology of Death in Fantasy and History** Jerry Piven, 2004-03-30 This volume investigates the impact of death consideration on such phenomena as Buddhist cosmology the poetry of Rilke cults and apocalyptic dreams Japanese mythology creativity and even psychotherapy Death is seen as a critical motivation for the genesis of artistic creations and monuments of belief systems fantasies delusions and numerous pathological syndromes Culture itself may be understood as the innumerable ways that societies defend themselves against helplessness and annihilation how they mould and recreate the world in accordance with their wishes and anxieties the social mechanisms employed to deny annihilation and death Whether one speaks of the construction of massive burial tombs magical transformations of death into eternal life afterlives or resurrections the need to cope with death and deny its terror and effect are the sine qua non of religion culture ideology and belief systems in general

*Mental Health and Mental Disorders* Dr. Agyajit Singh, 2021-07-31 The present book entitled MENTAL HEALTH AND MENTAL DISORDERS has been written with this purpose in view It throws light on the topics like mental health panacea for modern living emotional health need of the present age mental disorders like strains and stresses of modern life anxiety as a mental disorder frustration and maladjustment mental conflict and depression psychological burnout syndrome A full description has also been given to mental disorders like psychoneuroses a mild mental illness psychosis disorder which is a major mental disease psycho somatic disorders with special reference to stress and cancer anger and pain management psycho therapeutic measures including psycho analysis techniques Moreover the content given in the book will be very much relevant to personal life The readers will love reading this book as it will touch their heartfelt feelings

**On Psychoanalysis, Disillusion, and Death** Antonie Ladan, 2014-02-24 For some years now psychoanalysts have been trying to understand the implications of neuroscientific findings for psychoanalytic theory and practice In On Psychoanalysis Disillusion and Death Dead certainties Antonie Ladan looks at how findings from neuroscience and memory research can

inform our understanding of some of the most important psychoanalytic concepts such as transference and unconscious fantasy Central to the book are the dead certainties that to a great extent determine how we lead our lives Antonie Ladan argues that these certainties are too self evident to be seen as invisible as the air we breathe He shows how in our associations with others we are in large measure guided by dead certain relational patterns of which we are not conscious but that remain implicit Using clinical examples Ladan illustrates how a specific form of observation where the analysand and the analyst pay careful attention to their relationship over an extended period of time makes it possible to gradually recognise these automatic expectations and behaviours in relational situations On Psychoanalysis Disillusion and Death explores how the psychoanalyst can bring the implicit patterns within which analysands find themselves trapped to their attention enabling them to look at the world from a disillusioning perspective in order to accept life and the prospect of death for what they are This book will be of interest to psychotherapists analytical psychologists psychoanalysts therapists and students

**Jungian Analysis in a World on Fire** Laura Tuley, PhD., John White, PhD., 2024-04-11 This volume of essays all authored by practicing Jungian psychoanalysts examines and illuminates ways of working with individual analytic and therapeutic clients in the context of powerful and current collective forces in the United States and beyond One of Carl Jung's central achievements was his clear recognition that the psyche is a locus not only of individual and personal experiences but also of social collective and even cosmological experiences This important insight on Jung's part both opens broad vistas for psychoanalytic practice and poses potential challenges for the psychoanalytic practitioner attempting to understand and aid the individual client amidst the pressure of intense collective energies especially amidst collective crises Among the themes treated in this volume are principles of non violence environmental activism feminism ecological shifts due to the pandemic the Chingada complex mass shootings industrial farming of animals and death anxiety Jungian Analysis in a World on Fire will be of interest to Jungian psychoanalytic and depth oriented analysts and therapists engaged in how best to work with individual clients in a time of social political and environmental crisis It will also be valuable for scholars interested in understanding the impact of contemporary collective traumas on individual psychology

**Speaking the Unspeakable** Lynne Gabriel, 2005-09-27 Are dual relationships always detrimental Speaking the Unspeakable provides an in depth exploration of client practitioner dual relationships offering critical discussion and sustained narrative on thinking about and being in dual relationships Lynne Gabriel draws on the experiences of both practitioners and clients to provide a clear summary of the complex and multidimensional nature of dual relationships The beneficial as well as detrimental potential of such relationships is discussed and illustrated with personal accounts Subjects covered include roles and boundaries in dual and multiple role relationships client experiences and perceptions of being in dual and multiple role relationships developing a relational ethic for complex relationships This book offers an insightful and challenging portrayal of dual relationships that will be welcomed by therapists trainers trainees and supervisors

**Beyond Death Anxiety** Robert Firestone, Joyce

Catlett, 2009-07-20 This book fruitfully serves those looking to apply Ernest Becker's ideas psychotherapeutically in individual counseling or in group therapy. A capstone to Robert Firestone's 50 years of work in psychotherapy, psychoanalysis, and psychiatry, and to the numerous books written by these authors, Firestone and Catlett show how to apply the themes and implications of the ideas of Ernest Becker in everyday life. Their basic premise is that accepting death is part of developing an affirming and meaningful experience of life. Contributing to the credibility of their presentation is the wealth of clinical evidence and personal experience. Firestone and Catlett incorporate The Ernest Becker Foundation. Fascinating and an enjoyable read, steeped in well-researched and relevant psychological and sociological perspectives applicable to all social studies areas. Carol Lloyd, University of Chichester. Firestone and Catlett's work is a marvelous achievement. This volume is both innovative and intrepid. Firestone and Catlett challenge prevailing psychoanalytic views on death, and they demolish many of the accepted canons of thanatology and existential psychology. This is required reading for anyone who purports to talk about death. Jerry Piven, PhD, Author of *Death and Delusion: A Freudian Analysis of Mortal Terror*. A towering synthesis of personal and clinical wisdom about death, with a superb overview of the psychology of death and death anxiety. Dr. Firestone draws on the best of the existential, humanistic, as well as the psychoanalytic thinkers to address a flourishing path toward self-realization. Kirk J. Schneider, PhD, Author *Existential Integrative Psychotherapy and Awakening to Awe*. From the Foreword: Firestone and Catlett's groundbreaking volume assists mental health practitioners in helping their clients learn to accept and face their mortality. They describe the many defenses of death anxiety that keep individuals from achieving personal fulfillment, and also suggest methods to cope directly with fears of death, an approach that ironically can lead to more satisfaction, more freedom, and a greater appreciation for the gift of life. This book examines the many destructive consequences of death anxiety, including introversion, depression, and withdrawal from life. Throughout the book, the authors demonstrate the importance of achieving what they call life-affirming death awareness. Key topics include: The dawning awareness of death and its impact on the developing child; Literal and symbolic defenses against death anxiety; Separation theory and the fantasy bond; Challenging the defenses that interfere with living fully; Microsuicide: the death of the spirit; Breaking with limiting religious dogma and cultural worldviews. With this book, mental health practitioners and their clients will be able to better understand death awareness, overcome the defenses against death anxiety, and ultimately lead richer, more fulfilling lives.

**Forthcoming Books** Rose Arny, 2003      **Psychedelics and Individuation** Leslie Stein, Lionel Corbett, 2023-12-15

Are we entering into a brave new world of psychedelic-assisted psychotherapy that will radically affect the way we understand the unconscious, or are we chasing a will-o-the-wisp, an illusory promise of rapid success without the painstaking work required of careful psychoanalysis? This book of essays by Jungian analysts entertains this question in detail. Based on extensive clinical and personal experience of the place of psychedelic agents in psychotherapy, the contributors debate the issues and try to clarify the correct use of these compounds without either idealizing their use or dismissing them.



as artificial substitutes for the real thing This book seeks to map this terra incognita especially with reference to the practice of Jungian psychotherapy

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