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Effective Brief Therapies

A Clinician's Guide

Edited by
Michel Hersen
Maryka Biaggio



Effective Brief Therapies

Michael Hersen



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

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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 **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

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

Effective Brief Therapies Michael Hersen, 2003-04 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 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 **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 **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

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 neuropsych psychoanalysis 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 **Psychiatry** Allan Tasman,Jerald Kay,Jeffrey A. Lieberman,Michael B. First,Michelle Riba,2015-02-05 Now in a new Fourth Edition Psychiatry remains the leading reference on all aspects of the current practice and latest

developments in psychiatry From an international team of recognised expert editors and contributors Psychiatry provides a truly comprehensive overview of the entire field of psychiatry in 132 chapters across two volumes It includes two new sections on psychosomatic medicine and collaborative care and on emergency psychiatry and compares Diagnostic and Statistical Manual DSM 5 and International Classification of Diseases ICD10 classifications for every psychiatric disorder Psychiatry Fourth Edition is an essential reference for psychiatrists in clinical practice and clinical research residents in training and for all those involved in the treatment psychiatric disorders Includes a a companion website at www.tasmanpsychiatry.com featuring PDFs of each chapter and downloadable images Learning the Language of Addiction Counseling Geri Miller, 2011-01-04 Comprehensive and current Learning the Language of Addiction Counseling Third Edition introduces students to the field of addiction counseling and helps them develop the knowledge understanding and skills needed to counsel people who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides a balanced overview of the major theoretical underpinnings and clinical practices in the field covering all of the essentials from assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional Fully revised and expanded the Third Edition offers a positive practice oriented counseling framework and features Revised chapters reflecting important changes in the field New chapters on Spirituality and Addiction Counseling and Pain and Substance Abuse New case studies interactive exercises and suggested reading and resources at the end of each chapter Personal Reflections sections in each chapter illustrating the author s evolving views of addiction counseling New online Instructor s Manual containing PowerPoint slides test bank questions and syllabi **The Theory and Practice of Group Psychotherapy** Irvin D. Yalom, Modyn Leszcz, 2020-12-01 The classic work on group psychotherapy The Theory and Practice of Group Psychotherapy has been the standard text in the field for decades In this completely updated sixth edition Dr Yalom and Dr Leszcz draw on a decade of new research as well as their broad clinical wisdom and expertise Each chapter is revised reflecting the most recent developments in the field There are new sections throughout including online group therapy modern analytic and relational approaches interpersonal neurobiology measurement based care culture and diversity psychological trauma and group therapy tailored for a range of clinical populations At once scholarly and lively this is the most up to date incisive and comprehensive text available on the practice of group psychotherapy **Brilliant Sanity** Francis J. Kaklauskas, Susan Nimanheminda, Louis Hoffman, MacAndrew S. Jack, 2008 Brilliant Sanity is a rare feat This engaging and informative book is sure to become essential for psychotherapy scholars acceptance and mindfulness researchers and clinicians alike This is one not to be missed Doug Mennin Ph D Yale University **Foundations of Evidence-Based Social Work Practice** Albert R. Roberts, Kenneth R. Yeager, 2006-02-02 This concise introduction to evidence based social work practice culls the most salient chapters from the interdisciplinary Evidence Based Practice Manual to form a student friendly overview of the issues and interventions they will encounter

throughout their BSW or MSW program Part I defines terms and critical issues introducing students to the language and importance of evidence based practice and critical thinking Chapters will explain how to search for evidence how to evaluate what evidence really is how to ask the right questions how to develop standards and how practitioners make use of research Part II consists of practical applications with each chapter focusing on a particular intervention or population Topics include cognitive behavioral approaches to suicide risks manualized treatment with children treating juvenile delinquents and interventions for OCD anxiety disorders substance abuse PTSD depression and recovery Several chapters from the special edition of Brief Treatment Crisis Intervention on evidence based practice as well as two original chapters round out this much needed introduction to evidence based social work practice

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