

The Practice of Brief Psychotherapy

Second Edition

Sol L. Garfield

Practice Of Brief Psychotherapy

Michael F. Hoyt



Practice Of Brief Psychotherapy:

The Practice of Brief Psychotherapy Sol L. Garfield, 1998-09-10 Since its publication almost a decade ago Sol L. Garfield's *The Practice of Brief Psychotherapy* has become the definitive training text and professional guidebook on brief psychotherapy with an eclectic point of view. But even as managed care has made the practice of brief psychotherapy a mainstay for many therapists, it has become increasingly difficult for clinicians and trainees to keep pace with fresh developments in the field. This revised edition brings Dr. Garfield's classic straight to the cutting edge of current practice, providing a comprehensive integrated picture of brief therapy based upon up-to-date procedures and research findings. Written by one of the founding fathers of brief psychotherapy, *The Practice of Brief Psychotherapy* Second Edition includes appraisals of the latest research on evaluation techniques, treatment guidelines, effectiveness, and validated therapies. It walks today's clinician step by step through the basic aspects of the therapeutic process, moving through every stage from initial interview through termination and posttherapy appraisal. As in the successful first edition, this book is results oriented, focusing on procedures and findings from diverse therapeutic approaches for their usefulness in achieving positive outcomes. Shedding light on crucial therapeutic variables in psychotherapy, it explores common and specific factors of therapeutic value that transcend individual methodologies and techniques. Timely and more relevant than ever, this Second Edition of *The Practice of Brief Psychotherapy* gives clinicians, counselors, and students an excellent and broad-based practical reference on brief psychotherapy, a powerful and flexible clinical tool for their work. Over the course of his long and distinguished career, Sol L. Garfield has received numerous prestigious awards, including the American Psychological Association's Distinguished Contribution to Knowledge Award, the Distinguished Contribution to Clinical Psychology Award from the APA's Division of Clinical Psychology, the Society for Psychotherapy Research Distinguished Research Career Award, and the Council of University Directors of Clinical Psychology 3rd Annual Award for Outstanding Contributions to Clinical Training. He is the author or editor of many books, notably *The Handbook of Psychotherapy and Behavior Change* (coedited with A. E. Bergin), now in its fourth edition, and *Psychotherapy: An Eclectic Integrative Approach*, both published by Wiley. Dr. Garfield has also contributed over 150 journal articles or chapters to edited volumes. Praise for the First Edition: A well-written and useful approach to brief therapy. *Clinical Psychology Review* Provides a lucid and approachable discussion of each of the ingredients that go into the brief psychotherapy mixture. *Contemporary Psychology* This revised edition of Sol L. Garfield's *The Practice of Brief Psychotherapy* brings his classic work fully up to date with the latest developments in the field from recent research findings and trends in managed care to new viewpoints and approaches to psychotherapy. Like its predecessor, this edition offers an eclectic approach to brief psychotherapy based upon what works, favoring procedures that appear most appropriate for a given case and whose effectiveness is backed by empirical research support. The result is an accessible and comprehensive resource that is of outstanding practical value to practitioners and students of brief psychotherapy and

counseling **Theory and Practice of Brief Therapy** Simon H. Budman, Alan S. Gurman, 2016-03-14 This classic work provides a richly textured overview of the whys and hows of brief therapy The authors 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 Case examples and extensive transcripts are included to illustrate the use of strategies and techniques drawn from many different psychotherapy perspectives Throughout the focus is on creative and efficient ways to help patients build on existing strengths and make desired changes in their interactions with others

The Practice of Brief Psychotherapy Sol Louis Garfield, 1989 Massachusetts General Hospital Handbook of General Hospital Psychiatry Massachusetts General Hospital, 1991 **Time-limited Psychotherapy in Practice** Gaby Shefler, 2001 TLP draws on psychodynamic principles and is designed to give clients an intense course of therapy over 12 sessions with a small number of follow up sessions *Core Processes in Brief Psychodynamic Psychotherapy* Denise P. Charman, 2003-10-03 Many students enter graduate programs with little or no experience of psychodynamic psychotherapy Efforts to impart clinical skills have often been less than systematic and beginning psychotherapists have not always been encouraged to think about what they are doing and why they are doing it from a scientific standpoint Thoughtfully building on current debates over efficacy and effectiveness this book outlines a promising approach to training in which the work of therapy is divided into tasks patterned after Luborsky s influential delineation of curative factors significant developments in the course of the therapy that are crucial for effective change Each task step for the therapist cognitive behavioral affective or a combination is analyzed taught separately and then put in sequence with the other task steps Curative factors have been extensively studied in recent years and the approach rests on a solid empirical base In a climate of increased accountability clinicians must demonstrate that they are responding to providers requests to conduct evidence based practices Core Processes in Brief Psychodynamic Psychotherapy will be an invaluable resource not only for students and trainees but for established therapists who find themselves asked to justify their work **The Art and Science of Brief Psychotherapies** Mantosh J. Dewan, Brett N. Steenbarger, Roger P. Greenberg, 2004 This unique book offers an invaluable introduction to the core concepts and skills required in conducting brief psychotherapy Unlike other references which attempt to review all of the literature pertinent to short term treatment or to cover all of the many schools of brief therapy in current use this compact work another immediately useful offering in the Core Competencies in Psychotherapy series is brimming with practical guidance on what to do in the therapy room The contributing authors all of them experienced educators intimately involved in teaching and training psychiatry residents and clinical psychology predoctoral interns in the practice of the brief psychotherapies address six key models of brief psychotherapy that have garnered empirical support in the research

literature cognitive behavioral solution focused interpersonal time limited dynamic and couple therapies Additional topics covered include ingredients of successful short term therapy conducting brief psychotherapy in a multicultural context combining brief therapy with medication treatment and evaluating competence in brief psychotherapy In the opening and closing sections of the book the editors supplement the how to expertise provided by the chapter authors by highlighting and synthesizing the common themes behind these chapters furnishing readers with overarching principles and techniques to draw upon in their own practices Fully indexed this remarkable volume is destined to become the definitive guide to acquiring competency in the practice of brief psychotherapy as mandated by the residency review committee bringing to life the fascinating and challenging world of this modality for students residents and practitioners everywhere 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 How to Practice Brief Psychodynamic Psychotherapy Howard E. Book, 1998 The CCRT Core Conflictual Relationship Theme Method is a research supported easily operationalized valid and reliable form of conducting a strongly interactive form of brief therapy Howard Book offers the reader a unique analysis of CCRT Therapy Particularly valuable is an extended clinical vignette that demonstrates the CCRT in action from initial session through the course of therapy itself to termination and follow up **Brief Psychotherapies** Thomas H.

Peake, Charles M. Borduin, Robert P. Archer, 1988 This book presents an array of suggestions and approaches for changing frames of mind both the patient's and the therapist's in the practice of brief psychotherapy. Therapy intervention which is brief and focused on specific developmental crises and passages rather than lengthy and open ended traditional therapy is increasingly necessary in the face of shrinking financial support and government policy. Brief psychotherapy is not merely less of the same but a specifically developed skill. The traditionally trained therapist or student must learn to view psychotherapy differently to change his or her frame of mind to allow useful changes in the patient's frame of mind or assumptive world. The book will help psychotherapists practice brief psychotherapy effectively while reducing the risk of negative effects. Brief Psychotherapy presents the therapist with a working knowledge of the forms of brief psychotherapy and of the options available in techniques and strategies. Several major orientations including psychodynamic, cognitive, strategic, systemic, existential and behavioural medicine are considered as are various therapeutic contexts. Other issues addressed include the type of crucial choices the therapist must make in the beginning, middle and end of the therapy.

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

Solution-Focused Brief Therapy Johnny S. Kim, Ph.D., 2013-07-23 This first of its kind book provides a practical overview of the essentials of solution focused brief therapy SFBT from a multicultural perspective including intervention skills research applications and implications for practice Case examples illustrate SFBT in action with a wide range of client populations In addition the book incorporates recommendations from the recently developed and approved SFBT treatment manual published by the Solution Focused Brief Therapy Association

The Art and Science of Brief Psychotherapies Mantosh J. Dewan, Brett N. Steenbarger, Roger P. Greenberg, 2004 This unique book offers an invaluable introduction to the core concepts and skills required in conducting brief psychotherapy This compact work is brimming with practical guidance on what to do in the therapy room

Handbook of the Brief Psychotherapies Richard A. Wells, Vincent J. Giannetti, 1990-01-31

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Training in Shourt Term Groups 23 Short Tedrm Therapy Groups for Schizophrenics 24 Brief Crisis Therapy Groups 25 Psychodrama in Short Term Psychotherapy Brief Therapy Conversations Michael F. Hoyt, Flavio Cannistrà, 2022-09-19 Brief Therapy Conversations features stimulating discussions between two international experts about essential topics including the importance of the therapeutic relationship the role of diagnosis the therapist s mindset specific techniques and guiding logics therapist development and likely future trends It explores a wide range of literature and ideas on brief therapy and single session therapy For those interested in time sensitive treatment several expanded journal articles are included that provide additional insights into ways to improve therapeutic efficiency Reader friendly and conversational in format this book is essential reading for professionals involved in brief therapy research teaching and practice **A Primer of Brief Psychotherapy** John F. Cooper, 2008-06 This generic guide to brief treatment distills the practical essence of various approaches into a task oriented applied model It outlines commonalities as well as differences among various popular approaches details procedures with an emphasis on the first session and deals not only with obstacles to brief therapy but also with such thorny issues as multiculturalism and medication **Interviews With Brief Therapy Experts** Michael F. Hoyt, 2013-05-13 This book is a compilation of twelve interviews with brief therapy experts and some of the field s most influential innovators O Hanlon de Shazer White and Meichenbaum to name a few The interviews conducted to explore technical theoretical and ethical aspects of the theory and practice of brief therapy offer the give and take spontaneity that can only be found in an interview style The selection of the content is based on both the expertise of the interviewees as well as those issues of most concern to the field managed care and economics ethics and being solution focused *Social Work Treatment* Francis J. Turner, 2011-03-15 First published in 1974 Social Work Treatment remains the most popular and trusted compendium of theories available to social work students and practitioners It explores the full range of theoretical approaches that drive social work treatment and knowledge development from psychoanalysis to crisis intervention This treasure trove of practice knowledge equips professionals with a broad array of theoretical approaches each of which shine a spotlight on a different aspect of the human condition Emphasizing the importance of a broad based theoretical approach to practice it helps the reader avoid the pitfalls of becoming overly identified with a narrow focus that limits their understanding of clients and their contexts This sweeping overview of the field untangles the increasingly complex problems ideologies and value sets that define contemporary social work practice The result is an essential A to Z reference that charts the full range of theoretical approaches available to social workers regardless of their setting or specialty **Key Competencies in Brief Dynamic Psychotherapy** Jeffrey L. Binder, 2010-11-01 This book identifies the core competencies shared by expert therapists and helps clinicians especially those providing brief dynamic interpersonal therapy to develop and apply them in their own work Rather than being a cookbook of particular techniques the book richly describes therapists mental processes and moment to moment actions as they engage in effective therapeutic inquiry and improvise to help

patients achieve their goals The author integrates the psychotherapy and cognitive science literatures to provide a unique understanding of therapist expertise Featuring many illustrative examples the book offers fresh insights into how learning and interpersonal skills can be enhanced for both therapist and client **Time-Limited Psychotherapy in Practice** Gaby Shefler, 2014-01-09 Therapists and counsellors are under increasing pressure to provide effective treatment in a time limited demonstrably effective form Time Limited Psychotherapy TLP has developed in response and is designed to give clients an intense form of therapy over 12 sessions This title Uses vivid clinical descriptions of treatments and up to date research findings Describes what the treatments entail Discusses their outcome Deals with teaching and learning of TLP regarding the changing conditions in public needs and in public services Time Limited Psychotherapy in Practice will appeal to psychotherapists counsellors researchers and academics in the mental health field

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