Detailed Contents

1	Introduction
	Overview of the Book 4
2	Psychological Theories: Key Concepts
	The Evolution of Psychodynamic Theory 10
	Introduction 10
	Freud's Life and the Origins of
	Psychodynamic Theory 11
	The Vienna Psychoanalytic Society 28
	Ego Psychology 37
	Object Relations Theory 43
	The Interpersonal School 46
	Psychodynamic Approaches to Character
	and the Self 48
	Child Analysis and Developmental Theory 52
	Current Trends in Psychodynamic Theory 54
	The Evolution of Cognitive and Behavior
	Therapies 58
	Behaviorism: The First Wave 58
	Behaviorism: The Second Wave 63
	Behaviorism: The Third Wave 67
	Recommended Reading 70
3	Toward an Integrated Understanding of
	Psychotherapy: Useful Perspectives
	Neurobiological Correlates of Psychological Theory
	and Psychotherapy 74
	Neuroplasticity and Four Key Phenomena 74

DETAILED CONTENTS

Neurobiology and the Psychotherapy of Depression 78 Neurobiology and the Psychotherapy of PTSD 80 Summary 82 Research Findings in Psychology 84 What Do We Know About the Rate of Recovery in Psychotherapy? 84 In General, How Does Psychotherapy Work? 92 Research Findings from Treatment Studies 100 Efficacy vs. Effectiveness 100 Monotherapy vs. Combined Treatment 100 Continuation and Maintenance Psychotherapy 103 Bringing a Psychotherapeutic Understanding to Pharmacotherapy 105 Psychotherapy Within Psychiatry: Narrowing Indications and Broadening Options 108 Recommended Reading 112 4 Learning Psychotherapy

Introduction 114 Basic Skills 116 Attending and Listening skills 116 Restatements 117 Questions 119 Showing Empathy 120 Challenges 122 Common Psychotherapeutic Techniques 124 Proposed Learning Sequence 130 Recommended Reading 136

5 Current Psychotherapies

Psychotherapy Training 140 Individual Psychodynamic Psychotherapies 142 Psychoanalysis 142 Psychodynamic Psychotherapy 150 Transference-Focused Psychotherapy (TFP) 156 Mentalization-Based Treatment (MBT) 161 Supportive Psychotherapy (Including Psychoeducation) 165 Play Therapy 168 Individual Behavior Therapies 174 Cognitive-Behavioral Therapy (CBT) 174 Exposure and Response Prevention (ERP) 192 Brief Cognitive Therapy for Panic Disorder 196 Prolonged Exposure for Posttraumatic Stress Disorder (PE-PTSD) 200 Dialectical Behavior Therapy (DBT) 205 Applied Behavior Analysis (ABA) 211 Other Individual Psychotherapies 214 Interpersonal Psychotherapy (IPT) 214 Motivational Interviewing (MI) 219 Twelve-Step Facilitation 223 Eye Movement Desensitization and Reprocessing (EMDR) 227 Biofeedback for Mental Disorders 231 Therapies from Complementary and Alternative Medicine 233

Psychotherapy for Multiple Patients 236

xii DETAILED CONTENTS

Group Psychotherapy 236
Mindfulness-Based Cognitive Therapy
(MBCT) 240
Family Therapy 242
Recommended Reading 248

6 Conclusions

Psychiatry, Psychotherapy, and the Future 250
Anticipations in Neuroscience 252
Anticipations in Psychological Theory 254
Next Steps: Further Training and Self-Study 256

References 257 Glossary 273 Index 295