

**HOW TO BE BRIEF
WHEN YOU WERE TRAINED
TO BE DEEP — AND VICE VERSA**

**DEPTH
ORIENTED
BRIEF
THERAPY**

**BRUCE
ECKER**



**LAUREL
HULLEY**

Depth Oriented Brief Therapy

Peter Cummins



Depth Oriented Brief Therapy:

Depth Oriented Brief Therapy Bruce Ecker, Laurel Hulley, 1995-11-07 Reach a new stage in brief therapy Is it possible for clinicians to provide in depth therapy in the cost conscious time limited world of managed care This groundbreaking book offers clinicians new hope of maintaining professional satisfaction in time effective practice Authors Bruce Ecker and Laurel Hulley provide a practical guide for clinicians on how to work deeply and briefly with individuals couples and families and shows how to meet the challenge of managed care without losing the deeper levels of change traditionally associated with long term or existential work By using Depth Oriented Brief Therapy you ll work directly and immediately with the emotional and unconscious meanings that structure the very existence of the presenting problem *Down Every Year* Bruce Ecker, Psychotherapy.net, Randall C. Wyatt, Erika L. Seid, Pacific Seminars, 2007-01-01 An actual therapy session conducted by Depth Oriented Brief Therapy co originator Bruce Ecker provides an impressive demonstration of what can be accomplished in a single session by a very talented therapist Down Every Year, 2014 Dominating our field is the assumption that for psychotherapy to be effective in a few sessions depth must be sacrificed Clinicians striving for brevity usually steer clear of a client s compelling unconscious lifelong themes Challenging this view Depth Oriented Brief Therapy DOBT demonstrates that focused rapidly effective in depth therapy with individuals couples and families turns out to be a very real option Watch as a male client discovers how major past and current life themes generate his baffling annual depression In one actual session Ecker masterfully leads him into a deep exploration and reassessment By using a variety of simple but highly effective techniques to discover unconscious emotional truth the basis of the client s low self esteem is revealed prompting a new sense of mastery and possibilities All in all an impressive demonstration of what can be accomplished in a single session by a very talented therapist Keywords depression down dysthymia dysthymic deep depth psychodynamic psychoanalysis men male depressed sad Counseling counselling Social Work Social Worker Therapy Psychotherapy Psychotherapy net Therapist Supplied by publisher Brief Therapy with Individuals and Couples Jon Carlson, Len Sperry, 2000 TABLE OF CONTENTS 1 Brief integrative behavior therapy with individuals and couples 2 Cognitive behavioral strategies 3 Rational emotive family therapy 4 Multimodal strategies with adults 5 Short term therapy for character change 6 Depth oriented brief therapy Accelerated accessing of the coherent unconscious 7 Object relations brief therapy 8 Adlerian brief therapy Strategies and tactics 9 Efficient adlerian therapy with individuals and couples 10 Brief reality therapy 11 Stage Appropriate change oriented brief therapy strategies 12 The satir system Brief therapy strategies 13 Imago strategies 14 Psychoeducational strategies 15 Solution focused brief counseling strategies 16 EMDR and resource installation principales and prodecures 17 Biopsychosocial therapy Essential strategies and tactics **Coherence Therapy**, 2011 **Studies in Meaning 3** Jonathan D. Raskin, Sara K. Bridges, 2008 Constructivist psychotherapy remains somewhat unfamiliar to many clinicians despite offering a variety of innovative and practical therapeutic approaches and techniques In this volume constructivist psychology

is presented as it relates to everyday practice The chapters provide many examples of what constructivist psychotherapy looks like in the real world showing how one can make the transition from constructivist theory to constructivist practice with ease Constructivist therapy often gets labeled as too theoretical and jacking in clinical specificity Yet here is a volume with chapters that succinctly and understandably explicate basic theoretical concepts and then demonstrate them with vivid case examples taken from applied experience in the field **BOOK JACKET** The Handbook of Constructive Therapies Michael F. Hoyt, 1998-07-10 A guide to the use of treatment approaches known as constructive therapies The leading teachers and practitioners in this powerful handbook represent a variety of schools of therapeutic treatments that all share an optimistic view of people as resourceful individuals who construct their own realities Emphasizing a collaborative approach the therapies focus on the strengths and resources of the clients and look to where people want to go rather than where they have been Hoyt should be commended for bringing together in one volume diverse voices that bring alive the exciting possibilities that mark and define this new era of psychotherapy Steven Freidman author of Time Effective Psychotherapy **Psychiatry September 2001--August 2002** Phillip Richard Slavney, 2001 *Interpersonal Process in Psychotherapy* Edward Teyber, 2000 Presents three role play scenarios demonstrating core concepts and essential clinical skills a counselor can use in actual practice in the therapist client relationship and process oriented interventions in response to clients concerns Scenarios followed by brief discussions in which therapists discuss the interactions *Milwaukee Magazine*, 2001 Forthcoming Books Rose Arny, 1996-06 **Working with Anger** Peter Cummins, 2006-02-03 This text is based on a constructivist approach to anger management and gives practical advice case study examples and methods of evaluation to enable clinicians to set up anger management programmes *The Art of Psychotherapy* Richard Simon, 1999-03-15 The most widely read magazine in the mental health field the award winning Family Therapy Networker is recognized as a provocative forum for examining the latest innovations and findings in the field Drawing together two decades of the Networker s popular case studies and commentaries this book vividly illustrates the art of psychotherapy as practiced by the nation s leading authorities on couples and family therapy In addition to the full text of the cases The Art of Psychotherapy also offers study questions to stimulate thought and discussion making this text an ideal teaching tool **The American Psychologist**, 2000 Includes proceedings of the 54th 55th annual meetings of the association 1946 47 and proceedings of meetings of various regional psychological associations **Handbook of Psychological Change** C. R. Snyder, Rick E. Ingram, 2000-02 Psychotherapeutic change in perspective A Changing History of Efforts to Understand and Control Change The Case of Psychotherapy M Mahoney Effectiveness of psychotherapeutic change Randomized Clinical Trials in Psychotherapy Research Methodology Design and Evaluation D Haaga W Stiles Empirically Supported Treatments A Critical Analysis R Ingram et al Components of psychotherapeutic change Therapist Variables E Teyber F McClure Stalking the Elusive Client Variable in Psychotherapy Research N Petry et al Change at Differing Stages J Prochaska Hope Theory

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Interpersonal Process in Therapy Edward Teyber, 2006 Table of Contents 1 The interpersonal process approach 3 2 Establishing a working alliance 43 3 Honoring the client's resistance 83 4 An internal focus for change 122 5 Responding to painful feelings 158 6 Familial and developmental factors 201 7 Inflexible interpersonal coping strategies 242 8 Interpersonal themes and patterns 278 9 An interpersonal solution 327 10 Working through and termination 368 **International**

Handbook of Personal Construct Psychology Fay Fransella, 2003-07-09 This first International Handbook of Personal Construct Psychology PCP illustrates by its breadth and scope the huge influence the work of George Kelly has had since its inception in 1955 on psychology and related disciplines Including some previously unpublished material by Kelly and Bannister alongside classic texts the handbook is largely devoted to the practical applications of Kelly's work today Areas in which PCP is now being used include expert systems forensic psychology psychotherapy and counselling politics post traumatic stress education developmental and family psychology organizational psychology cross cultural understanding nursing policing artificial intelligence and sport As far as possible each chapter aims to give the reader an idea or method that they can try out for themselves in their own work or personal context Even today some of Kelly's ideas are novel Although all embracing this handbook cannot be comprehensive as new applications and extensions are being developed continually It will prove an invaluable reference to practitioners and scholars from a wide range of disciplines wherever human understanding is relevant **Correctional Counseling and Treatment** Peter C. Kratcoski, 2004 Presents

information on treatment techniques in wide use in American corrections both in the juvenile justice system and with adults in institutional and community settings This latest edition discusses current research in areas including anger management juvenile offenders mediation and the characteristics and unique problems of people who work in corrections The author is a social worker and Kent State U criminologist c Book News Inc Ghosts of Consciousness Herbert S. Demmin, 2003-10 The reality of internal mental experience and its impact on self awareness describe and outline the structure of thought and how certain thoughts engender the experience of a separate self with all its implications for the individual and humankind reflects a new and fundamental theory of the microdynamics of thinking and self awareness opening a window into every reader's mind in their quest for self discovery and psychological and spiritual development **Personality Disorders in Childhood**

and Adolescence Arthur Freeman, Mark A. Reinecke, 2007-08-10 Personality traits are pervasive and enduring patterns of the ways individuals perceive relate to think about and behave within their environment When these traits become inflexible and maladaptive they constitute personality disorders This edited volume will explore the clinical reality of personality disorders in the especially vulnerable population of children and adolescents Chapters will cover topics such as aggression

attention seeking and the sensitive child

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