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# Doing Brief Psychotherapy

**Michael F. Hoyt**



## **Doing Brief Psychotherapy:**

**Doing Brief Psychotherapy** Michael Franz Basch, 1995-12 Open ended therapy is no longer an option for most patients and therapists must learn to achieve therapeutic goals in much shorter periods This practical and highly readable book spells out an effective treatment approach designed to work successfully with most patients in fewer than twenty sessions

*Doing What Works in Brief Therapy* Ellen K. Quick, 2008-03-11 *Doing What Works in Brief Therapy A Strategic Solution Focused Approach* is both a set of procedures for the therapist and a philosophy one that is shared with clients and one that guides the work of the therapist This second edition continues its excellence in offering clinicians a guide to doing what works in brief therapy for whom and when and how to use it Psychotherapy that follows these guidelines validates the client's most important concerns and it often turns out to be surprisingly brief Author Ellen Quick integrates strategic and solution focused therapy and includes guidelines for tailoring technique and interventions to client characteristics and preferences With clinically rich examples throughout this book offers applications for couples including indications for individual or conjoint sessions Chapter summaries highlighting key points Presents ways of eliciting what clients most want to remember Describes the *Doing What Works Group* including outcome research findings and all materials needed to run the group Addresses the relationship among the positive psychology movement and this approach and the potential for collaboration Emphasizes an acceptance based stance and how acceptance commonly leads to change Proposes that doing what works and changing what doesn't can provide a transtheoretical perspective for therapists of any orientation

**The Tactics of Change** Richard Fisch, John H. Weakland, Lynn Segal, 1982 A comprehensive and detailed manual of psychotherapy for treating a wide range of clinical problems briefly and effectively Includes case studies with commentary explaining the reasons for the therapist's actions concludes with a summary of the basic principles of brief therapy and their application to many kinds of human problems

**Concise Guide to Brief Dynamic and Interpersonal Therapy** Hanna Levenson, Stephen F. Butler, Theodore A. Powers, Bernard D. Beitman, 2008-08-13 In today's world of managed care characterized by limited mental health resources emphasis on accountability concerns of third party payers and consumer need the demand for mental health professionals to use briefer therapeutic approaches is on the rise Fully 84% of all clinicians are doing some form of planned brief therapy 6-20 sessions per year per patient Yet despite clinical advances and outcome data that demonstrate the effectiveness of short term therapy many therapists in fact 90% of those whose theoretical orientation is psychodynamic rather than cognitive behavioral are reluctant to learn briefer interventions seeing value only in long term depth oriented work The second edition of this *Concise Guide* is intended to help educate both beginning and experienced clinicians in the strategies and techniques of time attentive models and to foster more positive and optimistic attitudes toward using these important therapies The seven therapeutic models presented here including an entirely new chapter on time limited group therapy highlight the importance of the interpersonal perspective The seven

models one per chapter represent well established short term approaches to clinical issues that therapists commonly encounter in their clinical practices These models also have clearly defined intervention techniques and formulation strategies and can be used within the 10 to 20 session time frame of most managed care settings The first part of each chapter dealing with a therapeutic model lists the various presenting problems the authors deem most suitable for treatment by that particular approach The authors discuss the overall framework of each model selection criteria goals therapeutic tasks and strategies empirical support and relevance for managed care with clinical cases to illustrate the application of each model The authors include updated chapters on supportive time limited and interpersonal therapies time limited dynamic psychotherapy short term dynamic therapy for patients with posttraumatic stress disorder brief dynamic therapy for patients with substance abuse disorders an entirely new chapter on time limited group therapy and a final chapter on the reciprocal relationship between pharmacotherapy and psychotherapy Meant to complement the more detailed information found in lengthier psychiatric texts this Concise Guide it is designed to fit into a jacket or lab coat pocket is a practical and convenient reference for psychiatrists psychiatric residents and medical students working in a variety of treatment settings such as inpatient psychiatry units outpatient clinics consultation liaison services and private offices      **Very Brief Psychotherapy**

James P. Gustafson, 2013-01-11 As the fields of psychiatry and clinical psychology are increasingly driven by the economics of the HMO or Mental Health Center practitioners in any setting whether it be private practice or university clinic are now forced to develop more concrete procedures and models in order to practice more efficiently This book presents a set of procedures for brief therapy that are based entirely on the four common dynamics of psychiatry By following the model set forth in this book psychiatrists psychologists social workers psychiatric nurses and mental health workers will be able to build an entire brief therapy program based upon the initial conditions for each patient In *Very Brief Psychotherapy* Dr James Gustafson provides the reader with the tools and techniques to make a discernable difference in a patient's life in only a few moments The majority of people seeking help from mental health professionals are not pathological but are most often stuck in self imposed cyclical patterns of behavior from which they cannot escape It is the first step in any situation that leads to the iteration of the familiar circle and it is in this single step that the clinician can effect decisive change Given a window of only five or ten minutes the practitioner armed with this approach can help a patient break out of the repeating pattern move around the impasse and take the first step onto a new trajectory *Very Brief Psychotherapy* can help the practitioner make meaningful interventions in real world time and in less than ideal circumstances will radically change the reader's concepts of what can be accomplished in a day in a clinical hour or even in a single moment      *Empathic Brief Psychotherapy*

Barbara B. Seruya, 1997 Dr Seruya orients mental health professionals to brief therapy in general and to relevant elements of self psychology in particular identifying new metaphors to form a conceptual bridge from traditional theories and strategies to a patient centered experience encouraging focus on symptoms and rapid behavioral change      **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 parts. 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      *Doing Something Different* Thorana S. Nelson, 2011-01-11 Many books on solution focused brief therapy provide histories overviews and uses of the approach *Doing Something Different* does not do any of those things Instead it provides those interested in the solution focused approach with a plethora of ideas for practice training and simply enjoying the solution focused approach and its practice in therapy consulting coaching and training It contains a varied and rich array of interventions training ideas uses with different populations and approaches and resources written by contributors who represent many countries and viewpoints and who are well known in the training and practice of the solution focused approach Chapters are presented in simple language as befits the solution focused approach and complement the many serious and whimsical sections of the book which include practice and training ideas favorite quotes and stories outrageous moments in therapy and a list of solution focused songs Anyone who enjoys the approach in any manner should find something that grabs the interest and tickles the senses and sensibilities Readers will come away informed thoughtful and entertained      **The Complex Secret of Brief Psychotherapy** James Paul Gustafson, 1997 In this useful and timely book Gustafson shows how the therapist can borrow from the entire tradition of psychotherapy for productive short term treatment He explains how to conserve the virtues of earlier stances describes how to handle the opening middle and ending phases in brief therapy and clarifies the difficulties in short term work particularly the tendency of therapist to leave themselves out of the equation Gustafson's method of methods described here provides psychotherapist with an effective way of engaging patients in brief successful work      *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

**Some Stories are Better than Others** Michael F. Hoyt, 2013-08-21 There are stories that we use to explain what happened to us twenty years ago or last wee those we use to explain why the world works the way it does and those that we sue to fix the world when it doesn t work the way other stories said it should And as the author points out in this collection of essays and interviews some of these stories are better than others This book is an investigation into which might be the better stories and how they can help clients reach their goals in therapy This book contains fifteen essays and interviews written or co written by Michael Hoyt The collection represents Dr Hoyt s recent thinking on helping clients with the brief future orientated therapeutic approaches

*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

**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

*Guide To Possibility Land* William Hudson O'Hanlon, Bill Ohanlon, Sandy Beadle, 1999-04-06 Possibility therapy originated by Bill O Hanlon is about acknowledging and validating clients felt experience and ideas about their lives while ensuring that possibilities for change are discovered and amplified The book outlines this humorous compassionate approach to action oriented therapy Each method is defined explained and illustrated all in a page or two By the end the reader has a huge selection of strategies and an enlightening map of possibility land For people interested in the latest developments in brief solution oriented therapies this is a terrific introduction to the territory

**Doing More With Less** Barbara Dane, Carol Tosone, Alice Wolson, 2001-07 Confronting the challenge to provide sound clinical treatment in brief therapy this timely book will enrich the practices of all psychotherapists Designed and arranged according to the DSM IV diagnostic categories each chapter addresses the short term treatment of a specific condition or patient population Starting from the premise that psychodynamically trained clinicians already possess the requisite skills to conduct short term treatment the editors demonstrate how to adapt these skills to a time limited approach

*Psychotherapy Abbreviation* Gene Pekarik, 1996 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

Brief Therapy Jeffrey K. Zeig, Stephen G. Gilligan, 2013-05-24 A tapestry of rich and varied perspectives drawn from a remarkable event The Brief Therapy Congress sponsored by the Milton H Erickson Foundation brought together over 2200 therapists and an impressive faculty that included J Barber J Bergman S Budman G Cecchin N Cummings S de Shazer A Ellis M Goulding J Gustafson J Haley C Lankton S Lankton A Lazarus C Madanes W O Hanlon P Papp E Polster E Rossi P Sifneos H Strupp P Watzlawick J Weakland M Yapko and many more

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

Object Relations Brief Therapy Michael Stadter, 2009-04-13 Object Relations Brief Therapy combines practical techniques with the depth of object relations theory the wisdom of previous brief therapy writers and most notably an emphasis on the unique therapeutic relationship Often therapists despair of doing any meaningful work in brief therapy To this Michael Stadter suggests the following pragmatic approach think dynamically address some underlying issue s and do what you can Specifically the book emphasizes the depth of understanding of human experience that comes from an object relations perspective the insight and experiential vitality of attention to the therapeutic relationship including its real transferential and countertransferential elements the impact of the psychodynamic techniques that have been carefully studied and delineated by brief therapy writers such as Davanloo Horowitz Malan Strupp and Binder and the flexibility of an eclectic approach that thoughtfully and selectively incorporates non psychodynamic interventions Therapists do not have to escape managed care according to Stadter Rather they need to learn how to deal with it in a way that preserves their integrity and enables them to practice the kind of healing psychotherapy they know how to do In today s health care climate Object Relations Brief Therapy is a much needed guide for committed therapists This new paperback edition includes a preface reviewing more recent developments in the area of brief therapy

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