

THERAPIST IMMEDIACY IN BRIEF PSYCHOTHERAPY: CASE STUDY I

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The authors examined immediacy (i.e., discussions about the here-and-now therapeutic relationship) in a 12-session case of individual interpersonal psychotherapy. Therapist immediacy during immediacy events most often focused on parallels between external relationships and the therapy relationship, encouraging expression of immediate feelings, processing termination, therapist expressing disappointment/sadness/hurt and inquiring about the client's reactions. Client involvement was slightly higher before and after than during immediacy events. On the positive side, therapist immediacy seemed to help the client express her immediate feelings about the therapist more openly, feel closer to the therapist, and become less defended. On the

negative side, the client felt somewhat awkward and pressured when the therapist used immediacy. Limitations and implications for practice and research are discussed.

Keywords: immediacy, therapeutic relationship, psychotherapy process

Therapist immediacy, which we defined as disclosures within the therapy session of how the therapist is feeling about the client, him- or herself in relation to the client, or about the therapy relationship (Hill, 2004), involves discussing and processing what occurs in the here-and-now client–therapist relationship. Terms that other interpersonal theorists have used for this therapist intervention are metacommunication (Kiesler, 1988) and talking in the here-and-now about the here-and-now (Yalom, 1995, 2002). Interpersonal theorists (e.g., Cashdan, 1988; Kiesler, 1988, 1996; Safran & Muran, 2000; Teyber, 2006; Yalom, 1995, 2002) have suggested that clients reenact with their therapists the interpersonal conflicts that brought them into therapy. If therapists can use immediacy with clients to openly discuss these conflicts in the therapeutic relationship, clients can become aware of and change these interpersonal patterns. Thus, working immediately with the therapeutic relationship can help clients have a corrective emotional experience and change both internally and interpersonally.

Psychoanalytic therapists also work with the therapeutic relationship, particularly by interpreting and resolving the client (patient) transference. To describe the therapist (analyst) behavior, they use terms such as transference interpretation (Hoglund, Johnsson, Marble, Bogwald, & Amlo, 2007; Malan, 1976; Strupp & Binder, 1984), interpretation of the here-and-now transference (Gill, 1984), working in the moment (Greenson, 1967), and countertransference disclosures (i.e., a form of “clinical honesty that focuses on the

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This study was part of a dissertation completed by Laura B. Kasper under the direction of Clara E. Hill. Laura Kasper is now at the University Counseling Center at The George Washington University, Washington D.C.

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A Study Of Brief Psychotherapy

**Mantosh J. Dewan, M.D., Brett N.
Steenbarger, Ph.D., Roger P.
Greenberg, Ph.D.**



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Massachusetts General Hospital Handbook of General Hospital Psychiatry Massachusetts General Hospital, 1991 **A Study of Brief Psychotherapy** D. H. Malan, 2013-10-11 Tavistock Press was established as a co operative venture between the Tavistock Institute and Routledge Kegan Paul RKP in the 1950s to produce a series of major contributions across the social sciences This volume is part of a 2001 reissue of a selection of those important works which have since gone out of print or are difficult to locate Published by Routledge 112 volumes in total are being brought together under the name The International Behavioural and Social Sciences Library Classics from the Tavistock Press Reproduced here in facsimile this volume was originally published in 1963 and is available individually The collection is also available in a number of themed mini sets of between 5 and 13 volumes or as a complete collection **A Study of Brief Psychotherapy** David Malan, 1963

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psychotherapy David Huntingford Malan, 1976 Mind & Medicine Monographs 8 D. H. Malan, 1963 **Handbook of the Brief Psychotherapies** Richard A. Wells, Vincent J. Giannetti, 2013-11-22 The last two decades have seen unprecedented increases in health care costs and at the same time encouraging progress in psychotherapy research On the one hand accountability cost effectiveness and efficiency have now become commonplace terms for providers of mental health services whereas on the other hand an increasingly voluminous literature has emerged supporting the effectiveness of a number of types of psychotherapies There now exists the possibility for the design and delivery of mental health services that drawing upon this literature more closely approximate empirically established data concerning the appropriateness and effectiveness of psychotherapy The Handbook of the Brief Psychotherapies is intended to capture one major thrust of this movement the development of a group of empirically grounded time limited therapies all sharing a common interest in the clinical utilization of a structured focus and an emphasis on time and action For many years professional self interest competing theoretical paradigms and the vagaries of practice wisdom and clinical myth have influenced the practice of psychotherapy A critical questioning of the resulting predominantly nondirective open ended and global therapies has led to a growing emphasis on action oriented problem focused time limited therapies Yet ironically this interest in the brief psychotherapies has not so much involved a radical departure from traditional therapeutic modalities as it has emphasized a new pragmatism

about how time action and structure operate in life as well as in therapy

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 Art and Science of Brief Psychotherapies Mantosh J. Dewan, M.D., Brett N. Steenbarger, Ph.D., Roger P. Greenberg, Ph.D., 2017-09-07 Each chapter is thoroughly updated and new chapters cover such topics as dialectical behavior therapy multicultural practice and mentalizing as well as fresh approaches to intervention such as telepsychiatry and Internet based interventions There are also new videos on dialectical behavioral therapy and motivational interviewing

The Art and Science of Brief Psychotherapies Mantosh J. Dewan, Brett N. Steenbarger, Roger P. Greenberg, 2017-09-07 With all of the expert authored content that made previous editions indispensable references for students and practitioners alike this third edition of *The Art and Science of Brief Psychotherapies A Practitioner s Guide* has been updated to reflect this rapidly changing field Most chapters include new material that documents recent developments within existing models and new chapters tackle topics that include the following Multicultural practice Mentalizing Motivational interviewing Dialectical behavior therapy Telepsychiatry Internet based interventions All chapters summarize the ideas underlying each modality the evidence for effectiveness and the techniques and interventions central to each In this edition the DVD of videos has been replaced with 40 updated streaming videos available on desktop and mobile devices that show experienced practitioners engaged in a range of brief therapies allowing for a deeper and richer learning experience for readers In a national and global environment of limited economic resources and multiple demands on patients time short term treatment modalities are increasingly important Integrating theory research and step by step procedures *The Art and Science of Brief Psychotherapies* is an ideal introduction to the range of short term therapies for psychiatry residents psychology interns social work students and experienced practitioners looking to broaden their practice

Handbook of Integrated Short-Term Psychotherapy Arnold Winston, Beverly Winston, 2008-08-13 In the past short term or brief treatment was practiced by few clinicians its power relatively unknown Today the dual pressures of managed care and patient preference make it imperative to reconsider brief treatment which has proven to be as effective as long term therapy for many disorders and problems This remarkable guide for conducting short term psychotherapy details the tools and techniques of brief psychotherapy addressing four main areas Understanding

conceptualizing and formulating the patient's problems Brief psychotherapy requires a concise formulation of the patient's problems within the first hours of treatment to ensure that the therapist understands and can focus on the patient's core problems early in therapy The authors describe a detailed method of patient assessment and case formulation as the first building block in learning the fundamentals of short term treatment Setting realistic treatment goals Brief psychotherapy sets explicit goals from the beginning based on a thorough evaluation that incorporates the patient's wishes desires and dissatisfactions and an agreement about what the work of therapy will encompass Knowing what to say to patients i e technique Brief psychotherapy requires focused concrete techniques within clear guidelines for each stage of treatment With numerous clinical examples the authors define a unified treatment that emphasizes the differential use of therapeutic interventions such as cognitive behavioral and interpersonal techniques encompassing the continuum of interpretative to supportive approaches They also offer an in depth look into the therapeutic process they use patient therapist dialogues including both patient and therapist comments and accompanying third voice explanations to chronicle the progress of four patients through the initial middle and termination phases of psychotherapy Maintaining a positive therapeutic alliance Although the quality of the therapeutic alliance is the best predictor of outcome in both traditional and brief psychotherapy it is absolutely vital to the success of brief psychotherapy The authors present a framework for maintaining and enhancing this alliance including how to heal misunderstandings Concluding with a collaborative model and summary of the past 20 years research on integrated treatment this volume is more than a valuable clinical guide for integrated evaluation and treatment it is also a practical blueprint for promoting and maintaining a flexible positive patient therapist relationship As such it will prove indispensable not only to practitioners but also to educators and students

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

The Handbook of Brief Psychotherapy by Hypnoanalysis John A. Scott Sr. Ph.D., 2011-03-18 *The Handbook of Brief Psychotherapy by Hypnoanalysis* is the culmination of a life time of work to heal the emotional and mental wounds of suffering people It is not so much about Hypnosis as about the tools to use for brief successful therapy Dr Scott details the history of hypnoanalysis and goes on to explain the Medical Hypnoanalysis process He includes the fascinating practice of providing a subconscious diagnosis Medical Hypnoanalysis seeks to get to the root of such problems and offers a specific direction to growth and healing

Models of Brief Psychodynamic Therapy C. Seth Warren, 1998-01-02 This practical and scholarly new text presents a comprehensive review and evaluation of the theory research and practice of psychodynamically oriented brief psychotherapy It offers in depth discussions of the major clinical and theoretical approaches as well as examinations of other special topics in the application of brief therapy Locating brief psychodynamic therapies within larger contexts Stanley B Messer and C Seth Warren illuminate the impact of psychoanalytic ideas and theories as well as cultural historical and intellectual trends on each approach

Short-Term Psychotherapy and Brief Treatment Techniques Harvey P. Mandel, 2013-11-27 *The Scope of Brief Therapy* Within the last two decades there has been a dramatic expansion in the uses of short term treatment Grayson 1979 Small 1979 Brief therapies have been and continue to be widely used with a number of

different patient populations in a broad variety of service settings They have been reported in use with children adolescents adults and the aged in groups families and individual treatment on college campuses high schools in community mental health centers in child guidance clinics in private psychiatric clinics in hospitals as part of out patient or in patient therapy in programs of preventive community mental health with the rich the middle class and the poor Barten 1971 1972 Caplan 1961 1964 Small 1979 Wolberg 1965 Further short term methods of therapy range across all of the major and well known theoretical orientations found in the broader field of psychotherapy There are some unique theoretical contributions which can be found within this field as well *Casebook of the Brief Psychotherapies* Richard A. Wells, Vincent J.

Giannetti, 2013-11-11 Following the publication of the Handbook of the Brief Psychotherapies Wells Giannetti 1990 the editors began to conceptualize the idea of a collection of case studies encompassing a number of the commonly encountered clinical problems that have been treated with such approaches The Casebook of the Brief Psychotherapies is the result The Case book details clinical interventions with client populations as diverse as substance abusers torture victims the physically handicapped and other exceptional groups and the economically disadvantaged with emotional and behavioral problems as well as individuals experiencing sexual dysfunction or eating disorders In addition topics such as bereavement depression anger and many crucial aspects of marital and family therapy are discussed by eminent clinical practitioners Although the cases draw heavily upon cognitive behavioral and strategic structural formulations psychodynamic interpersonal and experiential approaches are also included The Casebook is clinically oriented with a minimum of theory Ample case material and commentary allow the reader to experience directly the application of brief therapy to specific client problems What emerges from this compendium of approaches and problems is a tapestry of action oriented problem solving skill building rational approaches to therapy that balance the client's ability to change with the demands and limits of time

Psychoanalytische Kurztherapie (A study of brief psychotherapy, dt.) Eine krit. Unters David Huntingford Malan, 1972

Treating the Neurotic Patient in Brief Psychotherapy Althea J. Horner, 1994-01-01 This book examines the use of brief psychotherapy with the neurotic patient using clinical examples throughout While treatment is shorter in brief psychotherapy it is not easier or less demanding on the therapist It demands a clarity of thinking and precision of purpose that takes time and motivation to develop The contributors have found the principles of brief therapy to be startlingly effective in many situations Includes chapters by contributors Harold Beem Walter Flegenheimer Victor Goldin Althea J Horner Isabel Sklar Manuel Trujillo and Arnold Winston *Psychodynamics, Training, and Outcome in Brief Psychotherapy* David Malan, Ferruccio Osimo, 2014-06-28 Psychodynamics Training and Outcome in Brief Psychotherapy provides information pertinent to the fundamental aspects of dynamic psychotherapy This book discusses the selection criteria the principles of therapeutic methods and the factors leading to therapeutic effects in psychotherapy Organized into five parts encompassing 37 chapters this book begins with an overview of the influence of research on clinical practice This text then

examines the evidences showing that most of the improvements were in fact due to therapy Other chapters summarize the essential characteristics of the methods used with the patients in various case studies This book discusses as well the concept of the triangle of conflict which refers to one of the cornerstones of psychodynamic theory The final chapter deals with the advantages of a psychotherapeutic clinic to certain kind of patients who can be greatly helped in a relatively short time This book is a valuable resource for psychotherapists psychiatrists psychologists and social workers

Brief Therapy with Individuals and Couples Jon Carlson, Len Sperry, 2000

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **A Study Of Brief Psychotherapy** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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