

Time-limited Dynamic Psychotherapy: A Guide To Clinical Practice

By Hanna Levenson

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Ten years ago, Hans Strupp and Jeffrey Binder's Psychotherapy in a New Key introduced a powerful, empirically tested model of brief psychotherapy that has proven highly successful and changed the practice of psychotherapy forever. But until now, there has been no follow-up publication to make the model come alive. With this book, Hanna Levenson draws on her extensive experience with time-limited dynamic psychotherapy to let readers see the therapy in action.In this era of managed care and limited insurance reimbursement for therapy, many clients are receiving brief therapy treatment. can therapists adjust to these new pressures for efficiency without feeling as if they have to choose between good therapy and brief therapy? Time-limited dynamic psychotherapy provides a state-of-the-art model of treatment that incorporates current developments in psychoanalytic, interpersonal, object-relations, and self psychology theories, as well as cognitive-behavioral and systems approaches. This flexible approach to brief therapy is designed to treat people with long-standing dysfunctional relationships. This book emphasizes identification of interpersonal difficulties and teaches a method of focusing therapy that is behaviorally based and explicit.In a highly original approach, Levenson presents detailed transcripts not only of model cases but also for students discussing those cases with her, taken from a videotape of her class. A spirited forum on the techniques and aims of time-limited dynamic psychotherapy emerges, adding a depth and richness not usually found in casebooks. This thoughtful, important companion volume to Strupp and Binder's book will gain a broad following as therapists seek to practice therapy that is effective, efficient, and empirically based.

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Editorial Review

From the Back Cover
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About the Author

Hanna Levenson, Ph.D., has been specializing in the area of brief psychotherapy—as a clinician, teacher, and researcher—since 1979. She is clinical professor in the Department of Psychiatry, University of California School of Medicine, San Francisco, and the director of the Brief Psychotherapy Programs at California Pacific Medical Center and the VA Medical Centers in Palo Alto and San Francisco. She also teaches time-limited dynamic psychotherapy at Stanford University School of Medicine, and has a clinical practice in San Francisco and Oakland.

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