

Levenson, H., Butler, S.F., Powers, T., Beitman, B. (2002). *Concise Guide to Brief Dynamic and Interpersonal Psychotherapy*. Washington, DC: American Psychiatric Press.

TABLE OF CONTENTS

About the Authors

Introduction to Concise Guides

Preface

1. INTRODUCTION

The Focus of the Book

Qualities That Define Brief Dynamic Therapy

Values and Attitudes

Specific Models Presented

2. SUPPORTIVE THERAPY

Consider This Approach for Patients Who

Introduction

Definition of Supportive Psychotherapy

Selection of Patients

Goals of Treatment

The Therapeutic Alliance

Techniques of Supportive Therapy

Clinical Illustration

Empirical Findings

Relevance for Managed Care

3. TIME-LIMITED THERAPY

Consider This Approach for Patients Who

Basic Framework

Theory and Technique

Phases of Treatment

Reverberations for the Therapist

Clinical Illustration

Empirical Findings

Relevance for Managed Care

4. INTERPERSONAL PSYCHOTHERAPY (IPT) FOR DEPRESSION

Consider for Patients who are Diagnosed as Depressed

Introduction

Basic Principles

Selection Criteria

Goals

Strategies and Phases of Treatment

Clinical Illustration

Empirical Findings

Relevance for Managed Care

5. TIME-LIMITED DYNAMIC PSYCHOTHERAPY

Consider This Approach for Patients Who

Conceptual Framework

Inclusion/Exclusion Criteria

Treatment

Clinical Illustration

Empirical Findings

Relevance for Managed Care

6. SHORT-TERM DYNAMIC THERAPY FOR POST TRAUMATIC STRESS DISORDER

Consider This Approach for Patients Who

Introduction

Theory of Change

Patient Selection

Goals of Treatment

Techniques of Therapy

Transference and Countertransference

Clinical Illustration

Empirical Findings

Relevance for Managed Care

7. BRIEF-DYNAMIC PSYCHOTHERAPY OF SUBSTANCE ABUSE DISORDERS

Consider This Approach for Patients Who

Introduction

Conceptualizing Substance Abuse as a Psychiatric Disorder

Patient Selection

The Therapist's Attitude Toward the Addict

12-Step Programs and Group Counseling

The Role of Different Psychoactive Substances

Supportive-Expressive Therapy of Cocaine Abuse

Clinical Illustration

Empirical Findings

Relevance for Managed Care

8. TIME-LIMITED GROUP THERAPY

Consider This Approach for Patients Who

Introduction

Why Groups

Why Time-Limited Groups

Group Dynamics and Group Therapy

Types of Groups

Illustrative Model

Empirical Findings

Relevance for Managed Care

9. THE RECIPROCAL RELATIONSHIP BETWEEN PHARMACOTHERAPY AND PSYCHOTHERAPY

Obsessive-Compulsive Disorder and the “Worry Circuit”

Psychopharmacology During the Stages of Psychotherapy

Pharmacotherapy Highlights Key Dysfunctional Patterns

Pharmacotherapy Alters Marital and Family Dynamics

Catalysts for Change

Combined Treatment in the Era of Managed Care

Glossary

Index