Psychodynamic Theory for Clinicians

The Psychotherapy in Clinical Practice series incorporates essential therapeutic principles into clinically relevant patient management. This first volume, Psychodynamic Theory for Clinicians, explains the major psychodynamic theories and shows how they provide a framework for clinical reasoning throughout the process of psychotherapy.

Several clinical cases are presented at the beginning of the book and discussed throughout the text so readers can follow these patients in the context of each theoretical approach. Each chapter begins with learning objectives, ends with review points, and includes numerous tables, graphs, and bullet points. Appendices include a glossary, case formulation guidelines, and a comparison of psychodynamic and cognitive models.