

Lives Transformed



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出版者:

出版时间:

装帧:

isbn:9781855755116

In addition to a review of the literature on psychotherapy process and outcome, this book contains detailed clinical accounts of seven patients treated by an immensely powerful method of dynamic psychotherapy (intensive short-term dynamic psychotherapy). This treatment is capable of producing major improvements, and even cure, in a wide range of patients. The authors believe that the scientific study of psychotherapy must include highly subjective judgments, provided the evidence upon which they are based is provided in great detail. In the present volume, verbatim transcripts from therapy sessions and follow-up interviews provide this kind of data, which can be evaluated by all who read them. Relying solely on paper and pencil tests, which evaluate only conscious material, is extremely limited and needs to be fortified by the kind of data provided here. This volume gives an account of what dynamic psychotherapy can achieve at its best. It combines detailed clinical case studies with the scientific research and also gives an overview of the literature available. It is based on the authors' extensive experience of researching and using psychodynamic psychotherapy.

作者介绍:

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