

[PDF] The Art And Science Of Brief Psychotherapies: An Illustrated Guide (Core Competencies In Psychotherapy)

Mantosh J. Dewan - pdf download free book



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Description:

The first book designed to teach the developing practitioner the core concepts and skills of short-term work, The Art and Science of Brief Psychotherapies has been revised and significantly enhanced in this second edition by the addition of an introductory section that addresses the most

critical issues common to all models of psychotherapy, as well as a detailed review of motivational interviewing, a technique that focuses on increasing patient motivation and openness to change while decreasing ambivalence. Also new to this edition is a companion DVD, which provides master clinicians insights and experience for five brief therapies cognitive, behavioral, solution-focused, interpersonal, and dynamic illustrating the essential techniques of these modalities in a concrete, compelling way. The editors selected contributors with extensive experience in teaching brief therapy and challenged them to provide practical guidance enriched with numerous case vignettes and video examples of their work. The result is a work of unparalleled insight and utility. The Art and Science of Brief Psychotherapies offers clinicians the hands-on information and instruction necessary to learn and then integrate this increasingly important form of therapy into their practice.

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