



Psychodynamic Treatment of Depression

By Fredric N. Busch, Marie Rudden, Theodore Shapiro

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Despite advances in both psychopharmacological and psychotherapeutic interventions, treating depression can be a struggle with many patients. This new edition of *Psychodynamic Treatment of Depression* retains its predecessor's unique psychotherapeutic approach to the dynamics observed in patients with depressive disorders and offers the insight born of the authors extensive clinical experience to sharpen and enhance the reader's skills in treating this disorder. Thoroughly updated and DSM-5 compatible, the book is intended for use by students, residents, and clinicians trained in the practice of psychotherapy and in the diagnosis of depression. Core psychodynamic formulations of depression are explored, including narcissistic vulnerability, conflicted anger, idealization and devaluation, and particular modes of defending against feelings and conflicts, and vivid case vignettes based on the authors clinical work illustrate common dynamic constellations and techniques for engaging patients in depression-focused psychodynamic psychotherapy. The book's clear presentation of psychodynamic theories and their clinical applications promotes understanding for mental health professionals in diverse roles and practice settings. *Psychodynamic Treatment of Depression* offers current, concise, and comprehensive counsel for clinicians and trainees who seek to understand psychotherapeutic dynamics and hone their treatment skills.



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Psychodynamic Treatment of Depression By Fredric N. Busch, Marie Rudden, Theodore Shapiro Bibliography

- Sales Rank: #1381598 in Books
- Published on: 2016-04-12
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x .50" l, .0 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

Review

Depression is the most common cause of referral to psychodynamic therapy, and this book remains the best guide therapists have to effectively address this pernicious problem. It stands alone as a clear, technical, research-informed guide for experts as well as beginning therapists. It should be on the shelf of all clinicians practicing psychotherapy of any modality. --Peter Fonagy, Freud Memorial Professor of Psychoanalysis and Head of the Research Department of Clinical, Educational and Health Psychology, University College London; Chief Executive, Anna Freud Centre

From the Inside Flap

Despite advances in both psychopharmacological and psychotherapeutic interventions, treating depression can be a struggle with many patients. This new edition of *Psychodynamic Treatment of Depression* retains its predecessor's unique psychotherapeutic approach to the dynamics observed in patients with depressive disorders and offers the insight born of the authors' extensive clinical experience to sharpen and enhance the reader's skills in treating this disorder. Thoroughly updated and DSM-5 compatible, the book is intended for use by students, residents, and clinicians trained in the practice of psychotherapy and in the diagnosis of depression. Core psychodynamic formulations of depression are explored, including narcissistic vulnerability, conflicted anger, idealization and devaluation, and particular modes of defending against feelings and conflicts, and vivid case vignettes based on the authors' clinical work illustrate common dynamic constellations and techniques for engaging patients in depression-focused psychodynamic psychotherapy.

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About the Author

Fredric N. Busch, M.D., is Clinical Professor of Psychiatry at Weill Medical College of Cornell University and on the faculty at the Columbia University Center for Psychoanalytic Training and Research in New York, New York. Marie Rudden, M.D., is Clinical Assistant Professor of Psychiatry at Weill Medical College of Cornell University, Training and Supervising Analyst at the Berkshire Psychoanalytic Institute. Theodore Shapiro, M.D., is Emeritus Professor of Psychiatry in Pediatrics at Weill Medical College of Cornell University and Training and Supervising Analyst at the New York Psychoanalytic Institute in New York, New York.

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