



Object Relations Brief Therapy: The Therapeutic Relationship in Short-Term Work (The Library of Object Relations)

Michael Stadter

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Object Relations Brief Therapy combines practical techniques with the depth of object relations theory, the wisdom of previous brief therapy writers, and, most notably, an emphasis on the unique therapeutic relationship. Often, therapists despair of doing any meaningful work in brief therapy. To this, Michael Stadter suggests the following pragmatic approach, 'think dynamically, address some underlying issue(s) and do what you can.' Specifically, the book emphasizes the depth of understanding of human experience that comes from an object relations perspective; the insight and experiential vitality of attention to the therapeutic relationship including its real, transference, and countertransference elements; the impact of the psychodynamic techniques that have been carefully studied and delineated by brief therapy writers such as Davanloo, Horowitz, Malan, Strupp, and Binder; and the flexibility of an eclectic approach that thoughtfully and selectively incorporates non-psychodynamic interventions. Therapists do not have to 'escape' managed care, according to Stadter. Rather, they need to learn how to deal with it in a way that preserves their integrity and enables them to practice the kind of healing psychotherapy they know how to do. In today's health care climate, Object Relations Brief Therapy is a much-needed guide for committed therapists. This new paperback edition includes a preface reviewing more recent developments in the area of brief therapy.

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