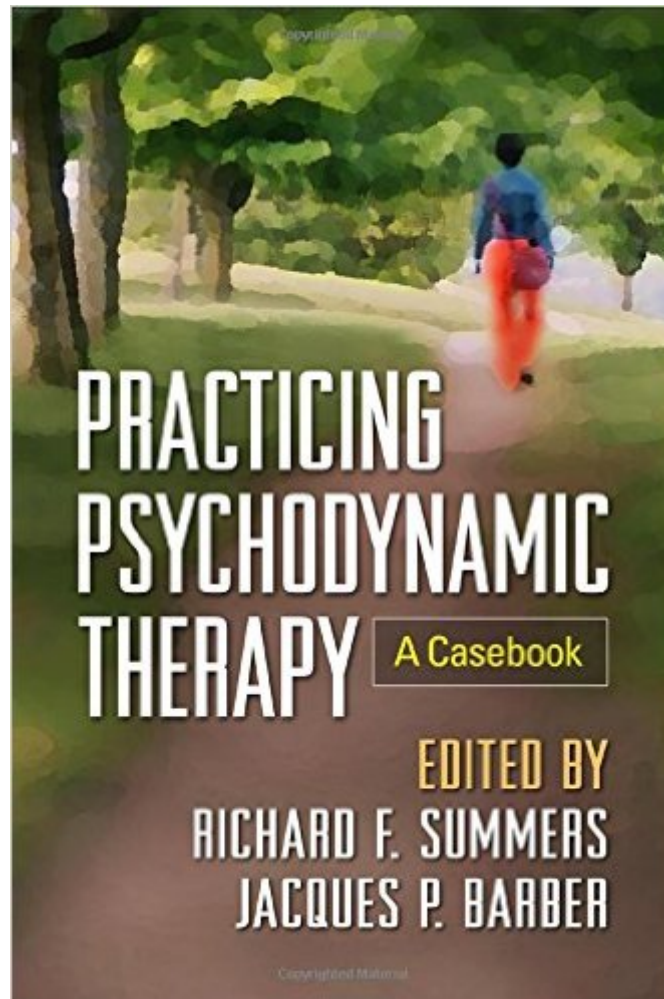


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# Practicing Psychodynamic Therapy: A Casebook



## Synopsis

This volume presents 12 highly instructive case studies grounded in the evidence-based psychodynamic therapy model developed by Richard F. Summers and Jacques P. Barber. Bringing clinical concepts vividly to life, each case describes the patient's history and presenting problems and takes the reader through psychodynamic formulation, treatment planning, and the entire course of therapy, including the challenges of termination. The cases address a variety of core psychodynamic problems, with outcomes ranging from very successful to equivocal. The emotional experience of the therapist is explored throughout. Commentary from Summers and Barber on every case highlights important points and key clinical dilemmas. See also the authored book *Psychodynamic Therapy: A Guide to Evidence-Based Practice*, in which Summers and Barber comprehensively describe their therapeutic model.

## Book Information

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## Customer Reviews

As a graduate student and a beginning clinician, I found this book extremely helpful and valuable to my clinical training. It is fascinating, lucid, easy to read, practical and most importantly - enjoyable. This book expands on clinical cases briefly presented in Summers and Barber's first book "Psychodynamic therapy - A guide to evidence based practice," which I have found to be the most helpful contemporary review of psychodynamic therapy I read until now. This book presents 12 clinical cases of real patients who are struggling with common psychological problems. Reading these 12 formulations, written by beginning clinicians, opened a window into the psychodynamic

therapeutic experience. Rather than presenting dense theories, over-barring jargon, or magical solutions to patients problems, this book provides with a comprehensive and clear presentation of all phases of psychodynamic therapy, and it written with openness, honesty, and some humor. Through the experiences of beginning professions I was able to observe some of the major obstacles therapists and clients face in therapy, and to learn practical and effective ways to deal with such obstacles. As a trainee, this book has strengthen my wish to practice psychodynamic therapy, and helped me navigate through the complexity and sometimes overwhelming richness of psychodynamic thinking.

This is a great, easy to read casebook for therapists of any skill level interested in learning more about psychodynamic therapy. It will be a particularly good resource for beginning graduate students and residents, as it has a wide range of cases and very realistic outcomes. The chapter authors are very open and honest about where they did well, but also honest about where they got "stuck" in treatment. Some also discuss things they might have done differently with their patients in retrospect. This is very refreshing, and helps demystify (and humanize) the process of conducting therapy for students. This casebook can be used by itself, but would probably best be used in combination with the authors' previous book, as it will more clearly link the authors' case formulation approach to the ins and outs of specific techniques with specific patients.

Great book that presents real world cases of psychodynamic psychotherapy. It not only incorporates the best of contemporary evidence-based practice, but is simultaneously respectful of the many psychodynamic traditions (e.g., ego psychology, self psychology, object relational approaches). It is also a great antidote for naive readers who may have the misconception that psychodynamic therapy is not a flexible, lively, compassionate, and effective approach.

Nobody teaches psychodynamic therapy like Richard Summers. This book was a lovely refresher. He always gets to the Essence of what is happening in the moment.

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