

Supportive Therapy

A
*Psychodynamic
Approach*



LAWRENCE H. ROCKLAND

Supportive Therapy A Psychodynamic Approach

Lawrence H. Rockland



Supportive Therapy A Psychodynamic Approach:

Supportive Therapy Lawrence H. Rockland, H Rockland, 2003-04-17 The main goal of the therapy described here is to improve ego functions and adaptations rather than to explore unconscious conflicts Thus the emphasis is on strengthening reality testing discouraging impulsivity and clarifying confused thinking while minimizing the regression and negative transference characteristic of exploratory therapy In chapters richly illustrated with clinical material the author details the strategies and rationales of this practice covering such topics as transference and countertransference resistance working through and the relationship between supportive therapy and psychopharmacology Clinically sophisticated yet immensely practical this valuable resource will enhance the skill and understanding of every therapist student clinician or teacher who practices supportive psychotherapy

Clinical Manual of Supportive Psychotherapy Peter N. Novalis, Virginia Singer, Roger Peele, 2019-09-27 Updated for the first time since 1993 and still the only comprehensive clinical guide to supportive psychotherapy this new edition of *Clinical Manual of Supportive Psychotherapy* features updated and new chapters vignettes tables and resources that reflect current best practices Where once it was reserved for use with severely impaired patients supportive therapy has come to be recognized as the treatment of choice for many patients and supportive techniques underpin a great many other psychotherapies As a result the academic literature both on specific populations and on technical issues has mushroomed In this manual the authors all of them practicing mental health clinicians distill the most relevant information that nonpsychiatric physicians psychiatric residents and experienced psychiatrists and psychotherapists need to fully understand this specific modality The volume introduces in Part I readers to the history and evolution of the use of supportive therapy examining both its principles and its techniques It then applies in Part II the approach to a range of disorders including schizophrenia and hallucinations mood disorders personality disorders and new to this edition anxiety and co occurring disorders Part III covers interactions and special settings discussing applying supportive techniques with medically ill patients and older patients including tackling issues such as social and financial barriers to seeking treatment in the case of the latter Also included in this part are new chapters on interactions and special settings including practicing in detention and correctional centers and the special needs of therapists in public institutions and updated chapters on community and family involvement and medication adherence and therapy interactions A discussion of ethics augmented with guidance on cultural and religious sensitivity completes this most comprehensive of guides

Supportive Therapy for Borderline Patients Lawrence H. Rockland, 1992 I have become convinced that many borderline patients are not helped by the psychiatric treatment they receive and even more troubling that a fair percentage of them are made worse by it Dr Rockland s approach makes sense to me at a time when much of the literature on the psychotherapy of borderline personality does not I have learned a great deal from this book and feel confident that it will have a pronounced beneficial effect on clinical practice From the Foreword by Allen J Frances Noting the potential dangers of uncovering approaches early writers

on borderline personality emphasized the value of supportive therapy. Despite these warnings, the preponderance of the current literature on borderline disorder is confined to exploratory psychotherapy and psychoanalysis. Redressing this imbalance in the literature, this important new work is the first to present an organized and detailed description of how supportive interventions are accomplished with borderline patients. With a uniquely practical focus on how to do it, Lawrence H. Rockland applies the principles of Psychodynamically Oriented Supportive Therapy (POST), an approach that he formulated to patients with Borderline Personality Disorder (BPD). Divided in three sections, the book's opening chapters review the changing concepts of the borderline, vicissitudes in treatment recommendations, the general principles of POST, and the indications for applying this approach to BPD. The second section presents the 2 1/2 year psychodynamic supportive treatment of a patient with BPD. The four phases of treatment—evaluation and treatment planning, early phase, middle phase, and termination—are discussed in detail and illustrated with session dialogue and critical commentary by the author. The final section addresses two major problems: therapist countertransference and patient acting out. Other topics include continuous, intermittent, and supportive therapy; psychopharmacology in supportive therapy; and supportive aspects of inpatient treatments. Filling a significant gap in the literature, this important new volume's systematic and comprehensive exposition of supportive therapy for borderline patients makes it an invaluable resource for all practitioners who work with this difficult population. Replete with clinically useful suggestions and guidelines, it is ideal for trainees in all mental health disciplines. It is relevant to any course on dynamic psychotherapy and serves as a text for all students of borderline pathology and its treatment. **A**

Primer of Supportive Psychotherapy Henry Pinsker, 2014-02-04. For many patients, supportive therapy is the treatment of choice, and for many others, the use of medications or of more expressive techniques optimally occurs in the context of a supportive relationship. Yet there is a paucity of literature expressly devoted to the techniques and aims of supportive psychotherapy. In *A Primer of Supportive Psychotherapy*, Henry Pinsker remedies this situation by focusing directly on the rationale for and techniques of supportive psychotherapy. He explores this modality as a form of dyadic intervention, quite distinct from expressive psychotherapies, and also shows how, to varying extents, supportive psychotherapy makes use of patterns of relationships and behavior, past and present. Pinsker's writing is wise, human, and direct. The realities, ironies, conundrums, and opportunities of the therapeutic encounter are vividly portrayed in scores of illustrative dialogues drawn from actual treatments. Destined to become the classic introductory work in the field, *A Primer of Supportive Psychotherapy* will be valued by students and trainees in all mental health disciplines and by their teachers for its wealth of practical guidelines and explicit instruction on how to develop, maintain, and make optimal therapeutic use of a supportive relationship. Psychopharmacologists, counselors, nurse practitioners, and primary care physicians are among the helping professionals who will likewise benefit from Pinsker's clear presentation of the principles of supportive work. Beyond its didactic value, this text will be an indispensable conceptual touchstone for any clinician interested in understanding more clearly the differences

among various interventional modalities as a preliminary step in optimal treatment planning

Learning Supportive Psychotherapy, Second Edition Arnold Winston, M.D., Richard N. Rosenthal, M.D., Laura Weiss Roberts, M.D., M.A., 2019-12-12 Learning Supportive Psychotherapy second edition first published in 2004 as Introduction to Supportive Psychotherapy and revised in 2012 is written for beginning therapists who need to learn the fundamentals of psychotherapy and in particular need to learn how to talk with psychotherapy patients The book provides to the beginning resident clear guidelines for the conduct and progression of supportive psychotherapy in four major areas forming and maintaining a positive therapeutic alliance understanding and formulating patients problems setting realistic treatment goals and knowing what to say to patients technique Included are a discussion of crisis intervention and the applicability of supportive psychotherapy to special populations including patients with chronic mental illness substance use disorders and co occurring conditions The book also includes a discussion of how to determine whether a psychiatry resident has achieved competence in supportive psychotherapy and concludes with a presentation of the evidence for the efficacy of supportive psychotherapy including a number of outcome trials Provided by publisher *Building Bridges: Supportive Psychotherapy for Positive Change with Case Studies*. Dr. Beulah Emmanuel, 2024-09-30 BUILDING BRIDGES SUPPORTIVE PSYCHOTHERAPY FOR POSITIVE CHANGE WITH CASE STUDIES is a vital resource that demystifies supportive psychotherapy making it accessible and actionable for practitioners and students alike This book serves as both an educational resource for mental health professionals and a practical manual for anyone interested in understanding the therapeutic techniques designed to help individuals handle their emotional and psychological challenges Dr Beulah Emmanuel s clear and compassionate writing style combined with real world examples empowers readers to implement effective supportive strategies in their therapeutic practice ultimately enhancing the well being of their clients Adaptations of supportive techniques to suit diverse cultural and individual needs

Contemporary Developments in Supportive Therapy Rodrigo Sanchez Escandon, 2025-07-30 This book explores Open Ended Supportive Therapy a psychoanalytically informed approach designed to offer a compassionate and flexible alternative to more rigid therapeutic methods Supportive therapy is particularly valuable for individuals who find traditional therapeutic models either too directive or insufficiently supportive as it prioritizes the therapeutic relationship over specific goal oriented techniques The book presents consistent research indicating that early termination of treatment when patients abruptly leave the therapeutic process is often linked to therapists offering interventions that patients are not ready for Supportive Therapy assigns a specific role to the therapist in the use of transference leveraging this understanding to create a supportive environment through a strong therapeutic alliance This framework guides the therapist in navigating the complexities of providing support without colluding with the patient s pathology

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all

the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

Psychoanalytic Psychotherapy Nancy McWilliams,2004-03-18 Building on the enormous popularity of her two previous texts on diagnosis and case formulation this important work from Nancy McWilliams completes the trilogy by addressing in detail the art and science of psychodynamic treatment McWilliams distills the essential principles of clinical practice including effective listening and talking transference and countertransference emotional safety and an empathic attuned attitude toward the patient The author describes the values assumptions and clinical and research findings that guide the psychoanalytic enterprise and shows how to integrate elements of other theoretical perspectives when necessary She also discusses the phases of treatment and covers such neglected topics as educating the client about the therapeutic process handling complex challenges to boundaries and attending to self care Presenting complex clinical information in personal nontechnical language enriched by in depth clinical vignettes this is an essential psychoanalytic work and training text for therapists

Concise Guide to Brief Dynamic and Interpersonal Therapy Hanna Levenson,Stephen F. Butler,Theodore A. Powers,Bernard D. Beitman,2008-08-13 In today s world of managed care characterized by limited mental health resources emphasis on accountability concerns of third party payers and consumer need the demand for mental health professionals to use briefer therapeutic approaches is on the rise Fully 84% of all clinicians are doing some form of planned brief therapy 6 20 sessions per year per patient Yet despite clinical advances and outcome data that demonstrate the effectiveness of short term therapy many therapists in fact 90% of those whose theoretical orientation is psychodynamic rather than cognitive behavioral are reluctant to learn briefer interventions seeing value only in long term depth oriented work The second edition of this Concise Guide is intended to help educate both

beginning and experienced clinicians in the strategies and techniques of time attentive models and to foster more positive and optimistic attitudes toward using these important therapies The seven therapeutic models presented here including an entirely new chapter on time limited group therapy highlight the importance of the interpersonal perspective The seven models one per chapter represent well established short term approaches to clinical issues that therapists commonly encounter in their clinical practices These models also have clearly defined intervention techniques and formulation strategies and can be used within the 10 to 20 session time frame of most managed care settings The first part of each chapter dealing with a therapeutic model lists the various presenting problems the authors deem most suitable for treatment by that particular approach The authors discuss the overall framework of each model selection criteria goals therapeutic tasks and strategies empirical support and relevance for managed care with clinical cases to illustrate the application of each model The authors include updated chapters on supportive time limited and interpersonal therapies time limited dynamic psychotherapy short term dynamic therapy for patients with posttraumatic stress disorder brief dynamic therapy for patients with substance abuse disorders an entirely new chapter on time limited group therapy and a final chapter on the reciprocal relationship between pharmacotherapy and psychotherapy Meant to complement the more detailed information found in lengthier psychiatric texts this Concise Guide it is designed to fit into a jacket or lab coat pocket is a practical and convenient reference for psychiatrists psychiatric residents and medical students working in a variety of treatment settings such as inpatient psychiatry units outpatient clinics consultation liaison services and private offices

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Supportive Therapy A Psychodynamic Approach** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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