


## Remembering With Emotion In Dynamic Psychotherapy


**Author :** Steven B Sandler / **Category :** Psychology / **Total Pages :** 238 pages

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**Summary :** Free remembering with emotion in dynamic psychotherapy pdf download - this book takes a new look at dynamic psychotherapy from its most basic theory to the furthest limits of its capabilities it invites the reader to re-examine a few of the most basic concepts underlying the practice of psychotherapy what is emotion what is a defense mechanism it begins with emotion theory an area of academic study that has traditionally been neglected in psychotherapy training programs throughout the book it is argued that the patient's experience of emotion is critical for a successful outcome in therapy and that the therapist's understanding of emotion will provide a solid theoretical foundation for practice attachment theory is also used extensively throughout the book case examples offer interventions that are designed to translate the theory into practical applications in the middle chapters of the book these basic ideas emotion theory and attachment theory are applied in an extended case example using ample segments of verbatim dialogue memory theory is used to explain some of the treatment failures in dynamic psychotherapy memory theory can lead to a revised approach that provides more durable outcomes dynamic psychotherapy has largely been a therapy of bad memories therefore a systematic approach to focusing on positive memories of early attachment experiences is outlined we must not only help the patient to face negative memories of his past we must also help revive and strengthen positive memories until they have trace dominance over negative ones finally the possibility that dynamic psychotherapy can lead to spiritual growth is explored early parent-child experiences of oneness can serve as the developmental precursors of the spiritual experience some of the child development literature including mahler's notion of symbiosis is reviewed some preliminary work with patients is presented in which they are invited to broaden their new emotional connection with a parent and others until it leads to a greater sense of spiritual connection and oneness this approach has no particular ties to any one religious movement rather it is an invitation to move from emotions of expansion affection pride etc to an expanded consciousness

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