



# The Art And Science Of Brief Psychotherapies

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**Summary :** Free the art and science of brief psychotherapies pdf download - the groundbreaking text the art and science of brief psychotherapies addressing a treatment modality in increasing demand has now been released in a new edition thoroughly updated revised and expanded to include rich material for learning and teaching the how to of brief psychotherapy this new edition is grounded in research and meticulously referenced at the same time its style is hands-on and its focus utterly pragmatic this is the only book presenting expert video demonstrations of the major brief psychotherapy models the dvd depictions vividly illustrate characteristics that distinguish the various forms so that viewers can see how the different therapies look and sound in practice -- a terrific teaching and learning tool the dvd presents master clinicians insights and experience for five brief therapies -- cognitive judith beck ph d behavioral edna foa ph d solution-focused brett steenbarger ph d interpersonal scott stuart m d and dynamic hanna levenson ph d -- illustrating the essential techniques of these modalities in a concrete compelling way because the contributors were selected for their extensive experience in teaching and training in brief therapy they are uniquely qualified to provide highly practical and effective information about their chosen approaches the case vignettes and clinical strategies are plentiful a chapter on motivational interviewing a technique used to heighten patient engagement in the brief psychotherapeutic process has been added the new opening chapter presents a concise review of factors common to all successful psychotherapies the book addresses the six most common forms of brief psychotherapy in depth examines combined therapy cross-cultural issues and evaluation of trainee competence and ends with a chapter in which the editors provide a highly readable astute overview and synthesis of this complex material teachers who strive to provide their students and trainees with a working sense of brief therapy beyond theory and students who long for that down-to-earth knowledge will be grateful for the art and science of brief psychotherapies

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