

Current Clinical Psychiatry

Jerrold F. Rosenbaum, MD, Series Editor

Handbook of Evidence-Based Psychodynamic Psychotherapy

Bridging the Gap Between Science and Practice

Edited by

Raymond A. Levy, PsyD

Massachusetts General Hospital, Boston, MA

J. Stuart Ablon, PhD

Massachusetts General Hospital, Boston, MA

The importance of conducting empirical research for the future of psychodynamics is presented in this excellent new volume. In *Handbook of Evidence Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice*, the editors provide evidence that supports this type of research for two primary reasons. The first reason concerns the current marginalization of psychodynamic work within the mental health field. Sound empirical research has the potential to affirm the important role that psychodynamic theory and treatment have in modern psychiatry and psychology. The second reason that research is crucial to the future of psychodynamic work concerns the role that systematic empirical investigations can have in developing and refining effective approaches to a variety of clinical problems. Empirical research functions as a check on subjectivity and theoretical alliances in on-going attempts to determine the approaches most helpful in working with patients clinically. *Handbook of Evidence Based Psychodynamic Psychotherapy: Bridging the Gap Between Science and Practice* brings together a panel of distinguished clinician-researchers who have been publishing their findings for decades. This important new book provides compelling evidence that psychodynamic psychotherapy is an effective treatment for many common psychological problems.

ISBN 978-1-934115-11-4



9 781934 115114 >

> springer.com/humana

Levy • Ablon Editors



Handbook of Evidence-Based Psychodynamic Psychotherapy

HANDBOOK OF Evidence-Based Psychodynamic Psychotherapy

Bridging the Gap Between Science and Practice



Edited by

Raymond A. Levy, PsyD

J. Stuart Ablon, PhD

 Humana Press