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## Read Online Interpersonal Psychotherapy Of Depression A Brief Focused Specific Strategy Master Work

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### CONTEXT?B=V7Y0N6 - SIMPSON ARTHUR

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#### INTERPERSONAL PSYCHOTHERAPY OF DEPRESSION

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##### A BRIEF, FOCUSED, SPECIFIC STRATEGY

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**Jason Aronson, Incorporated** *Reflecting the new and exciting trends in psychotherapy as well as responsive to the current emphasis on efficient, substantial therapeutic results, this book presents a model of interpersonal, short-term psychotherapy for clinically depressed patients. Gerald L. Klerman, whose research on depression has made him world renowned, and Myrna M. Weissman, who has written, with Eugene Paykel, an important book on women and depression, have worked with their colleagues to present the empirical basis for their new treatment method. This theory builds on the heritage of Harry Stack Sullivan and John Bowlby and their focus on interpersonal issues and attachment on depression. Research shows that four categories of interpersonal difficulties predominate: grief, interpersonal disputes, role transitions, and interpersonal deficits. In this approach, the therapist focuses on the patient's primary problems and evaluates the need for medication in addition to interpersonal therapy. Acknowledging that these four areas are never mutually exclusive, the authors present a clear treatment strategy for each, augmenting their presentation with a discussion of common obstacles that arise during treatment. As an overview, the book compares interpersonal psychotherapy with other psychotherapies for depression. Summaries of research documenting the efficacy of interpersonal psychotherapy are given. The authors outline the theoretical basis for an interpersonal approach, and apply it to depression. The following sections detail how to conduct interpersonal psychotherapy, supplying case vignettes to illustrate particular problems. Finally, the authors explore combining interpersonal psychotherapy with pharmacotherapy.*

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#### INTERPERSONAL PSYCHOTHERAPY OF DEPRESSION

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##### A BRIEF, FOCUSED, SPECIFIC STRATEGY

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**Jason Aronson** *Reflecting exciting new trends in psychiatric treatment, the authors present their model of IPT, short-term psychotherapy for treating clinical depression.*

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#### PSYCHOTHERAPY ESSENTIALS TO GO: INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSION

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**W. W. Norton & Company** *A quick-reference, multi-media guide to using interpersonal psychotherapy (IPT) to treat depression. Interpersonal Psychotherapy (IPT) is an evidence-supported, short-term therapy that focuses on universal life problems involving change, loss, and conflict in relationships, particularly when these problems relate to depression. At its heart is an emphasis on relationships as a healing force during stressful life events. This guide walks readers through the core principles of IPT treatment—how to consider underlying psychological and biological factors that may predispose a client to depression, including insecure attachment; how to effectively communicate with clients to improve their relationship problems; and how to conduct “interpersonal inventories” to help clients connect to a support system that may be helpful in their recovery process. Included in this comprehensive guide are a DVD of sample therapy sessions and clinical explication that describe how to implement the protocol, as well as a laminated pocket reminder card. An on-the-go package of practical tools that busy clinicians won't want to be without. Please note that the ebook version of this title does not include the DVD.*

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#### INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED ADOLESCENTS

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**Guilford Press** *Grounded in extensive research and clinical experience, this manual provides a complete guide to interpersonal psychotherapy for depressed adolescents (IPT-A). IPT-A is an evidence-based brief intervention designed to meet the specific developmental needs of teenagers. Clinicians learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. The book includes illustrative clinical vignettes, an extended case example, and information on the model's conceptual and empirical underpinnings. Helpful session checklists and sample assessment tools are featured in the appendices.*

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#### THE GUIDE TO INTERPERSONAL PSYCHOTHERAPY

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##### UPDATED AND EXPANDED EDITION

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**Oxford University Press** *Revision of: Clinician's quick guide to interpersonal psychotherapy. 2007.*

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#### COMPREHENSIVE GUIDE TO INTERPERSONAL PSYCHOTHERAPY

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**Basic Books** *Since its introduction as a brief, empirically validated treatment for depression, Interpersonal Psychotherapy has broadened its scope and repertoire to include disorders of behavior and personality as well as disorders of mood. Practitioners in today's managed care climate will welcome this encyclopedic reference consolidating the 1984 manual (revised) with new applications and research results plus studies in process and in promise and an international resource exchange.*

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#### CLINICIAN'S QUICK GUIDE TO INTERPERSONAL PSYCHOTHERAPY

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**Oxford University Press** *The Clinician's Quick Guide to Interpersonal Psychotherapy is for busy clinicians who want to learn interpersonal psychotherapy (IPT), but who lack the time to read a more detailed manual or to attend a course. The book is also intended for clinicians who have had some exposure to IPT in workshops or supervision and want a reference book for their practice.*

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#### IN THE AFTERMATH OF THE PANDEMIC

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##### INTERPERSONAL PSYCHOTHERAPY FOR ANXIETY, DEPRESSION, AND PTSD

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**Oxford University Press** *In the Aftermath of the Pandemic is an accessible treatment manual enabling psychotherapists to use Interpersonal Psychotherapy (IPT) to address the psychological consequences of the COVID-19 pandemic and other large-scale disasters. Well-studied and time-limited, IPT has demonstrated efficacy in treating mood disorders, anxiety disorders, and posttraumatic stress disorder (PTSD). IPT helps people to mobilize social support, to process and take control of environmental stressors, relieving symptoms. As such it appears an excellent intervention for the wave of psychiatric problems accompanying the COVID-19 pandemic. The book describes IPT techniques and focuses on treating the disaster's major outcomes—depression, PTSD, and anxiety—illustrating their treatment with multiple detailed case examples drawn from actual clinical presentations from the pandemic. The book also addresses the sudden shift from in-person to remote tele-therapy, and includes a novel COVID Behavioral Checklist of psychological risk factors. Dr. John Markowitz, a leading IPT expert, explains the psychological impacts of disasters like COVID-19 and the particular usefulness*

of IPT in addressing them, making this a crucial text for clinicians looking to address the psychiatric crisis the pandemic has wrought.

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### INTERPERSONAL PSYCHOTHERAPY FOR POSTTRAUMATIC STRESS DISORDER

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**Oxford University Press** Posttraumatic stress disorder (PTSD) is a prevalent, debilitating public health problem. Cognitive behavioral therapies (CBTs), and specifically exposure-based therapy, have long dominated PTSD treatment. Empirically supported treatments-Prolonged Exposure (PE), Cognitive Processing Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and virtual reality therapy-all have relied upon the "fear extinction model" of exposing patients to reminders of their trauma until they grow accustomed to and extinguish the fear. While exposure-based treatments work, they (like all treatments) have their limits. Many patients refuse to undergo them or drop out of treatment prematurely; others may actually worsen in such treatment; and still others simply do not benefit from them. *Interpersonal Psychotherapy for Posttraumatic Stress Disorder* describes a novel approach that has the potential to transform the psychological treatment of PTSD. Drawing on exciting new clinical research findings, this book provides a new, less threatening treatment option for the many patients and therapists who find exposure-based treatments grueling. *Interpersonal Psychotherapy (IPT) for PTSD* was tested in a randomized controlled trial that compared three psychotherapies. Dr. Markowitz and his group found that IPT was essentially just as effective as exposure-based Prolonged Exposure. IPT had higher response rates and lower dropout rates than did PE, particularly for patients who were also suffering from major depression. These novel findings suggest that patients need not undergo exposure to recover from PTSD. *Interpersonal Psychotherapy for Posttraumatic Stress Disorder* describes an exciting alternative therapy for PTSD, details the results of the study, and provides an IPT treatment manual for PTSD.

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### FAMILY-BASED INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED PREADOLESCENTS

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**Oxford University Press** Depression is a recurrent, debilitating and sometimes fatal disorder that may first effect children between the ages of 9 and 12. Preadolescent depression is an important public health concern because it is a "gateway" condition that increases the risk for recurrent depression into adolescence and adulthood, particularly when there is a strong family history of mood disorders. The preadolescent period presents a window of opportunity for early psychosocial intervention for depressive disorders and for decreasing risk factors associated with recurrence, namely difficulties in relationships with family members and friends. Addressing and treating depressive disorders in preadolescents has the potential to be extremely successful given the dramatic increase in rates of depression that occur in adolescence. *Family-Based Interpersonal Psychotherapy for Depressed Preadolescents* is a psychosocial intervention that aims to reduce depressive and anxiety symptoms among preadolescents and to provide them with skills to improve interpersonal relationships. Parents are systematically involved in all stages of the preteen's treatment to provide support and model positive communication and problem solving skills. The Initial Phase of treatment addresses psychoeducation about preadolescent depression, challenges in parenting a depressed preadolescent, and appropriate expectations for their child's behavior and performance at this time. The Middle Phase of treatment outlines ways for clinicians to present FB-IPT skills to both the preteen and parent. The Termination Phase focuses on consolidating skills, addressing prevention strategies, and identifying when to seek treatment for recurrent depression.

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### INTERPERSONAL PSYCHOTHERAPY

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**Theories of Psychotherapy Series** *Interpersonal Psychotherapy* provides an introduction to the theory, history, research, and practice of this effective, empirically validated approach. Gerald L. Klerman and Myrna M. Weissman initially created interpersonal psychotherapy (IPT) as a brief approach for treating depression, but it has since been adapted for use with a wide variety of client presenting problems and in longer-term situations. This approach focuses on the interaction between interpersonal dysfunction and psychological symptoms. IPT is founded on the idea that humans are social beings, thus client personal relationships lie at the center of presenting problems and psychological states. Although grounded in a medical model, which is used to conceptualize the client's presenting problem, the primary basis for this approach lies in an interpersonal modification of psychodynamic psychotherapy. Therapy is present-focused, but aspects of attachment theory are used to analyze how past relationships affect current relationships. Therapists applying IPT take an active stance, continually and supportively guiding the sessions to maintain focus on one of four interpersonal problem areas: unresolved grief, role transitions, role disputes, or interpersonal deficits. In this book, Frank and Levenson present and explore this versatile and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary developments that have refined the theory and expanded how it may be practiced. This essential primer, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling, as well as for seasoned practitioners interested in understanding how this approach has evolved and how it might be used in their practice.

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### BRIEF DYNAMIC INTERPERSONAL THERAPY

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#### A CLINICIAN'S GUIDE

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**Oxford University Press** *Dynamic Interpersonal Therapy (DIT)* is a brief psychodynamic psychotherapy developed for the treatment of mood disorders. This valuable new book is a user-friendly, practical guide for the implementation of a brief psychodynamic intervention in routine clinical practice as well as in research protocols.

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### PSYCHOTHERAPY ESSENTIALS TO GO: INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSION

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**W. W. Norton & Company** A series of quick-reference, multi-media guides to key protocols all therapists need to know.

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### PREVENTING ADOLESCENT DEPRESSION

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#### INTERPERSONAL PSYCHOTHERAPY-ADOLESCENT SKILLS TRAINING

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**Oxford University Press** *Interpersonal Psychotherapy-Adolescent Skills Training (IPT-AST)* is a program that teaches communication and interpersonal problem-solving skills to improve relationships and prevent the development of depression in adolescents. IPT-AST was developed to be delivered in schools and other community settings where adolescents are most likely to receive services, with the hope that IPT-AST can help prevent depression and other problem behaviors before they become more severe. *Preventing Adolescent Depression: Interpersonal Psychotherapy-Adolescent Skills Training* provides a detailed description of the program to guide mental health practitioners to implement IPT-AST. Session-by-session descriptions specify the structure and content of each session. Examples of how group leaders can discuss specific topics are provided throughout the book, and the appendix includes session outlines, communication notecards, cue cards, and more. Chapters also outline key issues related to implementation of IPT-AST, including selecting adolescents to participate in group; conducting IPT-AST in schools, primary care offices, mental health clinics, and other diverse settings; working with adolescents at varying levels of risk for depression; and dealing with common clinical issues. Finally, the book outlines the research on this depression prevention program. *Preventing Adolescent Depression* is appropriate for a wide variety of mental health practitioners including psychologists, social workers, and school counselors.

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### CASEBOOK OF INTERPERSONAL PSYCHOTHERAPY

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**OUP USA** Bringing together experts who have treated patients with and conducted clinical research on IPT, the *Casebook of Interpersonal Psychotherapy* responds to the growing need for a foundational text to supplement the available manuals on IPT.

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### INTERPERSONAL PSYCHOTHERAPY 2E

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#### A CLINICIAN'S GUIDE

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**CRC Press** 'This book provides a very useful and thought-provoking account of a developing form of interpersonal psychotherapy and gives a clear guide for practising clinicians.' *Psychological Medicine* First published in 2003, this groundbreaking text firmly established itself as a touchstone for all therapists using interpersonal psychotherapy (IPT). Key featu

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## FEELING BETTER

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### BEAT DEPRESSION AND IMPROVE YOUR RELATIONSHIPS WITH INTERPERSONAL PSYCHOTHERAPY

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**New World Library** *Beat Depression and Improve Your Relationships* When it comes to treatment for depression, we have been getting it all wrong. Instead of focusing on just the biochemistry, we need to focus on the importance of relationships. *Feeling Better* offers a step-by-step guide using a research-proven approach called interpersonal psychotherapy, or IPT, which can help you deal with the issues that may be contributing to your unhappiness. Therapists Cindy Stulberg and Ron Frey have used IPT with clients for more than twenty years and achieved dramatic, lasting results after only eight to twelve weeks. They have now created this accessible, first-of-its kind guide. *Feeling Better* teaches skills and tools that will allow you to set and achieve goals, articulate feelings, and make constructive decisions. You'll learn to identify and engage with allies and supporters, deal with difficult people, and, if need be, walk away from harmful relationships. Cindy and Ron have taught clients — diagnosed with depression or not — to use these skills in virtually every life situation, from preventing divorce to “consciously uncoupling,” raising healthy children, coping with loss, and dealing with addiction. Writing with wisdom, warmth, and humor, they are savvy coaches and inspiring cheerleaders who can offer a lifeline to the depressed and life enrichment to anyone.

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### MASTERING DEPRESSION THROUGH INTERPERSONAL PSYCHOTHERAPY

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#### PATIENT WORKBOOK

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**Oxford University Press, USA** *Interpersonal Psychotherapy (IPT) is a brief treatment approach that has demonstrated effectiveness for treatment of major depressive disorders in adults. IPT takes the position that although there are many causes for depression, understanding the current social and interpersonal circumstances of the client associated with the onset of a recent episode of depression will expedite understanding current symptoms and help the client move toward developing new ways of coping. The books in this program clearly define the focus of treatment as "here and now."*

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### INTERPERSONAL PSYCHOTHERAPY FOR DYSTHYMIC DISORDER

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**American Psychiatric Pub** *Interpersonal Psychotherapy for Dysthymic Disorder is the first manual to examine the use of psychotherapy for dysthymic disorder, or chronic depression. This useful, innovative guide describes how to adapt interpersonal psychotherapy (IPT) -- a proven, time-limited therapy that has benefited patients who have other mood disorders and psychiatric syndromes -- to treat dysthymic disorder. After discussing the characteristics of dysthymic disorder, the basic principles of IPT, and the available treatment data, this volume offers clear, coherent treatment strategies for working with this potentially difficult, yet treatable, disorder. A useful adjunct to training and supervision by certified clinicians, this book contains numerous case examples that vividly illustrate how to use this treatment approach. This text also includes an appendix with patient education materials, the IPT Problem Area Rating Scale (IPARS), and the IPT Outcome Scale. By using this text, therapists can improve their patients' life functioning and provide a more comprehensive and effective treatment.*

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### INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED OLDER ADULTS

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**Amer Psychological Assn** *The is the first clinical book on how to conduct Interpersonal Psychotherapy (IPT) with persons 65 years of age and older. To help clinicians learn effective care, the authors draw upon a wealth of experience to provide a comprehensive review of theory and research as well as practical guidance on clinical interventions.*

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### INTERPERSONAL PSYCHOTHERAPY FOR ADOLESCENTS

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#### A CLINICIAN'S GUIDE

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**Routledge** *Interpersonal psychotherapy for adolescents (IPT-A) is a comprehensive guide for clinicians. It will enable readers to add IPT-A to their clinical repertoire or to deepen their existing practice of IPT-A, using a time-limited, evidence-based intervention that is engaging for young people. The guide outlines the structure, skills, and techniques of IPT-A, utilising real-life encounters in the therapy room that reflect the diverse nature of adolescents and young adults who present for therapy. It provides the reader with a bird's-eye view of how IPT-A works. It expands the range of IPT-A clinical tools, techniques, and models to assist the reader to work effectively with a wide range of clients. The book provides a new protocol for the psychological assessment of young people, acknowledging the importance of culture and spirituality alongside the biological, psychological, and social dimensions that have previously comprised assessment. The importance of the clinician forming a transitory attachment relationship with the client is emphasised throughout. The target audience for this book is mental health clinicians, including psychologists, psychiatrists, social workers, mental health nurses, occupational therapists, general practitioners with a mental health focus, and students from these professions.*

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### INTERPERSONAL PSYCHOTHERAPY FOR PERINATAL DEPRESSION

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#### A GUIDE FOR TREATING DEPRESSION DURING PREGNANCY AND THE POSTPARTUM PERIOD

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**Createspace Independent Publishing Platform** *This is a user-friendly manual of Interpersonal Psychotherapy used to treat pregnant or postpartum women who are suffering from depression. Interpersonal Psychotherapy for Perinatal Depression (IPT-P) is a brief weekly psychotherapy treatment of 12-16 weeks that has demonstrated success in several clinical trials supported by the National Institutes of Mental Health. The purpose of this IPT-P manual is to provide mental health workers including psychiatrists, psychologists, psychiatric nurses, social workers, and mental health counselors with step-by-step instructions.*

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### INTERPERSONAL PSYCHOTHERAPY

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**American Psychiatric Pub** *The book compiles the results of several research studies on this subject. It discusses important developments in interpersonal psychotherapy research and its translation into clinical practice. It describes typical phases of treatments and highlights applications for patient populations, which have seen results from interpersonal psychotherapy.*

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### THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

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**Harmony** *Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.*

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### THE WIM HOF METHOD

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#### ACTIVATE YOUR FULL HUMAN POTENTIAL

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**Sounds True** *INSTANT NEW YORK TIMES BESTSELLER* The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • *Breath*—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • *Cold*—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength • *Mindset*—Build your

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willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim's Story—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

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## PSYCHODYNAMIC-INTERPERSONAL THERAPY

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### A CONVERSATIONAL MODEL

**SAGE** This book presents for the first time, a practical manual for psychodynamic-interpersonal therapy. Drawing on forty years of research, teaching and practice, its expert authors guide you through the conversational model's theory, skills and implications for practice. Part I sets out the model's underlying theory and outlines the evidence for its efficacy with client groups. Part II guides you through clinical skills of the model, from foundational to advanced. Part III offers practical guidance on implementing the approach within a range of settings, and for developing effective practice through reflection and supervision.

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### INTERPERSONAL PSYCHOTHERAPY FOR GROUP

This is the first-ever application to group therapy of the popular, replicable, time-limited, evidence-based approach initially developed to treat individual depression. Denise Wilfley adapted it in the course of researching the management of eating disorders; her collaborators include a national authority on group work plus an originator of Interpersonal Psychotherapy. Their step-by-step identification of the goals, tasks, and techniques attendant on running normalizing, cost-effective groups makes a real contribution to the clinical repertoire.

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### DEPRESSION IN PRIMARY CARE

#### EVIDENCE AND PRACTICE

**Cambridge University Press** Although depression is a major cause of illness and disability, the quality of care offered is often poor. Research evidence demonstrating how the quality of primary care can be improved is dispersed in different academic journals and written in technical jargon. *Depression in Primary Care: Evidence and Practice* summarizes this research in a clear and useable format. This collection of high quality reviews of research evidence takes the form of a series of clinical and economic evaluations. Each provides a clear summary of the best evidence from trials and an accessible 'how to do it' guide, written by international experts. Global approaches towards the organization and delivery of primary care for depression are presented, from the UK, North America, Europe and the developing world. An important source of practical guidance about how to implement quality improvement programs in clinical practice, this book will assist practitioners, researchers and policy makers alike.

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### PSYCHOTHERAPY AND COUNSELLING FOR DEPRESSION

**SAGE** Focusing on the importance of the therapeutic relationship, this practical and sensitive guide to depression demonstrates the essential interpersonal skills and techniques for counselling the depressive, and explores the complexities of depression.

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### DIRECT PRACTICE IN SOCIAL WORK: OXFORD BIBLIOGRAPHIES ONLINE RESEARCH GUIDE

**Oxford University Press, USA** This ebook is a selective guide designed to help scholars and students of social work find reliable sources of information by directing them to the best available scholarly materials in whatever form or format they appear from books, chapters, and journal articles to online archives, electronic data sets, and blogs. Written by a leading international authority on the subject, the ebook provides bibliographic information supported by direct recommendations about which sources to consult and editorial commentary to make it clear how the cited sources are interrelated. A reader will discover, for instance, the most reliable introductions and overviews to the topic, and the most important publications on various areas of scholarly interest within this topic. In social work, as in other disciplines, researchers at all levels are drowning in potentially useful scholarly information, and this guide has been created as a tool for cutting through that material to find the exact source you need. This ebook is a static version of an article from *Oxford Bibliographies Online: Social Work*, a dynamic, continuously updated, online resource designed to provide authoritative guidance through scholarship and other materials relevant to the study and practice of social work. *Oxford Bibliographies Online* covers most subject disciplines within the social science and humanities, for more information visit [www.oxfordjournals.com](http://www.oxfordjournals.com).

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### NEW APPLICATIONS OF INTERPERSONAL PSYCHOTHERAPY

**Amer Psychiatric Pub Incorporated** In recent years, several new adaptations of interpersonal psychotherapy (IPT) have appeared in the psychiatric literature. Designed for both clinicians and researchers, *New Applications of Interpersonal Psychotherapy* presents these latest adaptations and their applications for a variety of disorders, including depression, bulimia, substance use, and addiction. Section One includes background concepts of IPT and recent advances in the understanding of epidemiology, genetics, and treatment of depression. Section Two covers new adaptations of IPT for depression, including maintenance for recurrent depression, conjoint IPT for depressed patients with marital disputes, and IPT for the treatment of depressed adolescents, elderly patients, depressed HIV-seropositive patients, dysthymic patients, and depressed medical patients in primary care. Section Three describes the extension of IPT to other disorders, including a simpler counseling for stress.

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### CONCISE GUIDE TO BRIEF DYNAMIC AND INTERPERSONAL THERAPY

**American Psychiatric Pub** 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.

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### SOLUTION FOCUSED BRIEF THERAPY

#### 100 KEY POINTS AND TECHNIQUES

**Routledge** *Solution Focused Brief Therapy: 100 Key Points and Techniques* provides a concise and jargon-free guide to the thinking and practice of this exciting approach, which enables people to make changes in their lives quickly and effectively. It covers: The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents, (including school-based work) families, and adults How to deal with difficult situations Organisational applications including supervision, coaching and

leadership. Frequently asked questions This book is an invaluable resource for all therapists and counsellors, whether in training or practice. It will also be essential for any professional whose job it is to help people make changes in their lives, and will therefore be of interest to social workers, probation officers, psychiatric staff, doctors, and teachers, as well as those working in organisations as coaches and managers.

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## TREATING BIPOLAR DISORDER

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### A CLINICIAN'S GUIDE TO INTERPERSONAL AND SOCIAL RHYTHM THERAPY

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**Guilford Publications** This innovative manual presents a powerful approach for helping people manage bipolar illness and protect against the recurrence of manic or depressive episodes. Interpersonal and social rhythm therapy focuses on stabilizing moods by improving medication adherence, building coping skills and relationship satisfaction, and shoring up the regularity of daily rhythms or routines. Each phase of this flexible, evidence-based treatment is vividly detailed, from screening, assessment, and case conceptualization through acute therapy, maintenance treatment, and periodic booster sessions. Among the special features are reproducible assessment tools and a chapter on how to overcome specific treatment challenges.

### A HISTORICAL DICTIONARY OF PSYCHIATRY

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**Oxford University Press** This is the first historical dictionary of psychiatry. It covers the subject from autism to Vienna, and includes the key concepts, individuals, places, and institutions that have shaped the evolution of psychiatry and the neurosciences. An introduction puts broad trends and international differences in context, and there is an extensive bibliography for further reading. Each entry gives the main dates, themes, and personalities involved in the unfolding of the topic. Longer entries describe the evolution of such subjects as depression, schizophrenia, and psychotherapy. The book gives ready reference to when things happened in psychiatry, how and where they happened, and who made the main contributions. In addition, it touches on such social themes as "women in psychiatry," "criminality and psychiatry," and "homosexuality and psychiatry." A comprehensive index makes immediately accessible subjects that do not appear in the alphabetical listing. Among those who will appreciate this dictionary are clinicians curious about the origins of concepts they use in their daily practices, such as "paranoia," "selective serotonin reuptake inhibitors" (SSRIs), or "tardive dyskinesia"; basic scientists who want ready reference to the development of such concepts as "neurotransmitters," "synapse," or "neuroimaging"; students of medical history keen to situate the psychiatric narrative within larger events, and the general public curious about illnesses that might affect them, their families and their communities-or readers who merely want to know about the grand chain of events from the asylum to Freud to Prozac. Bringing together information from the English, French, German, Italian, and Scandinavian languages, the Dictionary rests on an enormous base of primary sources that cover the growth of psychiatry through all of Western society.

### METACOGNITIVE INTERPERSONAL THERAPY FOR PERSONALITY DISORDERS

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#### A TREATMENT MANUAL

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**Routledge** Patients with personality disorders need targeted treatments which are able to deal with the specific aspects of the core pathology and to tackle the challenges they present to the treatment clinicians. Such patients, however, are often difficult to engage, are prone to ruptures in the therapeutic alliance, and have difficulty adhering to a manualized treatment. Giancarlo Dimaggio, Antonella Montano, Raffaele Popolo and Giampaolo Salvatore aim to change this, and have developed a practical and systematic manual for the clinician, using Metacognitive Interpersonal Therapy (MIT), and including detailed procedures for dealing with a range of personality disorders. The book is divided into two parts, Pathology, and Treatment, and provides precise instructions on how to move from the basic steps of forming an alliance, drafting a therapy contract and promoting self-reflections, to the more advanced steps of promoting change and helping the patient move toward health and adaptation. With clinical examples, summaries of therapies, and excerpts of session transcripts, Metacognitive Interpersonal Therapy for Personality Disorders will be welcomed by psychotherapists, clinical psychologists and other mental health professionals involved in the treatment of personality disorders.

### INTERPERSONAL PSYCHOTHERAPY FOR DEPRESSED ADOLESCENTS

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**Guilford Press** Grounded in extensive research and clinical experience, this manual provides a complete guide to interpersonal psychotherapy for depressed adolescents (IPT-A). IPT-A is an evidence-based brief intervention designed to meet the specific developmental needs of teenagers. Clinicians learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. The book includes illustrative clinical vignettes, an extended case example, and information on the model's conceptual and empirical underpinnings. Helpful session checklists and sample assessment tools are featured in the appendices.

### INTERPERSONAL PSYCHOTHERAPY 2E A CLINICIAN'S GUIDE

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**CRC Press** "This book provides a very useful and thought-provoking account of a developing form of interpersonal psychotherapy and gives a clear guide for practising clinicians." Psychological Medicine First published in 2003, this groundbreaking text firmly established itself as a touchstone for all therapists using interpersonal psychotherapy (IPT). Key features and benefits: • A wealth of clinically-based descriptions and vignettes help bring the theory to life • Numerous case studies highlight the key issues in IPT • Reproducible diagrams and flowcharts for use by therapists and their patients • Comprehensive coverage of key theoretical issues and an up-to-date critical appraisal of IPT research New for the second edition: • Extended coverage of the clinical adaptation of IPT to post-traumatic mental health and other new applications of IPT • More on depression and common problems encountered in IPT • Coverage of training and dissemination • How to manage joint sessions and integrate techniques from other approaches and models Interpersonal Psychotherapy: a clinician's guide is the international standard for the clinical trainee seeking an introduction to IPT as well as for instructors of psychiatry residents, psychology interns and graduate students, as well as social work students. It is an accessible reference for other mental health providers and primary care practitioners.

### EVIDENCE-BASED PSYCHOTHERAPIES FOR CHILDREN AND ADOLESCENTS, SECOND EDITION

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**Guilford Press** Widely regarded as a premier text and clinical resource, this book presents exemplary treatment approaches for a broad range of social, emotional, and behavioral problems in children and adolescents. Concise chapters from leading authorities describe the conceptual underpinnings of each therapy, how interventions are delivered on a session-by-session basis, and what the research shows about treatment effectiveness. Contributors discuss recommended manuals and other clinical and training resources and provide details on how to obtain them.

### ENCYCLOPEDIA OF PSYCHOTHERAPY, TWO-VOLUME SET

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**Academic Press** Psychotherapy is the dialogue between patient and therapist in the diagnosis and treatment of behavioral, crisis, and mental disorders. Psychoanalysis as formulated by Sigmund Freud is the first modern form of psychotherapy and this approach has given rise to several score of psychodynamic therapies. In more recent times behavioral, cognitive, existential, humanistic, and short-term therapies have been put into practice, each with a particular focus and each giving rise to variations in structure and content of treatment as well as therapeutic outcomes. These therapy approaches relate the patient/therapist dialogue to different aspects of the therapeutic process. For instance, behavior therapies focus on the patient's conduct and cognitive therapies treat the client's thought processes. The Encyclopedia covers the major psychotherapies currently in practice as well as the classical approaches that laid the foundation for the various contemporary treatment approaches. In addition, the Encyclopedia identifies the scientific studies conducted on the efficacy of the therapies and review the theoretical basis of each therapy.