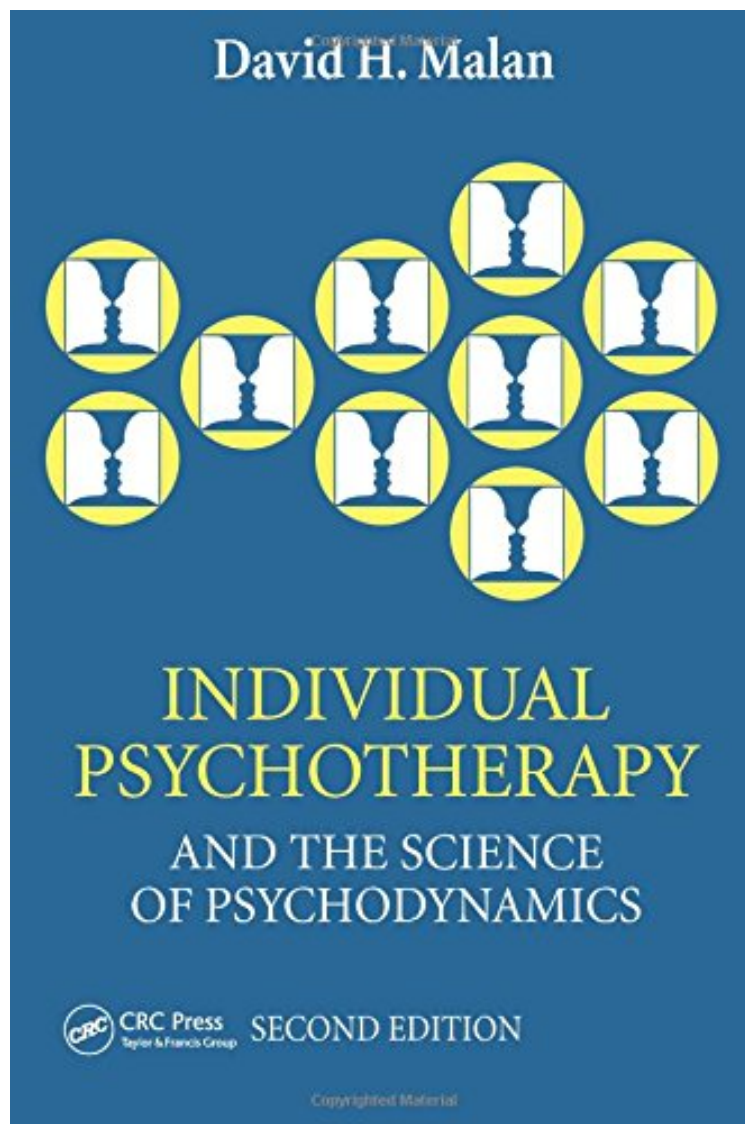


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Psychotherapy and the Science of Psychodynamics, 2Ed (Hodder Arnold Publication):

1 of 1 people found the following review helpful. and is still better than all the more recent books on psychodynamics and ...By Roger BrookeThe author was at the Tavistock Clinic in London for many years and writes with the close-to-experience specificity one sometimes associates with the "British" psychoanalytic tradition. This book is certainly infused with theory but it is never top heavy or ideological but always grounded in the immediacy of clinical experience. I have used this book as required reading in my graduate classes in psychotherapy and psychological case formulation since it was still a new first edition over thirty years ago. The book has not dated either, and is still better than all the more recent books on psychodynamics and psychoanalytic psychotherapy I have read. It is comprehensive, detailed, and precise. It starts off gently enough, taking the uninitiated reader from examples of the psychopathologies of everyday life--examples of those foibles familiar to us all--through simple stories about anxieties and defenses and the feelings or impulses they paradoxically reveal and conceal, then through problems of anxieties, different levels of depression, and into the deeply disturbing states of mind that are found in psychotic and borderline states. This great sweep across the field is through stories which capture our imaginations. Who does not want to find out more about the geologist, the minicab driver, the film director's daughter, the pesticide chemist, the Indian scientist, the cricketer, the military policeman, the farmer's daughter, the adopted son, and the girl afraid of breakdown? Through these stories the reader is taken on a journey through essential psychoanalytic understandings of psychopathology as well as therapy. Milan's accounts of Oedipal, anal, and oral issues through these case stories is absolutely compelling; graduate students find their therapeutic imaginations opening. Two more recommendations: 1. The book's discussions of transference/countertransference phenomena and of other processes in therapy, such as uses of interpretation or containing and managing deep regression, are rich as well as being manageable for graduate students. 2. The book ends with a number of chapters on assessment for psychoanalytic psychotherapy, which are also the best I know. As might be imagined already, this book is written for students training in psychodynamic psychotherapy, but it has a lot to teach more experienced practitioners as well. Milan's ability to teach beginners and experts in the same pages is a gift. Let me add that the book goes well with two others: Nancy McWilliams: Psychoanalytic psychotherapy; Patrick Casement: Learning from the patient. 1 of 1 people found the following review helpful. BrilliantBy AnnKI thought this was an absolutely brilliant read especially as I am studying psychotherapy. If you are seeing clients, especially if you have just started, this book is invaluable. It gives detailed guidance on how to build up the therapeutic alliance, how to meet clients where they are and explains everything in minute detail. I would recommend it highly 2 of 2 people found the following review helpful. Best Book on Psychodynamics I Have ReadBy C. JonesThis is one of the main texts for my graduate psychotherapy class and it is the best book on psychodynamics that I have ever read. I love this text and I carry it around with me to re-read portions at my leisure. It is very comprehensive and demonstrates concepts through case studies. Very informative and a joy to read. I could not put it down!

Dr Malan's iconic book is firmly established as a classic psychotherapy textbook and it remains extremely popular. The second edition of this highly individual and fascinating text brings theory and practice up to date, while keeping the essential character of the book unchanged. The book offers an invaluable description of dynamic psychotherapy and the theory on which it is based. Through the use of numerous case studies and clinical stories, the book begins by illustrating everyday mental mechanisms, moving on to a discussion of some of the most profound problems experienced by human beings. Practical applications of theory through different techniques are described, from the straightforward to the handling of some of the most complex and dangerous situations likely to be encountered in psychotherapy. Part of the book's unique value is derived from the way in which it distils from psychoanalytic theory the core of scientific truth. Covers the principles of dynamic psychotherapy from the most elementary to some of the most profound. Always illustrates these with true case studies told as they happened. Gives full interpretations and analysis. Beautifully written and highly accessible for anyone with a deep interest in people. New material for the second edition includes: the relation with the mother in the male Oedipus complex, disturbances in the relation with siblings, masochism, and the 'compulsion to repeat'. This is an important resource for all psychotherapists of any degree of experience, psychiatrists, psychologists, counsellors, primary care physicians, mental health nurses and anyone with an interest in the human mind. For psychotherapists in training it remains an outstanding textbook.

From the Publisher Firmly established as a 'classic' textbook of dynamic psychotherapy the revision of this book brings important areas of theory and practice up to date. It offers an invaluable description of the technique of dynamic psychotherapy and its underlying theory. Practical applications using different techniques are presented for a range of situations from the straightforward to handling dangerous patients. The clinical stories on which the text is based ensure its appeal to anyone with a deep interest in people. It remains an excellent companion and resource for practitioners and students of psychotherapy. New material- includes fuller coverage of: the mother in the male Oedipus complex* masochism* disturbances in the relation with siblings*the'compulsion to repeat.'- further follow-up on many of the patients discussed in the first edition. About the Author MALAN, DAVID H, DM FRCPsych, Formerly Consultant Psychiatrist, Tavistock Clinic, London, UK