



Principles Of Psychoanalytic Psychotherapy: A Manual For Supportive-expressive Treatment

Lester Luborsky

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In this splendid book a master psychotherapist, one of the field's most respected researchers, provides the first definitive account of psychoanalytic psychotherapy in manual format. What distinguishes this book from other guides to therapy is the way in which the author systematically demystifies the therapeutic process, taking the reader step by step through a sequence of specific intervention strategies. The book offers the essence of psychoanalytic psychotherapy by extracting the treatment principles from Freud's six papers on technique and the Menninger Foundation tradition of supportive-expressive psychotherapy. At the heart of the expressive techniques is the Core Conflictual Relationship Theme method of delineating the transference pattern and providing a focus for the therapist's responses. Both the short-term and the usual open-ended treatment are presented. Each technique is illustrated by clinical vignettes. Precise measurement scales for each technique make it easy to evaluate the therapist's performance. Therapists, clinical supervisors, and researchers will all find this book to be a valuable source of practical information and inspiration.

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