



Intensive Short-Term Dynamic Psychotherapy: Theory and Technique

Patricia C. Della Selva

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Traditionally, psychoanalytic treatment has been a lengthy endeavour, requiring a long-term commitment from patient and analyst, as well as vast financial resources. More recently, short-term approaches to psychoanalytic treatment have proliferated. One of the most well-known and thoroughly studied is the groundbreaking method of Intensive Short-term Dynamic Psychotherapy, developed by Dr. Habib Davanloo. Having trained directly with Dr. Davanloo, the author has written a clear, concise outline of the method that has come to be regarded as a classic in the field. The book is organised in a systematic fashion, analogous to the process of therapy itself, from initial contact through to termination and follow-up. Detailed clinical examples are presented throughout the text to illustrate how theory is translated into techniques of unparalleled power and effectiveness.



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