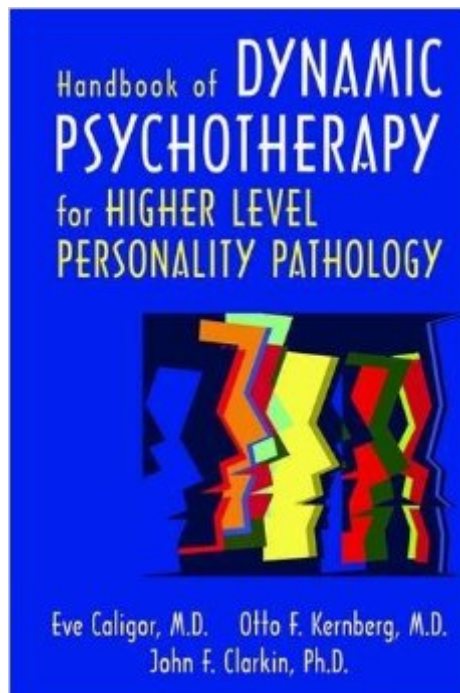


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# Handbook Of Dynamic Psychotherapy For Higher Level Personality Pathology



## Synopsis

This book provides an approach to understanding and treating higher level personality pathology. It describes a specific form of treatment called "dynamic psychotherapy for higher level personality pathology" (DPHP), which was designed specifically to treat the rigidity that characterizes that condition. Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology provides a hands-on approach to a treatment method that offers a broad range of patients the opportunity to modify maladaptive personality functioning in ways that can permanently enhance their quality of life. The authors provide a clear, specific, and comprehensive description of how to practice DPHP from beginning to end, presented in jargon-free exposition using extensive clinical illustrations. Throughout, the book emphasizes fundamental clinical principles that enable the clinician to think through clinical decisions moment-to-moment and also to develop an overall sense of the trajectory and goals of treatment. Taking a diagnosis-driven approach, the book describes goals, strategies, tactics, and techniques, demonstrating the flexibility of the approach across a relatively long course of treatment. Finally, the authors provide a sophisticated discussion of integrating dynamic psychotherapy with medication management and other forms of treatment.

## Book Information

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## Customer Reviews

As an educator who has spent 30 years working with trainees learning to do psychotherapy, and learning to apply complex models of the mind to clinical work of all kinds, I found this book to be a perfect guide. Dr. Caligor has done an amazing job of explaining how therapy works based on our

understanding of how the mind works; she has also explained how students can operationalize this knowledge in the form of psychotherapy technique. The book is equally useful for students, and for experts, alike. Bravo!!!

As a psychiatrist who practices medication management, psychotherapy, and psychoanalysis, I think this book is a superb introduction to an object relations approach for psychotherapy. Although it is especially helpful for focusing on rigid personality traits, its clear descriptions of techniques and highly detailed clinical illustrations serve as an excellent introduction to psychotherapy in general. Also, the systematic approach to evaluating patients and discussing diagnosis and treatment options is extremely helpful, as is the adaptability of this treatment for use with medication and other psychotherapies. Highly recommended!

This is a well written, insightful book. Humanistic and not judgmental about mental illness. Very educational. I enjoyed this book. Like a textbook to read but worth it. I highlighted many areas. An interesting way to break down hard to comprehend personalities.

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