



Brief Dynamic Therapy (Theories of Psychotherapy)

Hanna Levenson

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In *Brief Dynamic Therapy*, Hanna Levenson discusses the history, theory, and practice of this approach. Brief dynamic therapy is a time-efficient treatment in which the therapist maintains a focus on specific client issues and goals, all within a basic psychodynamic conceptual framework. Many different approaches fit this general definition, but each shares the brief dynamic characteristics of time management, defined focus, circumscribed goals, active therapist participation, rapid assessment, prompt intervention, an awareness of unconscious processes, and techniques that quickly foster a strong alliance with the client.

Dr. Levenson discusses the approach of brief dynamic therapy in general, but focuses on one example, time-limited dynamic psychotherapy, to give readers a richer understanding of this popular model. Time-limited dynamic psychotherapy is an integrative approach that uses recent developments in attachment theory, interpersonal neurobiology, affective–experiential learning, and systems orientations to help clients with long-standing, dysfunctional ways of relating to others. It provides a specialized method for delineating the client's cyclical maladaptive interpersonal pattern that can lead to symptoms like depression and anxiety. This approach privileges empathic attunement and awareness of moment-to-moment affective shifts within the client, and transactions between the client and therapist.

In this book, the author presents and explores this integrative, culturally-sensitive approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments. This essential primer, amply illustrated with detailed case examples, is perfect for graduate students studying theories of therapy and counseling as well as for seasoned practitioners interested in learning how to do focused, depth work.

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