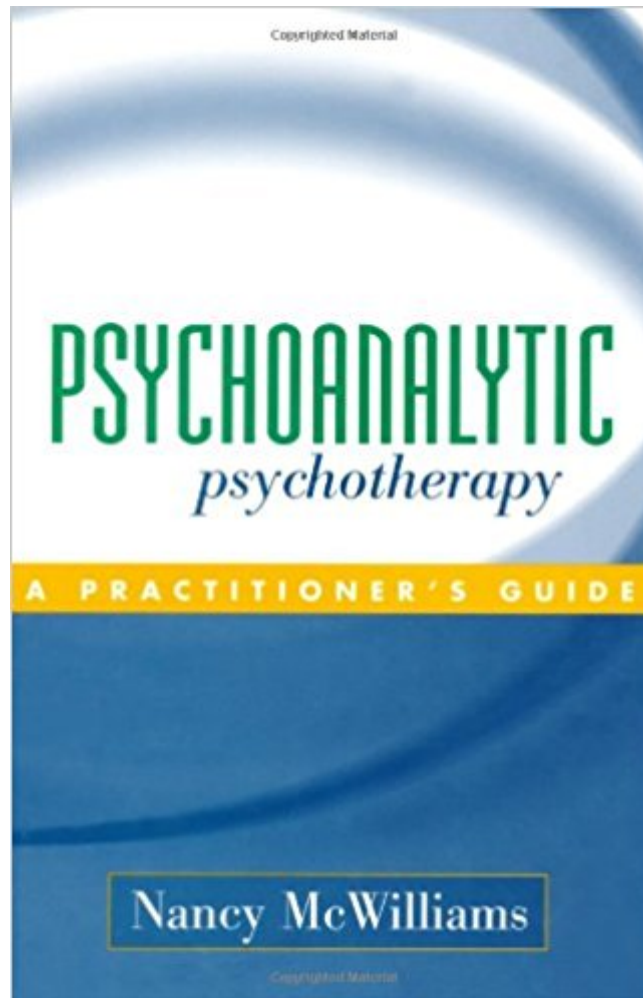




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Psychoanalytic Psychotherapy: A Practitioner's Guide



Synopsis

Addressing the art and science of psychodynamic treatment, Nancy McWilliams distills the essential principles of clinical practice, including effective listening and talking; transference and countertransference; emotional safety; and an empathic, attuned attitude toward the patient. The book describes the values, assumptions, and clinical and research findings that guide the psychoanalytic enterprise, and shows how to integrate elements of other theoretical perspectives. It discusses the phases of treatment and covers such neglected topics as educating the client about the therapeutic process, handling complex challenges to boundaries, and attending to self-care. Presenting complex information in personal, nontechnical language enriched by in-depth clinical vignettes, this is an essential psychoanalytic work and training text for therapists.

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Customer Reviews

As a student of counseling techniques, the perspective on psychoanalytic practice from non-analytic authors has been absolutely dreadful. Textbooks on psychotherapy seem to agree that psychoanalytic therapy is only making someone lie on a sofa and then not talking to them, while pocketing fees -- but the reality is that psychoanalytic psychotherapy is a rich and diverse body of practices with literally thousands of published scientific studies to back up the interventions and case formulations. McWilliams is at the forefront of the integrative psychoanalytic profession, bridging various schools of psychodynamic and psychoanalytic research and practice, and she writes beautifully. I highly and heartily recommend this text to any student of psychotherapy or any

scholar wishing to understand what analysts actually do in the minute to minute, day to day, year to year activity of the profession.

Psychoanalytic Psychotherapy: A Practitioner's Guide by Nancy McWilliams (Psychoanalytic Theory and Therapy instructor, Graduate School of Applied and Professional Psychology, Rutgers--The State University of New Jersey) is a guide written especially for psychotherapists, but which contains vital information that practitioners and recipients alike should internalize to promote optimum treatment results. From preparations the therapist should undergo, including submitting to professional psychotherapy oneself, to occupational hazards of the practice, to a careful discussion of basic therapy processes of listening and talking, to advanced, complex issues of analysis and understanding, and so much more, *Psycho-analytic Psychotherapy* covers all the basic groundwork with the calm, reasoned voice of years of practical experience. Recommended for those considering psychotherapy as a career as well as those involved in practice looking to broaden their awareness of available methods.

I read her *Psychoanalytic Diagnosis* book when I was in grad school. I wanted to better understand the process of working with clients psychodynamically. This is an excellent text and she is a great writer. She's very down-to-earth and I appreciate her relational viewpoint. I think we have very old-fashioned and ill-informed ideas of psychoanalysis and analysts themselves, and she brings a very freshening perspective. I think she is brilliant!

If you have ever wondered how it is to be a psychotherapist, then you should read this book. It covers the anecdotal issues such as getting payed, but more importantly it goes deep into the process of what is trying to be achieved with the patient. And it does this in a very personal manner: it the author's point of view, not some general recommendations. Yet is also tries to explain and argue why or who else believes the same. Still, it is this very personal voice that makes this book work: here is someone who knows her "business" and wants to share her understanding with you. The book has a lot of content. Some may feel there is too much, while others not enough. The trickiness is its goal to provide important lifelong learning from multiple perspectives in a single book. I will not say that it was an easy read. In fact, I put the book aside many times, and all in all it took me a year to finish it. Yet I am still giving it five stars. It is true that the book is sometimes hard to read. First because if you are not a professional in psychology, some of these details are not very interesting. Secondly because the writing is often very heavy, with long phrases and overly

burdening adjectives. Yet, in the end, by including both the mundane and exciting aspects of the job, the whole description rings more true. And also, in the end, even the heavy writing became a thrill as I found myself "cheering" the author for having yet again achieved a paragraph long construction of intellectual writing. To summarize: a valuable and interesting book of what psychotherapists do, a very "likeable" author who's writing is a bit heavy but still readable.

As helpful for someone at the end of their career as for someone just beginning theirs.

This book is a great explanation of Psychoanalytic psychotherapy in every day terms. I've been intimidated by this type of therapy for some reason but this book has made it not so scary and easy to understand. I was required to read it for class but never fully read it and am now just starting the book and so far I really like it.

Accessible and necessary- this is a very helpful guide. One of the only ones that offers clinicians of dynamic therapies a hands on guide to continue professional learning.

I read this text as part of a psychodynamic therapy class in a doctoral program. I really like Dr. McWilliams' text on psychoanalytic psychotherapy. She provides a wonderfully readable and palatable way to learn about psychoanalytic and psychodynamic therapy. The book has a nice balance of personal stories as well as assertions rooted in theory and research. Good text for class.

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