



# Models of Brief Psychodynamic Therapy: A Comparative Approach

*Stanley B. Messer PhD, C. Seth Warren PhD*

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This practical and scholarly text presents a comprehensive review and evaluation of the theory, research, and practice of psychodynamically oriented brief psychotherapy. Offering in-depth discussions of the major clinical and theoretical approaches, chapters explore commonalities and differences in patient selection, theory of personality and psychopathology, theory of change, and techniques of therapy. The book addresses general questions about the efficacy of each approach and gives special attention to treatment of "difficult" patients, children, adolescents, and the elderly.

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