In this two-semester course you will be exposed to several forms of brief psychodynamic therapy:

- Time-Limited Psychotherapy (TLP) of Mann
- Time-Limited Dynamic Psychotherapy (TLP) of Strupp, Binder and Levenson
- Short-Term Dynamic Psychotherapy (STDP) of Davanloo, Malan and Sifneos
- Brief Psychotherapy (BP) of the Mt. Zion Psychotherapy Research group
- Supportive Expressive Therapy of Luborsky
- The Integrative Short-Term Dynamic Therapies of Magnavita, McCullough and Fosha.
- Brief Relational Psychotherapy of Safran and Muran

The first semester will focus on selection criteria, the theory and technique of brief psychodynamic therapy (BPT) and the initial interviews of brief therapy. The second semester will concentrate on the middle and termination phases.

In the first seven or eight classes, I will present videotapes that will illustrate clinical technique and serve as a stimulus for our discussion of selection criteria and dynamic focus. In the following seven or eight classes, participants will present a videotape of the first meeting with their potential client for brief therapy (video in Room 242 if possible.) The class will help formulate a dynamic focus and decide on the client's suitability for brief therapy based on the first interview and a summary of the second interview presented the following week. Readings will be discussed each week, so please be prepared. Each participant will carry one case under supervision. It is suggested that a second case be arranged through your practicum, if possible.

A written exercise based on the L.P. videotape will be due one week after it is presented. Please plan your schedules accordingly. A clinical paper based on your case will be required two weeks after your initial interviews. A suggested supplemental reading in connection with your interviews and case write-ups is Messer, S.B., & Wolitzky, D.L. (2007), The psychoanalytic approach to case formulation, in T.D. Eells (Ed.), Handbook of psychotherapy case formulation, (2nd ed.) New York: Guilford Press. A copy is available online. See especially the second half of the chapter and try to cover this ground in your case writeups.
TEXTS


*These contain most of the readings that come from books in the first semester. They are available at the Rutgers Bookstore in New Brunswick.*

*Readings not in the two major texts are on reserve at (LSM), The Library of Science and Medicine on the Busch Campus.*
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<td>9/5</td>
<td>Introductory lecture on BPT (Stan Messer)</td>
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<td>2</td>
<td>9/12</td>
<td>Video presentation of L.S. (James Mann)</td>
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<td>Video presentation of K.N. (James Mann)</td>
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<td>8</td>
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<td>Video presentation of L.P. (Habib Davanloo)</td>
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<td>9</td>
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<td>First and second student case presentations</td>
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**Mid-term paper due**

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<td>Seventh case presentation:</td>
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<td>15</td>
<td>12/12</td>
<td>Eighth case presentation:</td>
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## READINGS

### Session 1
- Messer & Warren (MBPT)
  - Preface, vii-xi
  - ch. 1 The advent of brief psychodynamic therapy:
    - The context of practice, p. 3-12;
    - The historical context of brief psychodynamic therapy, p. 12-20
    - The context of visions of reality, p. 37-43

### Session 2
- Mann & Goldman (CB)
  - ch. 1 A review of the treatment model, p.1-18
  - ch. 2 The selection of the central issue, p. 19 to bottom of p. 33.
  - ch. 4 Case selection, p. 55-62

### Session 3
- Messer & Warren (MBPT)
  - ch. 4 An integrative psychoanalytic model: Mann. Theory, focus, selection, technique, p. 175-185 only.
- Mann & Goldman (CB)
  - ch. 3 Time, the central issue and the theory of therapeutics change in TLP p. 41-53
- Messer & Warren (MBTP)
  - ch. 4 An integrative psychoanalytic model: Mann. Theory of change, review of research critical evaluation, p. 204-213.
  - ch. 1 The context of learning and teaching brief psychodynamic therapy: emotional challenges. pp. 43-53.

### Session 4
- Messer & Warren (MBPT)
  - ch. 3 The relational model, p. 114-126 only.
- Levenson (TLDP)
  - ch. 3 The time-limited dynamic psychotherapy model: Premises and goals, p. 30-47
  - ch. 4 Case formulation: Finding a focus, p. 48-66.
  - ch. 5 Table 5.1, p. 69 only
5        Levenson (TLDP)
        ch. 5  Selection, criteria and CMP reenactments, p. 67-87
        ch. 8  Technique: Formulation as a blueprint, p. 135-152
        ch. 9  Technique: the patient-therapist interaction, p. 153-168

6        Flegenheimer (TBP)
        ch. 6  The intensive brief psychotherapy of Malan, p. 101-118
Messer & Warren (MBPT)
        ch. 2  Review of research on Malan's Brief Intensive Psychotherapy,
              p. 99-103
Malan, D. The frontier of brief psychotherapy
        ch. 11 Planning and technique, p. 263-265
Davanloo (STDP)
        ch. 7  Trial therapy, p. 99-128

7        Davanloo (STDP)
        ch. 5  Response to interpretation, p. 75-91.
Magnavita (RPD)
        ch. 4  How to formulate core issues, p. 66-78

Malan, D.H. (1986) Beyond interpretation: Initial evaluation and technique in
        short-term dynamic psychotherapy. Part I. International
        Journal of Short-term Psychotherapy, 1, 59-82

8        Messer & Warren (MBPT)
        ch. 2  The drive/structural model, p. 67-98; 104-113

9        McCullough, L. et al. (2003). (TAP)
        ch. 2  Affect phobia, psychodynamic conflict, and Malan’s two triangles,
              p. 35-54
        psychodynamic psychotherapy in specific psychiatric disorders: A meta-
        analysis. Archives of General Psychiatry, 61, 1208-1216

10       Messer & Warren (MBPT)
        ch. 3  The relational model, p. 126-159 only.
        time-limited psychotherapy. Psychotherapy: Theory, Research and
        Practice, 17, p.52-62
Messer & Warren (MBPT)
ch. 3 The relational model: Review of research, and A critical evaluation, p. 159-172.

Abstracts of recent research articles on BPT (see attached list).

Sue, D.W., & Sue, D.(CCD)(2008)
ch. 6 Barriers to multicultural counseling and therapy, 133-155.

Optional

Messer & Warren (MBPT)
ch. 6 Assessing and treating the difficult patient, p. 247-279

Magnavita (RPD)
ch. 6 Comprehensive restructuring of the personality, p. 104-131

ch. 5 Developmental dysynchrony. In theory and practice of brief therapy, p. 97-118.