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 (TLDP) 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
- Brief Relational Psychotherapy of Safran and Muran
- The Experiential-Dynamic Short-Term Therapies of Fosha and McCullough (second semester)

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

In the first 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 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 by you 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 Davanloo 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. Another option is an essay on a BPT topic. 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.

Introduction to the Spring semester:

The pursuit of effective models of short-term psychodynamic therapy can be understood as a quest to indentify therapeutic change mechanisms and the interventions that best implement them. During the first part of the semester, we will focus on the notion of therapeutic change processes in psychodynamic therapy. Looking across the models from the first semester as well as
at a recent integrative short-term dynamic model (Diana Fosha’s Accelerated Experiential-Dynamic Psychotherapy), we will consider how the brief psychodynamic therapies use, modify, and/or reject traditional psychoanalytic concepts in their pursuit of accelerated change and increased effectiveness. During the second half of the semester, we will look at how short-term dynamic therapies adapt to particular clinical problems and contexts as well as what these adaptions may tell us about mechanisms of change.

**TEXTS FROM WHICH READINGS ARE TAKEN**


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

Readings are available at the SAKAI Website for the course.
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**Mid-term paper due**

| 10      | 11/4  | Second case presentation: |
| 11      | 11/11 | Third case presentation: |
| 12      | 11/18 | Fourth case presentation: |
| 13      | 11/25 | Fifth case presentation: |
| 14      | 12/2  | Sixth case presentation: |
| 15      | 12/9  | Case presentation; course evaluation; McCullough video. |
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

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

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 therapeutic 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.

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

Optional
Messer, S.B. (2001). What makes brief psychodynamic therapy time efficient?
Clinical Psychology: Science and Practice, 8, 5-22.


Messer & Warren (MBPT)

ch. 3 The relational model: Review of research, and A critical evaluation, p. 159-172.

N.B. Abstracts of recent research articles on BPT


Altman, N. (DOD).

Toward the acceptance of human similarity and difference, p.15-25.

Sass, L.A. (DOD)

Commentary: Some reflections on racism and psychology. p. 26-34.

Comas-Diaz, L. (DOD)

Commentary: Freud, Jung or Fanon? The racial other on the couch, p.35-39.

Altman, N. (DOD)

Reply: Multiple perspectives on prejudice, p. 40-44.

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.