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 (mostly second semester)

The Fall semester will focus on selection criteria, the theory and technique of the basic and historically important 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 class, Stan will provide an overview of the field of BPT. In the following seven classes, videotapes will be presented that illustrate clinical technique and serve as a stimulus for our discussion of selection criteria and dynamic focus. In the next seven classes, participants will present a videotape of the first meeting with their potential client for brief therapy. 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 mid-term exercise based on a 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. See “Case Write-ups” and “Suggestions for Case Write-ups”, on Sakai. 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 cover this ground in your case write-ups.
Learning Objectives

1. To learn the major BPT models
2. To learn selection criteria for BPT
3. To learn to conduct an interview and to select and formulate cases for BPT
4. To get feedback on and improve one's clinical skills for BPT and long-term PT.
5. To begin learning to conduct BPT with a selected patient.

Introduction to the Spring semester:

The pursuit of effective models of short-term psychodynamic therapy can be understood as a quest to identify 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 via readings and the cases you present. Looking across the models from the first semester as well as at an 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 second semester, we will look at how short-term dynamic therapies adapt to particular clinical problems and contexts and focus as well on termination issues.

TEXTS FROM WHICH READINGS ARE TAKEN


*These three 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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<th>Session</th>
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<td>1</td>
<td>9/8</td>
<td>Introductory lecture on BPT (Stan Messer)</td>
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<td>2</td>
<td>9/17 (Wed. 5-7:45 pm)</td>
<td>Video presentation of L.S. (James Mann)</td>
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<td>3</td>
<td>9/22</td>
<td>Video presentation of K.N. (James Mann)</td>
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<td>9/29</td>
<td>Video presentation of Mr. Johnson (Hanna Levenson)</td>
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<td>10/6</td>
<td>Video presentation of M.H. (Jeffrey Binder)</td>
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<td>6</td>
<td>10/15 (Wed. 5-7:45 pm)</td>
<td>Video presentation of J.M.K. (Session 1) (Stan Messer)</td>
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<td>10/20</td>
<td>Video presentation of J.M.K. (Session 2) (Stan Messer)</td>
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<td>8</td>
<td>10/27</td>
<td>Video presentation (Habib Davanloo)</td>
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<td>9</td>
<td>11/3</td>
<td>First student case presentation</td>
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**Mid-term paper due (11/10)**

10 11/10 Second case presentation:

11 11/17 Third case presentation:

12 11/24 Fourth case presentation:
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<td>Fifth case presentation:</td>
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<td>Sixth case presentation</td>
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<td>15</td>
<td>12/15</td>
<td>Seventh case presentation; course evaluation</td>
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**READINGS**

**Session 1**

- **Messer & Warren (MBPT)**  
  Preface, vii-xi only  
  - 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 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, p. 43-53.
4  Messer & Warren (MBPT)  
    ch. 3  The relational model, p. 114-126 only.  
Levenson (BDT)  
    ch. 2  History (p. 15-28)  
    ch. 3  Theory (p. 29-65)  

5  Levenson (BDT)  
    ch. 4  The Therapy Process (p. 67-106)  
    ch. 5  Evaluation (p. 107-114)  
    ch. 6  Future Developments (p. 115-119)  


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  

8  Messer & Warren (MBPT)  
    ch. 2  The drive/structural model, p. 67-98; 109-113  

McCullough, L. et al. (2003). (TAP) ch. 2 Affect phobia, psychodynamic conflict, and Malan’s two triangles, p. 35-54

Messer & Warren (MBPT) ch. 3 The relational model, p. 126-159 only.

Optional

Read Abstracts of research articles on BPT

Messer & Warren (MBPT) ch. 3 The relational model: Review of research, and A critical evaluation, p. 159-172.
    Psychoanalytic Dialogues, 12, 171-195.
    Safran. Psychoanalytic Dialogues, 12, 197-206.
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.

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

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