

INTEGRATIVE PSYCHOTHERAPY SEMINAR—BIBLIOGRAPHY

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I INTRODUCTORY ARTICLES

Psychoanalysis:

N. McWilliams (2004) Psychoanalytic Psychotherapy, New York: Guilford. Pp. 46 -99 (Chs. 3 and 4); 132-162 (Chapter 6)

CBT:

J. Young, J. Rygh, , A. Weinberger & A. Beck (2014) “Cognitive therapy for depression”, in D. Barlow (Ed.), Clinical Handbook of Psychological Disorders, New York: Guilford, 241-277. (5th Edition)

CBT/Mindfulness/Acceptance and Commitment Therapy:

S. Orsillo, L. Roemer, J. Block Lerner & M. Tull (2004) “Acceptance, mindfulness, and cognitive-behavioral therapy” in S. Hayes, M. Linehan & V. Follette (Eds.), Mindfulness and Acceptance, New York: Guilford, 66-95 .

S. Hayes (2004) “Acceptance and commitment therapy and the new behavior therapies”, in S. Hayes, M. Linehan, & V. Follette (Eds.), Mindfulness and Acceptance, New York: Guilford, 1-29.

Emotion Regulation Therapy:

D. Mennin (2006) “Emotion regulation therapy: An integrative approach to treatment-resistant anxiety disorders”, Journal of Contemporary Psychotherapy, V. 36, 99-105.

Transdiagnostic Approach:

T. Farchione, C. Fairholme, K. Ellard, C. Boisseau, J. Thompson-Hollands, J. Carl, M. Gallagher & D. Barlow (2012) "Unified protocol for transdiagnostic treatment of emotional disorders: A randomized controlled trial", Behavior Therapy, V.43, 666-678.

DBT:

Nacsiu & M. Linehan (2014) "Borderline personality disorder", in D. Barlow (Ed.) Clinical Handbook of Psychological Disorders, New York: Guilford, 396-441. (5th Edition)

Optional: J. Milton (2001) "Psychoanalysis and behavior therapy: rival paradigms or common ground?" International Journal of Psychoanalysis, V. 82, 431-447.

II NEW WAVE PSYCHODYNAMIC TREATMENTS

Transference-Based Psychotherapy:

J. Clarkin, K. Levy, & G. Damman (2002), "An object-relations approach to the treatment of borderline patients" in J. Magnavita (Ed.), Comprehensive Handbook of Psychotherapy, New York: John Wiley, 239-253.

Mentalization-Based Treatment:

P. Fonagy & A. Bateman (2008) "Mentalization-based treatment of borderline personality disorder", in E. Jurist, A. Slade & S. Bergner (Eds.), Mind to Mind, Ch. 5, 139-166.

A. Lieberman & J. Pawl (1993) "Infant-parent psychotherapy", in C. Zeanah (Ed.), Handbook of Infant Mental Health, New York: Guilford, 427-441.

L. Sadler, A. Slade & L. Mayes (2006) "Minding the baby: a mentalization-based parenting program", in J. Allen & P. Fonagy (Eds.) Handbook of Mentalization-Based Treatment, New York: John Wiley, 271-288.

M. Pawl & M. St. John (2002) "Infant mental health", in J. Magnavita (Ed.), Comprehensive Handbook of Psychotherapy, New York: John Wiley, 81-104.

(Fonagy is necessary; then just read one of the Lieberman, Sadler, or Pawl articles.)

As an aside:

D. Westen (1999) "The scientific status of unconscious processes: Is Freud really dead?", Journal of the American Psychoanalytic Association, V. 46, 1061-1106. (you can read only 1075-1079)

Shedler, J (2010) "The efficacy of psychodynamic therapy", American Psychologist, V. 65, 98-108.

III FULL THEORETICAL INTEGRATION

P. Wachtel, (1993) Therapeutic Communication, New York: Guilford, 1-68 (you can skim these): 68-86 (accusatory vs. facilitating comments); 87-109 (exploration vs. interrogation); 110-136 (building on strengths); 136-156 (affirmation and change); 185-205 (reframing and paradox).

IV TECHNICAL, TRANSFERENCE & COUNTERTRANSFERENCE DIFFICULTIES

1) **Boundaries**

G. Gabbard & E. Lester (1995) Boundaries and Boundary Violations in Psychoanalysis, Washington D.C.: American Psychiatric Pub., 21-55; 122-147.

N. McWilliams, (2004) Psychoanalytic Psychotherapy, New York: Guilford; 99-131; 163-196.

2) **Countertransference and Transference**

G. Gabbard & S. Wilkinson (1994) "Overview of countertransference with borderline patients", in Management of Countertransference with Borderline Patients, Washington D.C.: American Psychiatric Pub., 1-24.

D.W. Winnicott (1949) "Hate in the Countertransference", International Journal of Psychoanalysis, V. 30, 194-203.

O. Kernberg, M. Selzer, H. Koenigsberg, A. Carr & A. Appelbaum (1989) "Varieties of countertransference", in Psychodynamic Psychotherapy of Borderline Patients, New York: Basic Books, 69-88.

H. Searles, (1975) "The patient as therapist to his analyst", in R. Langs (Ed.), Classics in Psychoanalytic Technique, New York: Jason Aronson, 104-135.

T. Main, (1957/1986) "The Ailment", in P. Buckley (Ed.), Essential Papers on Object Relations, New York: NYU Press, 419-446.

L. Maltzberger & D. Buie (1974) "Countertransference hate in the treatment of suicidal patients", Arch. Gen. Psychia., V. 30, 625-633.

W. Goldstein (1991) "Clarification of projective identification", Am. J. Psychia., V. 148, 153-161.

G. Gabbard (1982) "The exit line", Journal of the American Psychoanalytic Association, V. 30, 579-598.

3) **Self-Disclosure**

Wachtel (1993): Chapter on self-disclosure, 206-234.

O. Renik (1993) "Analytic interaction: Conceptualizing technique in light of the analyst's irreducible subjectivity", Psychoanalytic Quarterly, V.62, 553-571.

O. Renik (1999) "Playing one's cards face up in analysis...", Psychoanalytic Quarterly, V. 68, 521-539.

K. Frank (1997) "The role of the analyst's inadvertent self-revelations", Psychoanalytic Dialogues, V. 7, 281-314.

M. Goldfried, L. Burckell & C. Eubanks-Carter (2003), "Therapist self-disclosure in cognitive-behavioral therapy", J. Clin. Psychol., V.59, 555-568.

J.T. Davis (2002) "Countertransference temptation and the use of self-disclosure by psychotherapists in training", Psana. Psychol., V. 19, 435-454.

J. Messler-Davies (1994) "Love in the afternoon" Psychoanalytic Dialogues, V. 4, 153-170.

V CHOICE POINTS

Requests for self-disclosure

Requests for advice

Therapist's use of praise

Patient gives gift to therapist

Vacations

Introducing medication

Patient makes therapist laugh

Silence

Boredom

Therapist's mistakes

Patient's contempt for therapist

Therapist's fear, dislike, contempt, disgust with patient

Patient's idealization of therapist

Suicidality

Trauma

Paranoia

Somatization

VI TERMINATION

R. Schafer (1973) "Termination of brief psychoanalytic psychotherapy", International Journal of Psychoanalytic Psychotherapy, V. 2, 135-148.

P. Wachtel (2002) "Termination of therapy: An effort at integration", Journal of Psychotherapy Integration, V. 12, 373-383.

M. Goldfried (2002) "A cognitive-behavioral perspective on termination", Journal of Psychotherapy Integration, V. 12, 364-372.

VII OVERVIEW: VALUES

N. McWilliams (2005) "Preserving our humanity as therapists", Psychotherapy: Theory, Research, Practice, Training, V. 42, 139-151.

S. Buechler (2004) Clinical Values, New York: Analytic Press, 1-30; 49-64; 83; 125-141.

S. Buechler (1995), "Hope as inspiration in psychoanalysis", Psychoanalytic Dialogues, V. 5, 63-74.