



# Psychodynamic Therapy: A Guide to Evidence-Based Practice

*Richard F. Summers MD, Jacques P. Barber PhD ABPP*

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Presenting a pragmatic, evidence-based approach to conducting psychodynamic therapy, this engaging guide is firmly grounded in contemporary clinical practice and research. The book reflects an openness to new influences on dynamic technique, such as cognitive-behavioral therapy and positive psychology. It offers a fresh understanding of the most common problems for which patients seek help--depression, obsessionality, low self-esteem, fear of abandonment, panic, and trauma--and shows how to organize and deliver effective psychodynamic interventions. Special topics include ways to integrate individual treatment with psychopharmacology and with couple or family work.

See also *Practicing Psychodynamic Therapy: A Casebook*, edited by Summers and Barber, which features 12 in-depth cases that explicitly illustrate the approach in this book.

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