



Seminars in the Psychotherapies

Jane Naismith

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Part of the College Seminars Series. Seminars in the Psychotherapies presents an overview of the major established psychotherapies for which there is a growing evidence base and provides background knowledge for psychiatrists who are developing their therapeutic skills. Dynamic psychotherapy, cognitive behavioural psychotherapy and systemic therapy the three main modalities required for trainees in general psychiatry and for psychiatrists training in psychotherapy are emphasised. As well as exploring the differences between therapies, there is discussion of the common ground. Clinical examples are used throughout to highlight how theory can be applied to practice and to illustrate how different theoretical concepts are linked. Group psychotherapy, family therapy, therapy with children and adolescents, and psychotherapy research are also discussed. Aimed primarily at trainees, Seminars in the Psychotherapies is also relevant for psychotherapists from different professional backgrounds and for psychiatrists in other specialties who wish to update themselves on psychotherapy.

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