

Download Concise Guide To Brief Dynamic And Interpersonal Therapy

In this concise volume, Hanna Levenson revisits the history, theory, and practice of brief dynamic therapy. This integrative approach uses techniques from attachment theory, interpersonal neurobiology, affective–experiential learning, and systems orientations to help clients with dysfunctional ways of relating to others. What is Psychodynamic Therapy? A Definition “In contrast [to behavioral therapy], dynamic psychotherapy, which facilitates a patient’s rewriting of his life narrative, his picture of himself, his past, present, and future, seems uniquely positioned to address the depth of a individual’s experience.” During this historic workshop held in Boston in April 2015, both visionaries describe their work, and engage in candid, deep and respectful dialogue that both stimulates the mind and touches the heart. We are proud to present the following list of astrologers trained by Steven Forrest. In the event that you’re unable to work with Steven directly, we recommend all of the astrologers in this list.