

# **Understanding Therapeutic Action (Psychology Revivals): Psychodynamic Concepts of Cure**



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Most of the existing psychodynamic literature approaches the treatment process from one particular theoretical perspective or another. Yet, what contemporary psychotherapists need most is practical information that transcends individual perspectives. After all, they must be able to treat patients who suffer from structural conflict, structural deficit, and relational conflict, and they must be able to understand the theories of therapeutic action associated with these concepts of psychopathology in relation to one another.

Originally published in 1996, *Understanding Therapeutic Action: Psychodynamic Concepts of Cure* both surveys different theories of therapeutic action and offers an integrative model of treatment. Editor Lawrence E. Lifson has brought together contributors who are among the leading theoreticians and practitioners of psychodynamic psychotherapy. Their chapters' cover all the major perspectives on therapeutic action and are organized into sections covering structural and object relations theories; the self as the focus of therapeutic action; and an integrative approach to the concept of cure. The emphasis throughout is on the translation of theory into clinical practice, with attention given to the contributions of patient and therapist alike in the curative process.

Providing clinicians with a comprehensive overview and synthesis of the different models of therapeutic action, this collection is an illuminating exercise in comparative psychotherapy and a valuable tool for enhancing the applicability and effectiveness of clinical work.

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