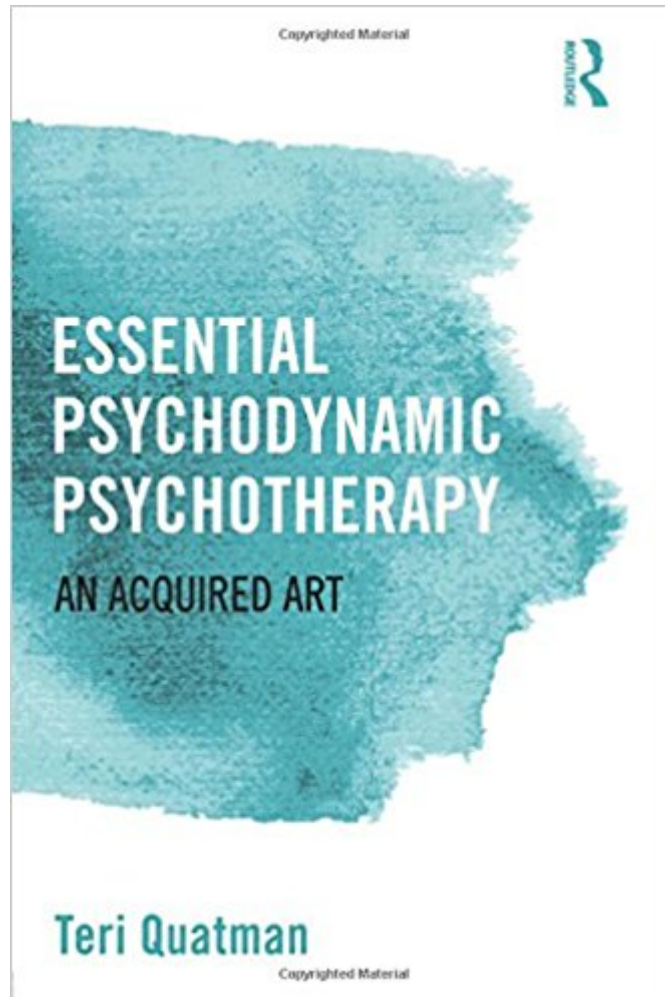


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# Essential Psychodynamic Psychotherapy: An Acquired Art



## Synopsis

Essential Psychodynamic Psychotherapy: An Acquired Art provides an essential, accessible grounding in current psychodynamic theory and practice for a wide range of readers. For trainees, it offers a very useful toolset to help them make the transition from purely theoretical training to the uncharted territory of clinical practice. For more seasoned therapists and those seeking to deepen their understanding of psychodynamic therapy, it provides conceptual clarity, and may also serve as a stepping stone to more complex and denser psychoanalytic works written for advanced clinicians. Essential Psychodynamic Psychotherapy: An Acquired Art is an introduction to how to think and work psychodynamically. It is written primarily for those training at a postgraduate level in psychoanalysis and psychodynamic psychotherapy, but reaches well beyond that audience. It is grounded in contemporary psychoanalytic theory, drawing on the work of Winnicott, Bion, and Ogden, all of whom are pivotal in current psychodynamic thought and practice. It also integrates attachment theory and research, and includes fresh contributions from neuropsychological research. The voice of the book is honest and intimate. The tone is practical. It is written with a clear-minded understanding of contemporary psychodynamic theory that allows the new therapist to access the deepest and richest parts of the therapy itself. It translates many of the key theoretical tenets of psychodynamic psychotherapy, giving the reader a clear (but non-formulaic) guide as to how handle the contours of any analytic session; how to open one's perceptual and emotional apertures as clinician; how to work in and understand "the relationship"; and how to work with the most common intra- and interpersonal problems patients present. This publication will be a valuable guide for new analysts and therapists, and also for those seeking to understand what the world of psychodynamic therapy may hold for them, no matter where they are in their clinical careers. Dr. Teri Quatman

## Book Information

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## Customer Reviews

Dr. Quatman's writing is easy to read and provides a clear understanding of what is modern day psychodynamic psychotherapy. The book provides an insightful look into advanced object relations and allows the reader a chance to break down the tools and techniques of this particular modality of psychotherapy. I would highly recommend this book to any practitioner or student who is interested in learning more about object relations and wants a book that is enjoyable and informative.

Teri Quatman has long been esteemed as an inspired and inspiring teacher and as a uniquely gifted and seasoned clinician. In *Essential Psychodynamic Psychotherapy, An Acquired Art*, both Quatman's teaching and clinical voices speak eloquently to the profound wisdom and the gentle compassion that suffuse and animate these two dimensions of her life-work. This splendid book opens to the reader the exquisitely beautiful, yet delicate and challenging world of the psychotherapeutic process as conceived in psychodynamic therapy. Quatman is refreshingly generous with her own vulnerabilities in her compelling descriptions of her own work with clients. We are invited into the heart and mind of a master clinician at the top of her game. An acquired art, indeed--and, truly, a labor of love.

Dr. Quatman has taken the science of neurobiology and the of the art of attunement and integrated these complex subjects in a manner that is easily understood, richly compelling, wonderfully personal and highly accessible. Whether you are a psychology student, beginning psychotherapist, or seasoned practitioner, and regardless of your theoretical orientation, this book is a must read that if taken to heart, has the potential to help you improve your ability to attune and connect. In fact, perhaps the best way to describe this amazing book is that it is about being more attuned relationally, and that it has tremendous application both inside and outside the psychotherapy office. I cannot recommend this wonderful book highly enough!

Dr. Quatman's book is a beautiful introduction to how to navigate the precious waters of psychotherapy. From her poetic descriptions of object relations to her intimate case-studies, you will

re-read and return to this book as your understanding deepens as to what makes therapy really work. 5 STARS and beyond!

• Essential Psychodynamic Psychotherapy, An Acquired Art • is by far the most valuable and enlightening text I have read as a beginning therapist. I know it will be a book that I will return to many times over throughout my career. Dr. Quatman's intimate, conversational tone invites the reader into the world of psychodynamic psychotherapy and into her internal world as a therapist in such a way that is both educational and moving. The anxiety of being a new clinician can be overwhelming, and with the added pressure of measurable change and progress, it is often tempting to utilize quick, evidence-based, or manualized interventions that do little more than put a Band-Aid on what are often deep wounds for patients. Dr. Quatman offers a guiding light to the sacred art of psychodynamic psychotherapy that serves as an important reminder of the true intention of this work, and the necessary investment of mind, body, and soul on the part of the therapist to facilitate lasting change and healing for another human being. She shares clinical anecdotes that beautifully illustrate the often elusive and complicated tenets of psychoanalytic psychotherapy, and highlights the most essential and healing qualities of the therapeutic encounter. Through the use of metaphor and reverie, balanced with a deep understanding of research and neuroscience, Dr. Quatman's text speaks to the art and science of this profession and the incredible transformation that can occur when therapists take the steps to learn and apply this acquired art. This is an inspirational must-read for every therapist in training.

Incredible book. The author is a very down to earth writer, reminds me of Nancy McWilliams. Teri is able to take a lot of the important psychodynamic concepts and present them in an understandable, applicable and enjoyable text. Psychodynamic theory is a great way to begin understanding the psychology of your patients (e.g. basics of object relations, utilization of defenses to contain anxiety, relational patterns/schema's and how to navigate the clinical process in light of these factors). However, my favorite chapters were the ones dedicated to explaining attuned listening and utilizing your own internal processes in the service of understanding, experiencing and connecting to the unconscious of the patient. I HIGHLY recommend this book to anyone who is a psychodynamic practitioner or really anyone who wants to grow as a clinical psychologist.

As a beginning therapist in my first year of practicum, I found this book not only immensely helpful but also inspiring. It's beautifully written and the author clearly put her heart and soul into it. Dr.

Quatman does an unbelievable job of clearly describing what happens in therapy from a psychodynamic and object relations perspective. I have never read a book that so easily describes how one uses Object Relations Theory as a therapist. Even if you are not into Object Relations Theory, I highly recommend this book because the author does such an amazing job of talking about what it is that a therapist actually does in a session. It's one of those books that I will read over and over again because it not only is easy to read but also lays out exactly who I aim to be as a therapist. It's one of the few books that I've read in graduate school that has made a huge difference.

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