

Negotiating the Therapeutic Alliance: A Relational Treatment Guide

By Jeremy D. Safran PhD, J. Christopher Muran Phd

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A half-century of psychotherapy research has shown that the quality of the therapeutic alliance is the most robust predictor of treatment success. This unique book provides a systematic framework for negotiating ruptures and strains in the therapeutic alliance and transforming them into therapeutic breakthroughs. Cutting-edge developments in psychoanalysis and other modalities are synthesized with original research and clinical wisdom gleaned from years of work in the field. The result is a practical and highly sophisticated guide that spells out clear principles of intervention while at the same time inspiring therapists toward greater creativity.

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Editorial Review

Review

"While clinical research has demonstrated the efficacy of a variety of psychotherapeutic procedures, what is often overlooked is the critical role played by the 'common factors' of psychotherapy. This important book details procedures for optimizing the therapeutic alliance and maximizing treatment effectiveness. It should be read by all clinicians."--David H. Barlow, PhD, Professor and Director Center for Anxiety and Related Disorders, Boston University

"This is a brilliant book. Informed by the authors' internationally recognized research program on ruptures in the therapeutic alliance, the book is enlightening in two major ways. First, its focus on ruptures opens a route to understanding the nature and utility of the therapeutic alliance. Second, the authors show how to negotiate ruptures, offering a veritable guide to moving from rupture to healing. Focusing on an important and neglected area of clinical training, this is an invaluable text for beginning and advanced psychotherapy courses."--Lester Luborsky, PhD

"An unparalleled achievement....Among the few comprehensive texts that truly integrates ongoing empirical research with cutting-edge developments in clinical psychoanalysis, as well as elements of other therapeutic modalities....This book will be used both as a classroom text and as a sourcebook for working clinicians, researchers, and theorists."--Lewis Aron, PhD

"The quality of the therapeutic alliance is the most powerful predictor of success in psychotherapy. Given the inevitability of stresses, strains, and breakdowns in that alliance, the identification and repair of these difficulties are among the most important skills for the psychotherapist to acquire....[This book] belongs in the library of every mental health professional who practices or teaches psychotherapy."--American Journal of Psychiatry
(*American Journal of Psychiatry* 2003-05-24)

From the Back Cover
"This book is an unparalleled achievement that transcends many of the usual dichotomies in the field. Structured as a treatment manual, the book elaborates detailed interventions and techniques, but it is also personal and experiential, emphasizing procedural knowledge, self-awareness, and reflection-in-action. It is among the few comprehensive texts that truly integrates ongoing empirical research with cutting-edge developments in clinical psychoanalysis, as well as elements of other therapeutic modalities. It outlines broad theoretical and philosophical principles, yet at the same time provides clear-cut intervention strategies, illustrated with lively and meaningful clinical material. On top of all this it is clearly and engagingly written, well organized, and even includes a creative chapter on the largely unexamined area of training issues and supervision. This book will be used both as a classroom text and as a sourcebook for working clinicians, researchers, and theorists." Lewis Aron, PhD, Director, Postdoctoral Program in Psychotherapy and Psychoanalysis, New York University

About the Author

Jeremy D. Safran, PhD, is Professor of Psychology at the New School for Social Research and Senior Research Scientist at New York's Beth Israel Medical Center. He maintains a private practice in New York City.

J. Christopher Muran, PhD, is Chief Psychologist and Director of the Brief Psychotherapy Research Program at Beth Israel Medical Center in New York City, where he also maintains a private practice.

Users Review

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Helen McCormick:

This Negotiating the Therapeutic Alliance: A Relational Treatment Guide book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this book incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This specific Negotiating the Therapeutic Alliance: A Relational Treatment Guide without we know teach the one who looking at it become critical in thinking and analyzing. Don't become worry Negotiating the Therapeutic Alliance: A Relational Treatment Guide can bring when you are and not make your handbag space or bookshelves' grow to be full because you can have it with your lovely laptop even phone. This Negotiating the Therapeutic Alliance: A Relational Treatment Guide having fine arrangement in word and also layout, so you will not really feel uninterested in reading.

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