

**HOW TO BE BRIEF  
WHEN YOU WERE TRAINED  
TO BE DEEP — AND VICE VERSA**

**DEPTH  
ORIENTED  
BRIEF  
THERAPY**

**BRUCE  
ECKER**



**LAUREL  
HULLEY**

# Depth Oriented Brief Therapy

**DJ Losen**



## **Depth Oriented Brief Therapy:**

**Depth Oriented Brief Therapy** Bruce Ecker, Laurel Hulley, 1995-11-07 Reach a new stage in brief therapy Is it possible for clinicians to provide in depth therapy in the cost conscious time limited world of managed care This groundbreaking book offers clinicians new hope of maintaining professional satisfaction in time effective practice Authors Bruce Ecker and Laurel Hulley provide a practical guide for clinicians on how to work deeply and briefly with individuals couples and families and shows how to meet the challenge of managed care without losing the deeper levels of change traditionally associated with long term or existential work By using Depth Oriented Brief Therapy you ll work directly and immediately with the emotional and unconscious meanings that structure the very existence of the presenting problem *Down Every Year*, 2014

Dominating our field is the assumption that for psychotherapy to be effective in a few sessions depth must be sacrificed Clinicians striving for brevity usually steer clear of a client s compelling unconscious lifelong themes Challenging this view Depth Oriented Brief Therapy DOBT demonstrates that focused rapidly effective in depth therapy with individuals couples and families turns out to be a very real option Watch as a male client discovers how major past and current life themes generate his baffling annual depression In one actual session Ecker masterfully leads him into a deep exploration and reassessment By using a variety of simple but highly effective techniques to discover unconscious emotional truth the basis of the client s low self esteem is revealed prompting a new sense of mastery and possibilities All in all an impressive demonstration of what can be accomplished in a single session by a very talented therapist Keywords depression down dysthymia dysthymic deep depth psychodynamic psychoanalysis men male depressed sad Counseling counselling Social Work Social Worker Therapy Psychotherapy Psychotherapy net Therapist Supplied by publisher **Down Every Year** Bruce Ecker, Psychotherapy.net, Randall C. Wyatt, Erika L. Seid, Pacific Seminars, 2007-01-01 An actual therapy session conducted by Depth Oriented Brief Therapy co originator Bruce Ecker provides an impressive demonstration of what can be accomplished in a single session by a very talented therapist **Brief Therapy with Individuals and Couples** Jon Carlson, Len Sperry, 2000

TABLE OF CONTENTS 1 Brief integrative behavior therapy with individuals and couples 2 Cognitive behavioral strategies 3 Rational emotive family therapy 4 Multimodal strategies with adults 5 Short term therapy for character change 6 Depth oriented brief therapy Accelerated accessing of the coherent unconscious 7 Object relations brief therapy 8 Adlerian brief therapy Strategies and tactics 9 Efficient adlerian therapy with individuals and couples 10 Brief reality therapy 11 Stage Appropriate change oriented brief therapy strategies 12 The satir system Brief therapy strategies 13 Imago strategies 14 Psychoeducational strategies 15 Solution focused brief counseling strategies 16 EMDR and resource installation principales and prodecures 17 Biopsychosocial therapy Essential strategies and tactics **Coherence Therapy**, 2011 **Studies in Meaning 3** Jonathan D. Raskin, Sara K. Bridges, 2008 Constructivist psychotherapy remains somewhat unfamiliar to many clinicians despite offering a variety of innovative and practical therapeutic approaches and techniques In this volume

constructivist psychology is presented as it relates to everyday practice The chapters provide many examples of what constructivist psychotherapy looks like in the real world showing how one can make the transition from constructivist theory to constructivist practice with ease Constructivist therapy often gets labeled as too theoretical and jacking in clinical specificity Yet here is a volume with chapters that succinctly and understandably explicate basic theoretical concepts and then demonstrate them with vivid case examples taken from applied experience in the field **BOOK JACKET Psychiatry September 2001--August 2002** Phillip Richard Slavney,2001 *The Art of Psychotherapy* Richard Simon,1999-03-15 The most widely read magazine in the mental health field the award winning Family Therapy Networker is recognized as a provocative forum for examining the latest innovations and findings in the field Drawing together two decades of the Networker s popular case studies and commentaries this book vividly illustrates the art of psychotherapy as practiced by the nation s leading authorities on couples and family therapy In addition to the full text of the cases *The Art of Psychotherapy* also offers study questions to stimulate thought and discussion making this text an ideal teaching tool [The Handbook of Constructive Therapies](#) Michael F. Hoyt,1998-07-10 A guide to the use of treatment approaches known as constructive therapies The leading teachers and practitioners in this powerful handbook represent a variety of schools of therapeutic treatments that all share an optimistic view of people as resourceful individuals who construct their own realities Emphasizing a collaborative approach the therapies focus on the strengths and resources of the clients and look to where people want to go rather than where they have been Hoyt should be commended for bringing together in one volume diverse voices that bring alive the exciting possibilities that mark and define this new era of psychotherapy Steven Freidman author of *Time Effective Psychotherapy* **Handbook of Evidence-based Psychotherapies** Chris Freeman,Michael J. Power,2007-05-07 The handbook takes the practitioner to the next stage with an overview of the key evidence based therapies with guidelines on further reading and training It also reviews key professional and organisational issues related to the delivery of services in resource limited situations [Milwaukee Magazine](#) ,2001 **Forthcoming Books** Rose Army,1996-06 [Working with Anger](#) Peter Cummins,2006-02-03 This text is based on a constructivist approach to anger management and gives practical advice case study examples and methods of evaluation to enable clinicians to set up anger management programmes **The American Psychologist** ,2000 Includes proceedings of the 54th 55th annual meetings of the association 1946 47 and proceedings of meetings of various regional psychological associations **International Handbook of Personal Construct Psychology** Fay Fransella,2003-07-09 This first International Handbook of Personal Construct Psychology PCP illustrates by its breadth and scope the huge influence the work of George Kelly has had since its inception in 1955 on psychology and related disciplines Including some previously unpublished material by Kelly and Bannister alongside classic texts the handbook is largely devoted to the practical applications of Kelly s work today Areas in which PCP is now being used include expert systems forensic psychology psychotherapy and counselling politics post

traumatic stress education developmental and family psychology organizational psychology cross cultural understanding nursing policing artificial intelligence and sport As far as possible each chapter aims to give the reader an idea or method that they can try out for themselves in their own work or personal context Even today some of Kelly s ideas are novel Although all embracing this handbook cannot be comprehensive as new applications and extensions are being developed continually It will prove an invaluable reference to practitioners and scholars from a wide range of disciplines wherever human understanding is relevant

The Mind and Heart in Human Sexual Behavior Alan P. Bell,1997-12 The sexual domain is not defined by what happens between two bodies by the dimensions of the bed or the texture of the bedsheets says Alan P Bell former Senior Psychologist at the Kinsey Institute for Sex Research Rather it is marked by hidden assumptions as to what should be taking place by hidden evaluations by echoes from the past Contending that we do a callous injustice to the sexual moments of our lives when we take what we do at face value and fail to examine what is going on in our hearts and minds Dr Bell invites us to broaden our view of sexual experience toward resolving our sexual impasses

**Ghosts of Consciousness** Herbert S. Demmin,2003-10 The reality of internal mental experience and its impact on self awareness describe and outline the structure of thought and how certain thoughts engender the experience of a separate self with all its implications for the individual and humankind reflects a new and fundamental theory of the microdynamics of thinking and self awareness opening a window into every reader s mind in their quest for self discovery and psychological and spiritual development

*Personality Disorders in Childhood and Adolescence* Arthur Freeman,Mark A. Reinecke,2007-08-10 Personality traits are pervasive and enduring patterns of the ways individuals perceive relate to think about and behave within their environment When these traits become inflexible and maladaptive they constitute personality disorders This edited volume will explore the clinical reality of personality disorders in the especially vulnerable population of children and adolescents Chapters will cover topics such as aggression attention seeking and the sensitive child

*Interpersonal Process in Therapy* Edward Teyber,2006 Table of Contents 1 The interpersonal process approach 3 2 Establishing a working alliance 43 3 Honoring the client s resistance 83 4 An internal focus for change 122 5 Responding to painful feelings 158 6 Familial and developmental factors 201 7 Inflexible interpersonal coping strategies 242 8 Interpersonal themes and patterns 278 9 An interpersonal solution 327 10 Working through and termination 368

*APA Dictionary of Psychology* American Psychological Association,2007 With more than 25 000 terms and definitions the APA Dictionary of Psychology encompasses all areas of research and application and includes coverage of concepts processes and therapies across all the major sub disciplines of psychology It includes thousands of cross references directing the user to synonyms antonyms acronyms and abbreviations

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