



Mastering Intensive Short-Term Dynamic Psychotherapy: A Roadmap to the Unconscious

Josette ten Have-de Labije, Robert J. Neborsky

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Over two decades, on two continents, Robert J. Neborsky and Josette ten Have-de Labije have struggled to define and perfect the therapeutic methods of Habib Davanloo. Between the two of them, they run active training groups in San Diego, Los Angeles, San Francisco, Washington, D.C., London, Amsterdam, Warsaw and Scandinavia. In individual practice, in teaching situations and in partnered study, they have worked carefully to translate the theory and application of the revolutionary clinician's approach.

This book, Roadmap to the Unconscious, defines the terms, observing ego, attentive ego, punitive superego, transference, transference resistance, unconscious therapeutic alliance, working alliance, unconscious impulse, in very precise and clinically meaningful ways. Roadmap translates Davanloo's intuitive genius into precise language and operations that students can learn in a systematic and clear way. Thus, applying their methodology fulfills the promise of short term, effective, and safe psychotherapy for a broad spectrum of highly resistant psychoneurotic and characterologically disturbed patients.



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