

Changing Lives Through **REDECISION** Therapy

Revised and Updated Edition

**Mary McClure Goulding, M.S.W.
& Robert L. Goulding, M.D.**
With a Foreword by Virginia M. Satir

Changing Lives Through Redecision Therapy

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Goulding**



Changing Lives Through Redecision Therapy:

Changing Lives Through Redecision Therapy Mary McClure Goulding, Robert L. Goulding, 1997 Redecision Therapy is based on the premise that through goal setting and the reenactment of important childhood scenes we may change our future and gain control of our lives This revised and updated edition includes the innovative treatment techniques developed by the Gouldings plus new material on short term treatment for victims of childhood sexual physical and emotional abuse and advice on how to utilize the strengths of each client to enhance and support therapy Changing Lives Through Redecision Therapy Mary McClure Goulding, Robert L. Goulding, 1979

Neuentscheidung (Changing lives through rededecision therapy, dt.) Ein Modell d. Psychotherapie Mary MacClure Goulding, Robert L. Goulding, 1981 *Clinical Practice with Families* Michael Rothery, George Enns, 2014-01-21 Encourage creative change in troubled families Clinical Practice with Families Supporting Creativity and Competence presents the most important and useful contemporary ideas in family therapy from many diverse traditions By organizing eclectic concepts within one basic powerful framework it makes these ideas more accessible and effective in practice Instead of exploring these ideas in the abstract Clinical Practice with Families illustrates them with in depth case examples that include detailed studies of the client family s history and traditions extensive analyses of the family system and actual dialogue from sessions along with the therapist s comments on shifting alliances and other unspoken occurrences No other technique could better demonstrate the practical integration of therapeutic skills and concepts to meet the clients needs Clinical Practice with Families offers insight and ideas for practicing family therapists in such essential areas as negotiating flexible appropriate boundaries between family members and between yourself and your clients constructing ecomaps of a client s support systems and stressors identifying four kinds of supports helping the client reinterpret family traditions enabling clients to break the pattern of old narratives encouraging clients to set realistic achievable goals Clinical Practice with Families offers a powerful set of techniques and ideas in a clear understandable framework Illustrated with helpful charts and figures it offers senior students and practicing family therapists an opportunity to take a structured approach to contemporary theory and understand its implications for practice

Psychotherapy and the Obsessed Patient E. Mark Stern, 1987 Contributors offer an enlightening array of approaches to the obsessed personality A wealth of theoretical insights and suggestions for therapy with obsessed patients those suffering from bulimia monomania love obsessions and more *Essential Psychotherapies, Third Edition* Stanley B. Messer, Alan S. Gurman, 2011-08-17 This book has been replaced by *Essential Psychotherapies Fourth Edition* ISBN 978 1 4625 4084 6

Handbook of Personality Disorders Jeffrey J. Magnavita, 2004-02-15 This comprehensive reference edited by one of the leading experts in the field assimilates the newest and most effective treatment techniques for the personality disorders Each chapter is written by leading scholars in the Cognitive Behavior Humanistic and Integrative theoretical models In addition to a detailed case example in each chapter additional case studies are integrated and used throughout **The Self**

in Performance Susana Pendzik, Renée Emunah, David Read Johnson, 2017-01-10 This book is the first to examine the performance of autobiographical material as a theatrical form a research subject and a therapeutic method Contextualizing personal performance within psychological and theatrical paradigms the book identifies and explores core concepts such as the function of the director therapist throughout the creative process the role of the audience and the dramaturgy involved in constructing such performances It thus provides insights into a range of Autobiographic Therapeutic Performance forms including Self Revelatory and Autoethnographic Performance Addressing issues of identity memory authenticity self reflection self indulgence and embodied self representation the book presents with both breadth and depth a look at this fascinating field gathering contributions by notable professionals around the world Methods and approaches are illustrated with case examples that range from clients in private practice in California through students in drama therapy training in the UK to inmates in Lebanese prisons

An Introduction to Transactional Analysis Phil Lapworth, Charlotte

Sills, 2011-05-12 This thoroughly revised edition of Transactional Analysis Counselling introduces the theory and practice of TA which integrates cognitive behavioural and psychodynamic theories within a humanistic philosophy from a unique relational perspective While most TA books focus on one field this approach demonstrates the benefits of TA across a wide variety of helping settings business and management education and coaching as well as counselling Case studies from a variety of contexts bring TA to life for trainees in any of these disciplines and the accessible engaging writing style makes difficult concepts understandable for undergraduates and postgraduates alike Bringing their book into the twenty first century expert authors Phil Lapworth and Charlotte Sills provide a brief history of TA followed by individual chapters on the concepts and techniques used Each chapter is devoted to one concept and includes a detailed definition and description and suggestions for application in practice Exercises for student practitioner and client boxed summaries diagrams checklists and sources of further reading make this the ideal text for use in training This book is an essential companion for those embarking on specialist TA courses or studying TA as part of wider training while those who want simply to integrate TA into their work with people can dip into it as suits their needs

Transactional Analysis in Contemporary Psychotherapy

Richard G. Erskine, 2018-03-08 After fifty years of development and refinement in Transactional Analysis TA the theory of methods and the actual methods have changed considerably from those originally published by Eric Berne Many concepts and methods have emerged and been subject to clinical experimentation some have been refined and expanded and some are no longer used This book includes contributions from several authors each of whom presents his or her unique focus on how TA is used in their psychotherapy practice This book will address the therapeutic effectiveness of various methods in TA and will cover a variety of topics such as unconscious experience transference countertransference the therapist's transparency transgenerational scripts trauma and regression psychological games the self destructive client an integrative approach to the psychotherapy of obsession gender psychopolitics and psychotherapy from a social cognitive perspective It is written for

both psychotherapists and counsellors who want to learn and refine their knowledge of contemporary TA methods that are most effective with today's clients

The Transactional Analyst in Action Michele Novellino, 2018-03-08 This book represents a synthesis of more than thirty years dedicated to the spreading and teaching of transactional analysis and will be useful to students, directors and professors of the schools of transactional analysis and also to therapists of other schools providing an up to date and complete idea of the current state of the analytic transactional methodology The handbook describes the epistemological and methodological roots for a well grounded psychotherapy with transactional analysis TA differences among method, methodology, therapeutic plan and strategy and technique are all illustrated TA is presented as a phenomenological branch of modern relational psychoanalysis Transference and counter transference are reconsidered in a Bernean perspective The four strategic phases of alliance, decontamination, deconfusion and relearning are presented together with the well known techniques of the eight Bernean therapeutic operations two and three chairs work, rededication technique and dream work

Clinical Case Formulations Barbara Lichner Ingram, 2011-12-13 Praise for Clinical Case Formulations Matching the Integrative Treatment Plan to the Client Second Edition Barbara Ingram has put a career into the development of this book and it is wonderful My students love that it was written with them in mind and they love the statements designed to reduce anxiety and normalize the learning process This is an excellent book Amy M Rees Turyn PhD Associate Professor of Counseling Psychology Lewis Clark College A step by step model for individualized case conceptualization Fully revised and updated the second edition of Clinical Case Formulations provides step by step tools and insightful guidance for moving from first contact with a client to the development of an effective personalized treatment plan Addressing the essential question every therapist faces How do I create a treatment plan that is the best match for my client this unique resource provides a systematic and thoughtful method for integrating ideas, skills and techniques from different theoretical approaches It combines empirical research and clinical experience to create a case formulation that is tailor made for the client This comprehensive resource offers two tools to guide case formulations a problem oriented framework with a list of 28 standards for evaluating its application and a set of 30 core clinical hypotheses derived from the knowledge bases of psychology, psychiatry, counseling and social work professions The new edition includes Hypotheses on Emotional Focus Trauma and Metacognitive Perspective More detailed attention given to empirically supported therapies such as Dialectical Behavior Therapy DBT and Acceptance and Commitment Therapy ACT Discussion on the importance of bringing cultural competence to case formulation tasks with every client Skill building activities throughout the text Offering a thorough framework to help clients experience effective clinical service practitioners will learn to conceptualize clients needs in ways that lead to strong and individualized treatment plans as well as advice and guidance on what to do when selected interventions fail to produce the expected benefits

Button Therapy Lloyd R. Goodwin Jr. Ph.D., 2007-04-23 The Button Therapy Book is a practical psychological self help book and a holistic cognitive therapy manual for mental health

professionals The Six Step Button Therapy Method is a practical and psychological self help approach and is a companion book to the Button Therapy Book providing a summary overview of the six steps The Cognitive Self Assessment Inventory is designed to help identify core beliefs should messages defense mechanisms personality traits thought distortions and Buttons i e attachments or demands The Cognitive Self Assessment Inventory can be used by mental health professionals as a psychological assessment tool View the individual books The Button Therapy Book The Six Step Button Therapy Method The Cognitive Self Assessment Inventory

Essays on Integrative Psychotherapy Richard G. Erskine, 2025-10-13 This book is a distinctive collection of essays on the theory and methods of a developmentally based relationally focused integrative psychotherapy In an easy to read style Richard Erskine elaborates on a relationally focused psychotherapy for acute and cumulative neglect dissociation alcoholism obsession prolonged grief as well as psychotherapy with couples Detailed examples of actual psychotherapy sessions illustrate the therapeutic methods of both phenomenological and developmental inquiry as well as the significance of the psychotherapist s interpersonal involvement through acknowledgment validation normalization and presence Each chapter takes the reader into further depths of understanding the complexities of an in depth psychotherapy Erskine writes from the heart while drawing from over fifty years as a psychotherapist supervisor and trainer *Essays on Integrative Psychotherapy* vividly illustrates the interpsychic struggle of clients who engage in the schizoid process of relational withdrawal and live in loneliness and will be essential reading for psychotherapists and psychoanalysts in practice and in training

Tools for Transforming Trauma Robert Schwarz, 2013-05-13 *Tools for Transforming Trauma* provides clinicians with an integrative framework that covers a wide range of therapeutic modalities and a black bag full of therapeutic tools for healing trauma patients

Single-Session Therapy (SST) Windy Dryden, 2018-10-09 Even in one session a therapist can make a difference *Single Session Therapy 100 Key Points and Techniques* presents the 100 main features of this way of working providing an accessible succinct overview of this way of working based on the author s extensive work demonstrating the effectiveness of SST Divided into 9 sections guiding you through every aspect of the therapy the book covers topic such as The goals of SST Characteristics of good SST clients Responding effectively to the client s very first contact Creating and maintaining a working focus Making an emotional impact Both concise and practical *Single Session Therapy 100 Key Points and Techniques* will be invaluable to psychotherapists and counsellors in training and practice

Transactional Analysis Psychotherapy Petruska Clarkson, 2013-04-15 *Transactional Analysis Psychotherapy An Integrated Approach* is the first advanced clinical textbook for many years written for psychotherapists and counsellors who use the theory and techniques of Transactional Analysis in their practice or who are interested in expanding their repertoire Clarkson provides a comprehensive guide to goal setting and clinical planning for every stage of treatment Not only a practical textbook relevant to modern developments in supervision but one which makes a new and original contribution to ways of thinking about transference and countertransference the theory of self and the process of psychotherapeutic change

Therapeutic Mastery Charles H. Kramer, 2000 Divided into five sections The Therapist in Action The Therapist as Human Being Developing Creatively Revealing our Selves and Leadership Beyond Problem Solving this inspiring new text explores the crucial but underexplored topic of the ongoing development of the self of the therapist for the sake of both client and clinician

Enhancing Self Esteem C. Jesse Carlock, 2013-10-08 Providing comprehensive coverage of self esteem this text presents a four phase process Identity Strengths and Weaknesses Nurturance and Maintenance which is described along with the resistance on encounters and provides the basis for successfully enhancing self esteem Interventions are outlined to bring together theory and methods cognitive emotional and behavioral The strategies included are applicable to several populations child teen and adult and several settings school business and community For both children and adults this book is designed to be a textbook for courses workshops and seminars It will also serve as an excellent resource for teachers and counselors and will be used by individuals for self improvement Some key features of the third edition are It translates theory into practice provides 107 activities with specific procedures and anticipated outcomes relates each activity to one of four phase processes utilizes a systematic approach to enhancing self esteem incorporates cognitive emotional and behavioral aspects of individuals

Comprehensive Handbook of Cognitive Therapy Hal Arkowitz, L.E. Beutler, Karen Simon, 1989-06-30 This Handbook covers all the many aspects of cognitive therapy both in its practical application in a clinical setting and in its theoretical aspects Since the first applications of cognitive therapy over twenty years ago the field has expanded enormously This book provides a welcome and readable overview of these advances

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