DESCRIPTION

Psychodynamic Formulation

A leading text for psychodynamic clinicians and practitioners

Psychodynamic Formulation: An Expanded Approach delivers an exceptional exploration of psychodynamic explanations and hypotheses that seek to explain how a person's conscious and unconscious thoughts and feelings may have developed and may be causing or contributing to the challenges they face.

This latest edition of the leading reference includes a refreshed and reinvigorated emphasis on the impacts of culture and society, as well as the importance of diversity and inclusion, on psychodynamic formulation. It puts new focus on lived experience, including trauma, and on how clinical bias can contribute to the perpetuation of trauma.

In addition to newly included activities and exercises, readers will find:

- A practical, step-by-step guide to collaboratively creating psychodynamic formulations
- Comprehensive discussions about how we’re born with and environmental influences contribute to development
- Suggestions for using psychodynamic formulations in many clinical settings, including acute care and psychopharmacologic treatment
An educator’s guide to teaching psychodynamic formulation

Perfect for mental health practitioners with a professional or personal interest in psychodynamics/psychoanalysis, *Psychodynamic Formulation: An Expanded Approach* will earn a place in the libraries of trainees in all mental health fields.

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**ABOUT THE AUTHOR**

**The Psychodynamic Formulation Collective** is a group of psychiatrists and psychoanalysts who came together following George Floyd's murder and nationwide protests against police brutality to address the historical neglect of sociocultural context in psychodynamic formulation, in particular the effect of social oppression.

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A graduate of the Columbia University Center for Psychoanalytic Training and Research, she enjoys teaching and supervising psychiatry residents in psychodynamic psychotherapy. In her clinical practice, she focuses on mood and anxiety disorders, psychosis, culture and identity, and emerging adulthood.

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