DESCRIPTION

How do our patients come to be the way they are?

What forces shape their conscious and unconscious thoughts and feelings?

How can we use this information to best help them?

Constructing psychodynamic formulations is one of the best ways for mental health professionals to answer questions like these. It can help clinicians in all mental health settings understand their patients, set treatment goals, choose therapeutic strategies, construct meaningful interventions and conduct treatment.

Despite the centrality of psychodynamic formulation to our work with patients, few students are taught how to construct them in a clear systematic way. This book offers students and practitioners from all fields of mental health a clear, practical, operationalized method for constructing psychodynamic formulations, with an emphasis on the following steps:

• DESCRIBING problems and patterns

• REVIEWING the developmental history

• LINKING problems and patterns to history using organizing ideas about development.
The unique, up-to-date perspective of this book integrates psychodynamic theories with ideas about the role of genetics, trauma, and early cognitive and emotional difficulties on development to help clinicians develop effective formulations.

_Psydynamic Formulation_ is written in the same clear, concise style of _Psychodynamic Psychotherapy: A Clinical Manual_ (Wiley 2011). It is reader friendly, full of useful examples, eminently practical, suitable for either classroom or individual use, and applicable for all mental health professionals. It can stand alone or be used as a companion volume to the _Clinical Manual._

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### ABOUT THE AUTHOR

**Deborah L. Cabaniss**, M.D. is Clinical Professor of Psychiatry at the Columbia University College of Physicians and Surgeons and Director of Psychotherapy Training in the Department of Psychiatry at Columbia. She has won several teaching awards, including the Edith Sabshin award from the American Psychoanalytic Association. Dr Cabaniss is the lead author of _Psychodynamic Psychotherapy: A Clinical Manual_, has published numerous articles related to psychoanalytic and psychiatric education and gives talks and workshops on these topics across the country.

**Sabrina Cherry**, M.D. is Associate Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons and practices psychiatry and psychoanalysis in New York City. She has been an active teacher and supervisor of both interpersonal and psychodynamic psychotherapy in the Columbia Residency program for twenty years. She is now a Training and Supervising Analyst and an active teacher of psychoanalytic candidates at Columbia Center for Psychoanalytic Training and Research. Dr. Cherry is the recipient of awards from the American Psychiatric Association and from Columbia for her contributions to education and research.

**Carolyn J. Douglas**, M.D. is Associate Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons, and Adjunct Associate Professor of Clinical Psychiatry at Weill Medical College of Cornell University. She served for many years as Director of the Residency Training Inpatient Unit at Columbia University Medical Center, and was co-Director of the Columbia Neuropsychiatric Service. Dr. Douglas has taught and supervised residents in supportive dynamic psychotherapy for many years at Columbia and Payne Whitney/Cornell and has been the recipient of “Teacher of the Year” awards from residents at both programs. Dr. Douglas is the author of publications on teaching supportive psychotherapy to psychiatric residents, the psychotherapy selection process, and psychodynamic psychotherapy.

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