

ROADMAP TO THE UNCONSCIOUS

Mastering Intensive Short-Term Psychotherapy



By Robert J. Neborsky and
Josette de Ten Have-de Labije

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ROADMAP TO THE UNCONSCIOUS Mastering Intensive Short-Term Dynamic Psychotherapy

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Over two decades, on two continents, Robert J. Neborsky, MD, and Josette ten Have-de Labije, PsyD, have struggled to define and perfect the therapeutic methods of Habib Davanloo, MD. 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. David Malan, MD, advised, that Davanloo's technique needs to be modified and softened if it is to be accepted by the majority of therapists. Readers will discover that Neborsky and ten Have-de Labije have surpassed Malan's advice and have taken the practice of Intensive Short-Term Dynamic Psychotherapy to a new plateau. 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.

Contents

- Davanloo's ISTDP, Psychoneurosis and the Importance of Attachment Trauma
- The road to the patient's unconscious and the working alliance
- The Independent Variables: ISTDP Techniques to reverse red traffic lights into green
- Emotion regulation and Defenses Complete
- Assessment of a patient's anxiety Complete
- When Character Resistance has been crystallized into transference resistance
- The Phase of Termination : making it possible to say goodbye-
- Initial Interview : Separating ego from superego with a highly anxious patient
- Initial Interview with a depressed Patient Initial Interview with a psychosomatic patient
- Initial Interview with a compulsive patient
- Afterthoughts

About the Authors

Josette ten Have-de Labije, registered psychologist-psychotherapist and clinical psychologist, started her professional career in 1972 at the department for Neuro- and Psychophysiology of the Free University of Brussels. Thereafter she has worked in the Netherlands at a public mental health center for ambulant (non-residential) patients as coordinator of the Behavior Therapy Department and member of the Diagnostic Staff.

Robert J. Neborsky, M.D., is a psychiatrist in private practice in Del Mar, California, and a Clinical Professor of Psychiatry at UCSD School of Medicine as well as UCLA School of Medicine (Hon). He is member of the Board of Directors of the International Experiential Dynamic Psychotherapy Association. He was a founding member on the Editorial Board of the *International Journal of Short-Term Dynamic Psychotherapy*. He is currently guest editor of the *Ad Hoc Bulletin of Short-Term Dynamic Psychotherapy*.