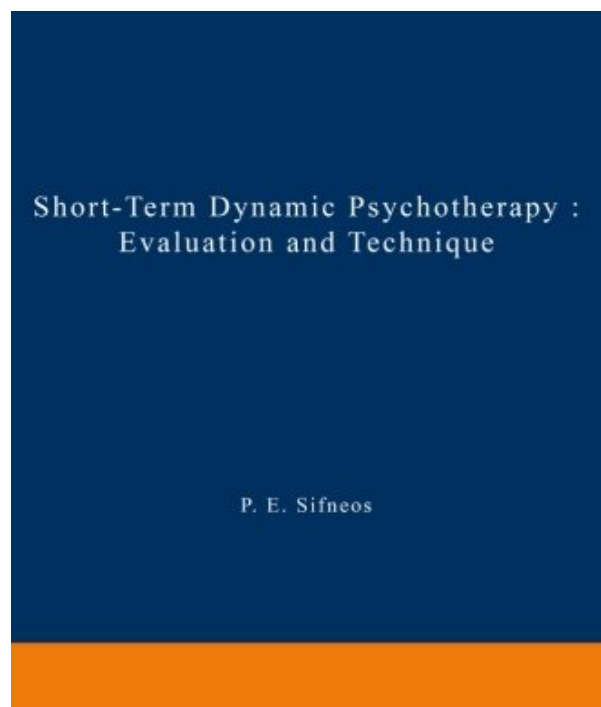


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Short-term psychotherapy, although brief, is not ephemeral. In the decade or two of its existence, it has grown into a sturdy tree, and a sign of its maturity is the fact that it is now the subject of an increasing number of overview articles summarizing its literature and findings. Yet it remains a young and vigorous discipline. Its pioneers have not been elevated to a pantheon of venerable but mute immortals; on the contrary, they are to be found at the forefront of the field, actively contributing to the development of its theory and practice. This volume is ample testimony to their continued creativity. Dr. Sifneos has lectured and written extensively about short-term anxiety-provoking psychotherapy (STAPP). Based on psychoanalytic principles, STAPP aims to resolve pathological psychic conflicts and help those suffering from them to learn new ways of being in their most intimate relationships. It does so by actively focusing the patients' sights on their Oedipal problems, and its effectiveness (given a proper selection of subjects by specific criteria) has been amply documented in controlled clinical studies.

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Good book with a lot of patient vignettes

By Alexander N.

This book describes the technique of short-term anxiety-provoking psychotherapy (STAPP) developed by Dr. Peter Sifneos and is written for students and practitioners of psychotherapy (however, most people with some knowledge of psychoanalysis probably would also be able to understand it). The book is organized well and written in a clear language. The best feature of this book is the inclusion of many dialogues between patient and therapist that are directly taken from therapy sessions. These case presentations make it much easier to understand the subtleties of STAPP techniques. Two full case presentations, one from a female patient and another from a male patient that describe the entire length of the therapy period are also included in the appendices. Although the theory behind this technique was covered in this book to some extent and probably more completely in other previous books, I would have preferred a little more coverage of the theory.

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This is a fantastic book with case examples. Old is gold, and you can learn so much from it.

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