



# **Object Relations Brief Therapy: The Therapeutic Relationship in Short-Term Work (The Library of Object Relations)**

*By Michael Stadter*

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Object Relations Brief Therapy combines practical techniques with the depth of object relations theory, the wisdom of previous brief therapy writers, and, most notably, an emphasis on the unique therapeutic relationship. This new paperback edition includes a preface reviewing more recent developments in the area of brief therapy.

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### Editorial Review

#### Review

Stadter presents a comprehensive, scholarly, and creative synthesis of concepts from object relations theory and principles from various schools of brief therapy. Eschewing a doctrinaire attitude, his way of thinking about and doing brief therapy pragmatically allows for the world of HMOs and managed care, enhancing the sense of usefulness of the often frustrated therapist. His approach is also helpful to the practitioner in the face of the kinds of characterological resistances associated with developmental and structural problems. Rich in clinical examples, this is a book that will increase the clinical wisdom of therapists at all levels of experience. (Althea J. Horner PhD, author of Object Relations and the Developing Ego in Therapy)

This is a thorough, honest, and thoughtful book. It is a pleasure to read and will provide both beginners and experienced brief therapists with much to ponder and readily apply. Stadter skillfully ties the literature together and puts the therapeutic relationship back into brief therapy. (Simon H. Budman, President, Innovative Training Systems)

#### About the Author

**Michael Stadter**, Ph.D., is a clinical psychologist and a member of the faculty and Board of Directors of the International Psychotherapy Institute. He is also Clinical Psychologist-in-Residence in the Department of Psychology at American University and is on the faculty of the Washington School of Psychiatry.

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