



# Psychotherapy In A New Key: A Guide To Time-limited Dynamic Psychotherapy

*Hans H. Strupp, Jeffrey L. Binder*

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Rooted in the landmark, systematic studies of the Vanderbilt University research team, time-limited dynamic psychotherapy (TLDP) significantly broadens the use of short-term psychoanalytic therapy to include people with chronic problems—the majority of those seeking help. Modifying traditional theory and technique, TLDP emphasizes identifying interpersonal problems currently manifested in the therapeutic relationship and, by means of the “dynamic focus,” provides a way of focusing the therapy that is more behaviorally based and more explicit than other approaches. Clear, practical, and wise, this book—a codification of TLDP—offers an integrated model of therapy, close to clinical data, that is applicable to therapy *regardless* of length of treatment. It discusses in specific, concrete detail the central aspects of the therapeutic situation—from “The Patient’s Problems as a Function of Disturbed Interpersonal Relationships,” to “The Therapist’s Stance,” “Assessment,” “The Dynamic Focus,” “Technique,” and “Termination.” Rich case material is incorporated throughout and highlighted in an annotated, full-length case study that brings together all aspects of the approach. *Psychotherapy in a New Key* is an indispensable work for any mental health professional, in training or in practice.



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