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практика  
**КРАТКОСРОЧНОЙ**  
психотерапии

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2-е международное издание



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» (*Joint Commission on Mental Illness and Health, 1961, p. 80*).

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(Bellak & Small, 1965, p. 6).

(*Langley Porter Neuropsychiatric Institute*) - (Harris, Kalis, & Freeman, 1963, 1964  
Kalis, Freeman, & Harris, 1964).

(Harris, Kalis, & Freeman, 1963,1964)

(Sifneos, 1965,1981).

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(Haskell, Pughatch, & McNair, 1969; G. Jacobson, 1965; Malan, 1963; Rosenbaum, 1964; Swartz, 1969).





(Schlien, 1957; Schlien, Mosak, & Dreikurs, 1962).

(Muench, 1965).

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« (Modifications of Psychoanalytic Psychotherapy):

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(Mann, 1973, . . ).





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 (Budman & Gurman,  
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 ( . Howard, Lueger, Maling,  
 & Martinovich, 1993),  
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(Howard et al., 1993, p. 684)

(Sifneos, 1981; Davanloo, 1980; Malan, 1963,1976),

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(Garfield, 1994 , 1995),  
(Norcross, 1986; Norcross & Goldfried, 1992) -  
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( , Bloom, 1992; Wells & Giannetti, 1993).

(Sloane, Staples, Cristol, Yorkston, & Whipple, 1975)

*Depression Collaborative Study*),

beis, Hollon, Evans, & Bemis, 1982).

*{Treatment for*

(DeRu-

(Elkin, 1994; Garfield, 1983b; Lambert & Bergin, 1994; Lambert, Shapiro, & Bergin, 1986; M. Smith, Glass, & Miller, 1980).

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(Matching Alcoholics, 1997, p. 35).

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(Jensen et al., 1990).

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» (Garfield & Kurtz, 1977, p. 80).

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(Lambert & Bergin, 1994):

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field, 1957, 1974, 1980, 1995).

(Sloane et al., 1975).



(O'Leary & Wilson, 1987, p. 383-384).





(Garfield, 1995, . 92).

(Garfield, 1995).

(Frank, 1971).





(Beutler, Machado, & Neufeldt, 1994).



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1966).

(Murray, 1956; Truax,

(Garfield, 1986,1994 ).

(Joseph Wolpe, 1958, 1961),







(Bandura, Blanchard, & Ritter, 1969; Erwins, 1975; Gelder et al., 1973).

(Garfield, 1995).

(Wolpe, 1958)

(Mathews et al., 1981).

(Emmelkamp, 1986).





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*Third Ear*, 1948)

» (Theodore Reik, *Listening with the*











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Jacobson, *Progressive Relaxation*, 1938),  
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» (*You Must Relax*, 1945).

(Wolpe, 1958, 1961)

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(Goldfried.  
1980; Goldfried & Trier, 1974).

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(Swann & MacDonald,

(Hoyt, 1995, . 88), «















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(Garfield, 1995),



(Garfield, Affleck, & Muffley, 1963).

(Garfield, 1986).

» (Bandura, Jeffrey, & Wright, 1974, p. 62).

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(Mathews, Johnston, Shaw, & Gelder,  
1974).  
(Bandura et al., 1974),  
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Psychotherapy Process Scale)  
(Vanderbilt

(Sachs, 1983).

(Luborsky, Crits-Christoph, Alexander, Margolis, & Cohen, 1983).

(Bandura et al., 1974; Mathews et al., 1974).

1986, .246)

(Garfield,







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(Task Force on Promotion and Dissemination of Psychological Procedures, Division of Clinical Psychology, American Psychological Association, 1995).

(Garfield, 1996,1998).

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« » (Journal Consulting and Clinical Psychology) 1998 .











(Garfield, 1994 ).

(Garfield, 1986, 1994 ).

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» (Howard et al., 1986, p. 160).















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(Schofield, 1988)  
» (*Pragmatics of Psy-*

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DSM-IV (*American Psychiatric Association*).

(Jerome Frank).

(Austad et al., 1992; Garfield & Kurtz, 1976).

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( Beck et al., 1979; Paykel, 1982).

& Barlow, 1993, p. 112).

(Barlow, 1988; Mathews et al., 1981; O'Leary & Wilson, 1987).

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(Beutler, 1983; Glad, 1959; G. Howard, Nance, & Myers, 1987; Schofield, 1988).

(Schofield, 1988).

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(*Rational Emotive Therapy*, Ellis, 1962)

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Budman & Gurman,

1988, p. 288-289).

(1988):

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(Smith et al., 1980)

(Garfield, 1984, . 297). •

1994; Lambert et al., 1986).

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(Garfield, 1983 , 1983b, 1984).

(Rachman & Wilson, 1980), (Bergin, 1971) -  
(Luborsky et al., 1975).

(Eysenck, 1952,1961,1966; Rachman, 1971; Rachman & Wilson, 1980),

(Lambert & Bergin, 1994),

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borsky et al., 1975) (Lu-







( uench, 1965).

*{San Jose State College Counseling Center}*

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*(Children's Psychiatric Center)* (Leventhal & Weinberger, 1975).

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(Beck et al., 1979)  
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(Gross, 1978; Masson, 1988; Tennov, 1975). : « : » {*Psychotherapy: The Hazardous Cure*, Tennov, 1975), « : » {*Against Psychotherapy: Emotional Tyranny and the Myth of Psychological Healing*, Masson, 1988). : « » {*Psychotherapy and its Discontents*, ed. by Dryden & Feltham, 1992) (Garfield, 1994b, p. 64).





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» (Shea et al., 1992,  
p. 784).

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» (Elkin et al., 1989, p. 979).

(Krupnick et al., 1996, p. 538).

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(Barlow, 1996),

» (Template for Developing Guidelines: Interventions for Mental Disorders and Psychosocial Aspects of Physical Disorders) (American Psychological Association Task Force on Psychological Intervention Guidelines, 1995; Barlow, 1996, p. 1053).



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(Piper et al., 1990).

(Koss & Butcher, 1986)

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(Budman, 1981)

(White, Burke, & Havens, 1981).

(Mann, 1973),

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(Alexander & French, 1946)

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1971 ( , 1971) 1972 (Feather & Rhoades, 1972)

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*behavior therapy. Are they irreconcilable?;* Marmor, 1971).  
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» {*Psychoanalysis and Behavior*  
*Therapy*; P. Wachtel, 1977).

(Marvin Goldfried).  
*American Psychologist*  
1982). 1984  
(Goldfried,  
*Society for the Exploration*  
*of Psychotherapy Integration*);  
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*tegration* 1991

(Marvin Goldfried), (Paul Wachtel),  
(Hal Arkowitz), (George Stri-  
-ker), (Stanley Messer), (John  
Norcross), (Gerald Davison),  
(Arnold Lazarus) (Michael Mahoney), —





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**Сол Гарфилд** — доктор философии, почетный профессор психологии Вашингтонского университета; клинический психолог сухопутных войск США и главный клинический психолог госпиталей для ветеранов. Доктор Гарфилд занимает высокие посты во многих профессиональных сообществах, имеет множество престижных наград; он редактор и автор известных книг (в частности, *Psychotherapy: An Eclectic-Integrative Approach* и др.), а также более 150 статей в научных сборниках.

Книга дает целостное представление о краткосрочной психотерапии, предлагая материал, отражающий самые передовые тенденции в этой области — от недавних исследовательских разработок и нововведений в сфере страхования до новейших концепций и подходов в психотерапии. Второе издание содержит анализ последних исследований, направленных на оценку методов диагностики, принципов лечения, эффективности и «валидизированных форм» психотерапии. Шаг за шагом книга открывает перед современным клиницистом основные аспекты психотерапевтического процесса, проводит его по всем этапам психотерапии — от вводной беседы до окончания психотерапевтической работы и оценки проделанного. В ясной, доступной форме рассматривается каждая из составляющих краткосрочной психотерапии.

Материал, включенный в это издание, имеет особую ценность для психотерапевтов-практиков, а также для тех, кто обучается краткосрочной психотерапии и консультированию.

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