



Manual de psicoterapia breve intensiva y de urgencias (Spanish Edition)

Leopold Bellak

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La psicoterapia breve surgió como una necesidad de brindar apoyo rápido y concreto para aquellos pacientes que, por el contexto en que se encontraban, era muy difícil proporcionarles un tratamiento más prolongado y profundo para sus problemas. Su autor brinda una actualización de los conceptos desarrollados por él acerca de la psicoterapia breve; además muestra su aplicación en nuevos campos como la terapia cognitivo-conductual y el trabajo con niños. Por otra parte, presenta un capítulo acerca de la aplicación en general de las pruebas aperceptivas en la psicoterapia breve. Cuenta asimismo, con dos instrumentos sumamente útiles como auxiliares en el desarrollo de esta psicoterapia, la Guía de preguntas y el Protocolo de registro, los cuales sistematizan el proceso de evaluación y diagnóstico y facilitan de gran manera el inicio de la terapia. Sin lugar a dudas, es una herramienta de valor indiscutible para psicólogos clínicos, psiquiatras, trabajadores sociales y médicos.

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