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**Concise Guide to Psychodynamic Psychotherapy.** Robert J. Ursano, Stephen M. Sonnenberg, and Susan G. Lazar. Washington & London: American Psychiatric Press, 1991, 133 pages, \$18.50 paper.

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Forty years ago, psychoanalysis reigned as the dominant form of psychotherapy and as the leading psychiatric "school" in American medical education. Since then, there have been several editions and revisions of the *Diagnostic and Statistical Manual* (into the current DSM-III-R) which emphasized a more systematic, nosological understanding of mental illness. Starting in the mid-1950s, effective pharmacological management of disorders led to the development of bio-medical theories of mania, schizophrenia, and now even depression and anxiety. Then the behaviorists demonstrated superior treatments for phobia. In the 1960s, Rogers and Perls led American psychotherapists on a humanistic exodus from Freudian approaches. In the 1980s, Aaron Beck's cognitive direction began to dominate the treatment of depression.

In the last three decades, it has seemed that psychoanalysts retreated to their ivory tower institutes, and wrote books (which were only read by other psychoanalysts) pooh-poohing all the non-psychoanalytic approaches to psychiatry. Now, less than one in ten psychiatrists goes on to study at psychoanalytic institutes.

In the wake of all this, is Freud mere history? The message of this book is that psychoanalysis has withstood the onslaught of change; that it has evolved in response to these challenges; and now emerges as a more flexible system, eclectic and cognizant of its own limitations.

At first glance, it is difficult to imagine that a book so short and so small (it fits easily into a coat pocket) could have very much to say. Do not judge a book by its . . . size! The authors are professors of psychiatry at different Washington D.C. area schools of medicine and the Washington Psychoanalytic Institute. They have fashioned a comprehensive review of classical and current psychoanalytic (a.k.a., psychodynamic) therapeutic techniques.

The target reader for this book remains the practicing psychotherapist (or therapist-in-training), whether psychoanalytic or non-psychoanalytic in orientation. However, the comprehensive, clear and refreshingly even-handed approach of this book makes it good reading for anyone interested in seeing where psychoanalysis has gone, and where it is going.

The authors recommend a thorough evaluation of the patient before therapy is begun, for not every patient is well suited for psychoanalysis. The best candidates

for this procedure would be those who have a neurotic level disorder, come from a supportive environment, and are somewhat introspective. Subsequent chapters go through many practical aspects of doing therapy, such as coping with patient disappointment, resistance, and transference. Note the soft-sell of traditional techniques: "Some patients are not particularly skilled at working with their dreams. No patient is able to work with dreams without being taught how and why, and no patient is able to work effectively with every dream" (pp. 73-74). Practical tips include how to terminate, how to deal with unsuccessful treatment, even office decor and fees.

Each chapter provides additional readings for the student who wishes to pursue the content further. At the end of the book there is a glossary as well as an index. Here, as well as in the text of the book, it seems as though old terms are being redefined in ways which even Aaron Beck could accept. Psychodynamic psychotherapy itself is seen as "a process for learning a new method of problem solving" (p. 19).