



# Psychoanalytic Psychotherapy: A Handbook (The EFPP Monograph Series)

*Matthias Elzer*

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## **Psychoanalytic Psychotherapy: A Handbook (The EFPP Monograph Series) Matthias Elzer**

This book is an introductory textbook for psychiatrists and psychologists who use psychotherapy in a psychoanalytic attitude in their daily professional work with patients. It was developed from the experiences of German psychoanalysts teaching in China between 1997 and 2010. The idea of a basic textbook was developed in order to facilitate the teaching and learning process. The basic idea of this book is to give the reader an introductory understanding of the psychoanalytic theory of the human mind, the psychic development, psychic conflicts, trauma, symptom formation, and dreams. Related to these theoretical aspects the book then introduces the fundamentals of psychoanalytic-oriented psychotherapy. The first part of this book deals with important technical aspects of the psychotherapeutic treatment such as the therapeutic relationship, the setting, the diagnosis, and the process of treatment. The second part explores the psychoanalytic understanding of specific clinical disorders, including neuroses and personality. Psychoanalytic Psychotherapy: A Handbook seeks to provide a complete overview from a psychoanalytical point of view of theoretical and clinical aspects of psychodynamic or psychoanalytic psychotherapy.

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