



HOW MUCH IS ENOUGH?

ENDINGS IN PSYCHOTHERAPY AND COUNSELLING

LESLEY MURDIN

How Much Is Enough Endings In Psychotherapy In Counselling

Lesley Murdin



How Much Is Enough Endings In Psychotherapy In Counselling:

How Much is Enough? Lesley Murdin, 2000 Looks at why therapy can go on for too long or can come to a destructively premature ending Offers advice on how to avoid either with a timely conclusion It includes vivid examples and practical guidelines

How Much Is Enough? Lesley Murdin, 2013-04-03 How Much is Enough addresses this important question looking at the reasons why therapy can go on for too long or can come to a destructively premature ending and offering advice on how to avoid either with a timely conclusion Using vivid examples and practical guidelines Lesley Murdin examines the theoretical technical and ethical aspects of endings She emphasises that it is not only the patient who needs to change if one is to achieve a satisfactory outcome The therapist must discover the changes in him herself which are needed to enable an ending in psychotherapy How Much is Enough is a unique contribution to therapeutic literature and will prove invaluable to students and professionals alike

Brief Counselling: A Practical Integrative Approach Feltham, Colin, Dryden, Windy, 2006-03-01 Praise for the previous edition an excellent resource for all trainee and beginning counsellors irrespective of theoretical orientation I regard it as a core text for Professional and Clinical Practice components of counsellor education and training courses Ian Horton formerly Principal Lecturer University of East London Praise for the current edition This book is a must It informs the beginner and experienced counsellor how to undertake brief counselling step by step from orienting the client to counselling to termination of counselling Professor Stephen Palmer City University London and Director for the Centre for Stress Management Almost two thirds of counsellors and psychotherapists work with clients in up to twenty sessions each this book reflects that reality and the challenges involved The bestselling first edition of this book by two of the UK's leading counsellor trainers and academics was praised by trainers and tutors for its accessibility comprehensiveness and practicality It was also a leading contribution to the movement towards time conscious counselling and to an understanding of the therapeutic alliance across time The second edition has been thoroughly updated to include significant recent professional developments and new thinking in the counselling field Additions include more detailed discussion of Assessment Contracting Very brief counselling Clinical reasoning Clients modalities Technical repertoire Depression and realism Supervision of brief counselling In the rapidly maturing profession of counselling this book's sensitivity to time as a precious resource clients perceptions evidence based guidelines and integration of some of the best thinking from several counselling models make it an ideal core text for beginners and reflective practitioners Thoughtful and busy practitioners in primary care employee counselling educational voluntary and private practice settings will find many immediately helpful ideas and examples in this classic text

The Presenting Past Michael Jacobs, Dawn Freshwater, 2023-05-12 This book is essential reading for anyone interested in learning more about one of the most influential and successful approaches to therapy Julia McLeod Lecturer in Counselling Abertay University UK Every edition of a long established text begs the question what's new Michael and Dawn continue to honour the wisdom and relevance of

prior editions with characteristic humour and humility This touchstone text conveys with clarity the richness of Psychodynamic approaches Paul King Assistant Professor Guidance Counselling and Education School of Human Development Dublin City University Ireland A highly respected classic text which has been thoroughly revised and extended to reflect the changed and changing landscape of therapeutic practice Keith E Walmsley Smith visiting Lecturer in Clinical Psychology Staffordshire University UK A person's past is ever present from infancy to old age and it affects the dynamics of therapy and the therapist patient relationship Written by a key founding figure of psychodynamic counselling and now with contributions from pre eminent researcher Dawn Freshwater the bestselling *The Presenting Past* gives practicing therapists and students keen insight into the subject The theories of Freud Winnicott Klein are now complimented by attachment theory and self psychology and are organized into three main categories trust and attachment authority and autonomy and concord and challenge In this new edition Jacobs and Freshwater give psychodynamic counselling and therapy a truly human face The connections between theory and practice are highlighted through the use of compelling case examples and end of chapter exercises Combined with an approachable writing style this edition is the go to for busy professionals and trainees Fully updated to include coverage of the prevalence of social media debates about gender identity and sexuality the significance of attachment theory and attachment based practice and self psychology and its concentration upon the problems of narcissistic wound *The Presenting Past* stays wonderfully readable The book shows Jacobs at his best and is a testimony to his lifetime of experience Michael Jacobs and Dawn Freshwater provide a clear modernisation on this classic best selling text Michael Jacobs is one of the pioneers of psychodynamic counselling in Britain He developed the counselling and psychotherapy programme at the University of Leicester UK up to his retirement in 2000 Dawn Freshwater is adjunct Professor of Mental Health at the University of Leeds UK and the University of Western Australia Australia [Good Enough Endings](#) , [The SAGE Handbook of Counselling and Psychotherapy](#) Colin Feltham,Terry Hanley,Laura Anne Winter,2017-09-20 At over 700 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners **Endings and Beginnings, Second Edition** Herbert J. Schlesinger,2013-10-01 In this second edition of *Endings* both the obvious main endings and beginnings of any course in treatment and the many little endings and beginnings that permeate analysis The second edition contains new chapters including one on transference and counter transference as sources of information about the process of therapy and as sources of difficulty in ending It deals especially with the impact of prospective ending on the therapist which if not understood and well handled might interfere with working through and impede termination if not ending itself Another new chapter deals with the difficulties in terminating with especially narcissistic patients One of the main criticisms against psychoanalysis and the psychotherapies

derived from it is that it lacks criteria for when the patient has had enough Herbert J Schlesinger shows how we may view the process as a series of episodes each with an ending and possibly with a new beginning He presents the way patients signal even before they are aware of it that ending is in the air and how it organizes how they experience the therapy If alerted the therapist can make use of these signals to locate self and patient in the process So informed the therapist is better able to discern when the therapy should end and help the patient work through the issues of separation and loss to terminate the treatment constructively All patients tend to end psychotherapy in the way they end all other relationships In several chapters on the problems related to severe regression therapists can learn how to help vulnerable patients for whom attachment is problematic deal with separation non traumatically In *Endings Beginnings* 2nd Edition the theory of the continuous experience of ending and beginning and the array of landmarks that parse the clinical process are distinct advances to the technique of psychoanalysis and the psychotherapies derived from it Schlesinger offers many clinical examples of ending and beginning with their technical problems and solutions This contribution to the technique of ending and beginning psychotherapy electively will be useful to practicing psychotherapists and psychoanalysts and to undergraduate and post graduate students in clinical psychology psychiatry and social work

Introduction to Social Work Practice Herschel Knapp, 2008-12-31 A practical workbook for Social Work students that presumes no prior clinical experience and uses no technical psychological jargon

Boundaries, Power and Ethical Responsibility in Counselling and Psychotherapy Kirsten Amis, 2017-03-27 The boundaries of the therapeutic relationship are a crucial part of effective therapy But understanding them and the effects of power and responsibility can be intimidating to trainee or newly qualified therapists This book will take step by step through everything they need to know to work ethically and safeguard the wellbeing of both themselves and their clients It tackles Contracting and the importance of negotiating and clarifying boundaries with clients The implications and limits of maintaining confidentiality Keeping clear sexual boundaries and how to work around issues safely and appropriately What happens when circumstances change and everyday or serious disruptions occur to therapy The nature of the therapist's power and how to employ it responsibly to a client's benefit Packed with case studies ethical dilemmas and points for reflection and discussion this is an essential read for trainee practitioners and qualified therapists looking to ensure safe and ethical practice

Endings and Beginnings Herbert J.

Schlesinger, 2013-04-15 What sets off the termination of analysis and psychodynamic therapy from the variety of endings that enter into all human relationships So asks Herbert J Schlesinger in *Endings and Beginnings* On Terminating Psychotherapy and Psychoanalysis a work of remarkable clarity conceptual rigor and ingratiating readability Schlesinger situates termination which he understands variously as a phase of treatment a treatment process and a state of mind within the family of beginnings and endings that permeate one another throughout the course of therapy For Schlesinger therapeutic endings cannot be aligned with the final phase of treatment ending phase phenomena are ongoing accompaniments of

therapeutic work They occur whenever patients achieve some portion of their treatment goals and supervene when therapy stagnates Small wonder that an assessment of the patient's relationship to time and capacity to end therapy are key aspects of diagnostic evaluation By linking beginning and ending phases not to the chronology of treatment but to the patient's experience of it Schlesinger brings revivifying insight to a host of psychodynamic concepts Nor does he shy away from a trenchant critique of the instrumental medical model of psychiatric and psychotherapeutic training which militates against the therapeutic exploration of treatment endings Schlesinger's exemplification of how to begin treatment from the point of view of ending his sensitive delineation of the mid treatment ending crises characteristic of vulnerable patients his richly woven case vignettes illustrating various ending contingencies and permutations these inquiries are gems of pragmatic clinical wisdom Endings and Beginnings distills lessons learned over the course of a half century of practicing teaching and supervising psychotherapy and psychoanalysis and is a gift to the profession

Endings and Beginnings, Second Edition
Herbert Schlesinger, 2013-10-01 In this second edition of Endings both the obvious main endings and beginnings of any course in treatment and the many little endings and beginnings that permeate analysis The second edition contains new chapters including one on transference and counter transference as sources of information about the process of therapy and as sources of difficulty in ending It deals especially with the impact of prospective ending on the therapist which if not understood and well handled might interfere with working through and impede termination if not ending itself Another new chapter deals with the difficulties in terminating with especially narcissistic patients One of the main criticisms against psychoanalysis and the psychotherapies derived from it is that it lacks criteria for when the patient has had enough Herbert J Schlesinger shows how we may view the process as a series of episodes each with an ending and possibly with a new beginning He presents the way patients signal even before they are aware of it that ending is in the air and how it organizes how they experience the therapy If alerted the therapist can make use of these signals to locate self and patient in the process So informed the therapist is better able to discern when the therapy should end and help the patient work through the issues of separation and loss to terminate the treatment constructively All patients tend to end psychotherapy in the way they end all other relationships In several chapters on the problems related to severe regression therapists can learn how to help vulnerable patients for whom attachment is problematic deal with separation non traumatically In Endings Beginnings 2nd Edition the theory of the continuous experience of ending and beginning and the array of landmarks that parse the clinical process are distinct advances to the technique of psychoanalysis and the psychotherapies derived from it Schlesinger offers many clinical examples of ending and beginning with their technical problems and solutions This contribution to the technique of ending and beginning psychotherapy electively will be useful to practicing psychotherapists and psychoanalysts and to undergraduate and post graduate students in clinical psychology psychiatry and social work

Psychodynamic Counselling in Action Michael Jacobs, 2024-07-27 This classic text demonstrates psychodynamic theory and practices

across the counselling process beginning middle end This revised sixth edition includes a new preface updated further reading sections and a new chapter covering contemporary issues including online working the application of a social justice and DEI agenda within the field of psychodynamic theory and practice Counselling in Action is a bestselling series of practical introductions designed for trainees and practitioners Each book introduces one of the main theoretical approaches and provides a guide to the process of counselling from beginning to end Covering theory and practice they are trusted companions for many courses in counselling and psychotherapy and other professions such as nursing social work and teaching

Forced Endings in Psychotherapy and Psychoanalysis Anne Power, 2015-09-25 *Forced Endings in Psychotherapy and Psychoanalysis* Attachment and Loss in Retirement explores the ambivalence the therapist may feel about letting go of a professional role which has sustained them Anne Power explores the process of closing a private practice from the first ethical decision making through to the last day when the door of the therapy room shuts She draws on the personal accounts of retired therapists and others who had to impose an ending on clients due to illness in order to move house to take maternity leave or a sabbatical A forced ending is an intrusion of the clinician's own needs into the therapeutic space Anne Power shows how this might compromise the work but may also be an opportunity for deeper engagement Drawing on attachment theory to understand how the therapeutic couple cope with an imposed separation Power includes interviews with therapists who took a temporary break to demonstrate the commonality of challenges faced by those who need to impose an ending on clients *Forced Endings in Psychotherapy and Psychoanalysis* opens up an area which has been considered taboo in the profession so that future cohorts can benefit from the reflections and insights of this earlier generation It will support clinicians making this transition and aims to support ethical practice so that clients are not exposed to unnecessary risks of the sudden termination of a long treatment This book will be essential reading for practicing psychotherapists and psychoanalysts and to undergraduate and post graduate students in clinical psychology psychiatry and social work

The SAGE Handbook of Counselling and Psychotherapy Terry Hanley, Laura Anne Winter, 2023-02-02 The SAGE Handbook of Counselling and Psychotherapy is the most comprehensive and accessible introduction to the field of counselling and psychotherapy This handbook supports all levels of training and modalities providing an essential entry point to theory practice and research At over 600 pages and with more than 100 contributions from leading authors in the field this Fifth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Each chapter includes a Further Reading section and case studies Now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners Sections cover Counselling and psychotherapy in context Social justice and intersectionality Core therapeutic and professional skills What do people come to therapy for Theories and approaches Lifespan modalities and technology Settings

Introducing Contemporary Psychodynamic

Counselling and Psychotherapy: the Art and Science of the Unconscious Alistair Ross, 2019-06-07 Dr Alistair Ross is a University of Oxford academic whose previous work has been described by Ruby Wax as very very smart This new introductory book strikes an easy balance between theory and practice It takes the reader from the field's Freudian roots to its contemporary applications skills and insights Over the last 30 years important new theoretical ideas skills and clinical practices have emerged in counselling and psychotherapy While key Freudian concepts like transference counter transference and the influence of the past on the present remain vital to psychodynamic work research drawn from infant development neuroscience the role of the sacred and intersubjective approaches to relationships has changed the way therapists understand and work with clients Either in its own right or as part of an integrative approach psychodynamic counselling and psychotherapy have an important role to play in developments to come The book's features include A re-discovery of the importance and relevance of Freud for present day therapeutic relationships An encounter with the breadth and depth of our understanding about and experience of the unconscious An introduction to research that has evolved after Freud revealing new ways of applying his ideas A contemporary perspective on traditional counselling and psychotherapy skills illustrated by vignettes and personal insights from Alistair Ross's professional practice An encouragement to develop new skills for relating at depth with our clients past present and future motivated by revealing how life changing therapy can be This book is a must read for trainee and practising psychodynamic or integrative therapists who want an overview of new thinking and practice or might benefit from greater insight into psychodynamic practice applying Freud's theoretical world to improving the lives of real people today It is good to see Alistair a valued student of mine and now an equally valued colleague taking up the torch for psychodynamic counselling and psychotherapy for a new generation He has written a book that collates much of the valuable writing to date and at the same time adds new dimensions that should not be overlooked Michael Jacobs Visiting Professor University of Leeds and Bournemouth University UK *Terminating Therapy* Denise D. Davis, 2008-03-17 The first book of its kind to provide an in depth approach to termination of therapy *Terminating Therapy* guides you through the practical ethical legal and emotional challenges of how and when to end therapy Written for a wide range of practitioners at every level of experience this book provides straightforward advice on ending therapy on a positive note [The Practice of Psychoanalytic Parent-Infant Psychotherapy](#) Tessa Baradon, Michela Biseo, Carol Broughton, Jessica James, Angela Joyce, 2016-01-13 *The Practice of Psychoanalytic Parent Infant Psychotherapy* is a comprehensive handbook addressing the provision of therapeutic help for babies and their parents when their attachment relationship is troubled and a risk is posed to the baby's development Drawing on clinical and research data from neuroscience attachment and psychoanalysis the book presents a clinical treatment approach that is up to date flexible and sophisticated whilst also being clear and easy to understand The first section The theory of psychoanalytic parent infant psychotherapy offers the reader a theoretical framework for understanding the emotional interactional environment within which infant development takes

place The second section The therapeutic process invites the reader into the consulting room to participate in a detailed examination of the relational process in the clinical encounter The third section Clinical papers provides case material to illustrate the unfolding of the therapeutic process This new edition draws on evidence from contemporary research with new material on Embodied communication between parent and infant and clinician patient s Fathers and fathering Engagement of at risk populations Written by a team of experienced clinicians writers teachers and researchers in the field of infant development and psychopathology The Practice of Psychoanalytic Parent Infant Psychotherapy will be an essential resource for all professionals working with children and their families including child psychiatrists psychoanalysts psychotherapists and clinical and developmental psychologists *Skills in Person-Centred Counselling & Psychotherapy* Janet Tolan,Rose Cameron,2016-11-14 This bestselling classic has guided thousands of students and practitioners step by step through the skills and theory of the person centred approach Fully updated this Third Edition includes numerous new exercises and case studies a thoroughly revised chapter on recent debates and developments as well as two important new chapters on Politics Prejudice Power and Privilege Client Perception It remains an essential introduction for those beginning their training as well as more experienced practitioners keen to expand their range **Contemporary Developments in Supportive Therapy** Rodrigo Sanchez Escandon,2025-07-30 This book explores Open Ended Supportive Therapy a psychoanalytically informed approach designed to offer a compassionate and flexible alternative to more rigid therapeutic methods Supportive therapy is particularly valuable for individuals who find traditional therapeutic models either too directive or insufficiently supportive as it prioritizes the therapeutic relationship over specific goal oriented techniques The book presents consistent research indicating that early termination of treatment when patients abruptly leave the therapeutic process is often linked to therapists offering interventions that patients are not ready for Supportive Therapy assigns a specific role to the therapist in the use of transference leveraging this understanding to create a supportive environment through a strong therapeutic alliance This framework guides the therapist in navigating the complexities of providing support without colluding with the patient s pathology **Effective Supervision for Counsellors** Hazel Reid,Jane Westergaard,2013-02-12 Supervision is an essential part of counselling training and ensuring you get the very best supervision is important to all students at all levels This book introduces both new and in training supervisors and counsellors to the concept of supervision and its purpose within counselling The focus is on key elements of supervision including methods processes skills and policy and the authors examine in depth the development of the supervision relationship Also explored are notions of creativity and flexibility in supervision as well as key concepts such as multi cultural and anti oppressive practice Full of practical activities that link theory to everyday practice this essential textbook will develop your skills as a counsellor in an interactive and engaging way *Counselling and Psychotherapy Practice* is a new series written specifically to support students on Counselling and Psychotherapy courses These books are practical in focus concentrate on linking theory to everyday practice and include

practical activities to aid learning

The Enigmatic Realm of **How Much Is Enough Endings In Psychotherapy In Counselling**: Unleashing the Language is Inner Magic

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