



Psychodynamic Therapy: Conceptual and Empirical Foundations

By Steven K. Huprich

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Psychodynamic Therapy reintroduces psychoanalytic and psychodynamic theory to the practice of clinical psychology in ways that are easily understandable, practical, and immediate in their application. Huprich readily demonstrates that, contrary to what is misconstrued and taught as relic and historical artifact, Sigmund Freud's ideas and their evolution offer a comprehensive, useful framework from which clinical psychology and psychiatry can benefit.

There are more theories and approaches to psychotherapy today than ever before. *Psychodynamic Therapy* attests to the fact that psychoanalytic and psychodynamic theory has more to offer clinicians and patients than any other theory. Through this book, readers will gain a greater appreciation for what psychodynamic theory offers and how they may apply these ideas toward effective clinical practice.

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Steven K. Huprich, Ph.D., is assistant professor of psychology at Eastern Michigan University.

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