



# Psychodynamic Therapy: Conceptual and Empirical Foundations

By Steven K. Huprich



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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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