Contents

Acknowledgments ix
Introduction xi

PART ONE Introduction to the Psychodynamic Formulation 1
  1 What is a Psychodynamic Formulation? 3
  2 How do We Use Psychodynamic Formulations? 8
  3 How do We Construct a Psychodynamic Formulation? 12

PART TWO DESCRIBE 17
  4 Self 23
  5 Relationships 32
  6 Adapting 41
  7 Cognition 52
  8 Work and Play 61
     Putting it Together – A Description of Problems and Patterns 69

PART THREE REVIEW 75
  9 What We’re Born with – Genetics and Prenatal Development 81
  10 The Earliest Years 90
  11 Middle Childhood 101
  12 Later Childhood, Adolescence, and Adulthood 113
     Putting it Together – A Developmental History 123
PART FOUR   LINK  135
13  Trauma  143
14  Early Cognitive and Emotional Difficulties  152
15  Conflict and Defense  163
16  Relationships with Others  173
17  The Development of the Self  182
18  Attachment  191
      Putting it Together–A Psychodynamic Formulation  201

PART FIVE   Psychodynamic Formulations in Clinical Practice  213
19  Psychodynamic Formulations in Acute Care Settings  215
20  Psychodynamic Formulation in Pharmacologic Treatment  222
21  Psychodynamic Formulation in Long-Term Psychodynamic
      Psychotherapy: Revising Over Time  230
22  Sharing Formulations with Our Patients  238

Epilogue  247

Appendix – How to Use Psychodynamic Formulation: A Guide for
      Educators  249

Recommended Reading  253

Index  259