

Infant-Parent Psychotherapy: A Handbook (Tavistock Clinic)

Stella Acquarone

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This is a comprehensive handbook, full of vital information on the theory and practice of infant-parent psychotherapy, that will revolutionise the treatment of babies. It is essential reading for all professionals working with children. This volume is based upon the author's observations and treatment of over 3,500 parents and their infants throughout several decades. With its roots in the major fields of psychology, such as developmental psychology and psychoanalysis of early life, she has created an exciting and ground-breaking new field of psychoanalytic psychotherapy - infant-parent psychotherapy. It focuses on pre-verbal communication with babies, using the simple tools of experience and observation. In the first chapters, the history and background of infant-parent psychotherapy are laid out. Then, its application to understanding babies is detailed, demonstrating the psychodynamic approach in theory and in practice. Once the basics are explained, the author presents a step-by-step guide on how to assess, diagnose and treat babies, including case studies for practical illustration. She also provides separate chapters on special needs babies and troubled mothers, again using case studies for examples. Quick reference tables, maps, matrices and indexes are all provided.



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