



Refocused Psychotherapy as the First Line Intervention in Behavioral Health

Nicholas A Cummings, Janet L Cummings

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Written by father-daughter psychologists Nick and Janet Cummings, this text provides proven patient-responsive interventions by practitioners who together have nearly a century of hands-on practice and innovation between them. *Refocused Psychotherapy* responds directly to the recent decline of psychosocial services and helps to put psychotherapy back as the first line intervention in mental health.

The authors teach psychotherapists how to work side by side with primary care physicians to provide efficacy, effectiveness, and efficiency—the standards psychotherapeutic intervention is held up to. Detailed case studies are followed up by discussions of diagnosis, personality type, homework, and therapeutic techniques that show readers how to form their own case conceptualizations. The authors also teach readers how to treat their patients individually and to diagnose effectively through their onion/garlic conceptualization. Finally, they provide lists of common abbreviations that are helpful to know when reading prescriptions, and lists of drugs, drug interactions, dosage, and side effects that expand readers' vocabulary and allow them to be more knowledgeable as they work with primary care physicians. These innovative and revealing techniques will help readers develop the skills necessary for cost-effective therapeutic results.

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