



# Supportive Therapy

*Lawrence H. Rockland*

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## **Supportive Therapy** Lawrence H. Rockland

The main goal of the therapy described here is to improve ego functions and adaptations rather than to explore unconscious conflicts. Thus, the emphasis is on strengthening reality testing, discouraging impulsivity, and clarifying confused thinking, while minimizing the regression and negative transference characteristic of exploratory therapy. In chapters richly illustrated with clinical material, the author details the strategies and rationales of this practice, covering such topics as transference and countertransference, resistance, working through, and the relationship between supportive therapy and psychopharmacology. Clinically sophisticated yet immensely practical, this valuable resource will enhance the skill and understanding of every therapist-student, clinician, or teacher-who practices supportive psychotherapy.

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