



Litteraturlista för PTPP04, Psykoterapeutiska teorier och metoder gällande från och med höstterminen 2025

**Litteraturlistan är fastställd av Ledningsgruppen för psykoterapeutprogrammet
2025-09-23 att gälla från och med 2025-09-23**

Se bilaga.

Litteraturlista för PPTP04, Psykologi: Psykoterapeutiska teorier och metoder gällande från och med höstterminen 2025

Abbas, A. (2015). *Reaching through resistance: advanced psychotherapy techniques*. Seven Leaves Press. (424 sidor)

Allen, J. (2013). *Mentalizing in the development and treatment of attachment trauma*. Karnac Books. (362 sidor)

Bateman, A., Fonagy, A., Campbell, C., Luyten, P. & Debbané, M. (2023). *Cambridge Guide to Mentalization-Based Treatment (MBT)*. Cambridge University Press. (300 sidor)

Bergsten, K. (red.) (2015). *Affektfokuserad psykodynamisk psykoterapi*. Natur & Kultur. (214 sidor)

Book, H. (1998). *How to Practice Brief Psychodynamic Psychotherapy Core Conflictual Relationship Theme Method*. American Psychological Association (Finns endast att ladda ner som e-bok) (181 sidor)

Busch, F. (2018). *Psychodynamic Approaches to Behavioral Change*. American Psychiatric Association Publishing. (174 sidor)

Busch, F., Milrod, B., Chen, C., & Singer, M. (2021). *Trauma-Focused Psychodynamic Psychotherapy. A Step-by-Step Treatment Manual*. Oxford University Press. (144 sidor)

Busch, F., Milrod, B., Singer, M., & Aronson, A. (2012). *Manual of panic-focused psychodynamic psychotherapy, extended range*. Routledge. (232 sidor)

Busch, F., Rudden, M., & Shapiro, T. (2016). *Psychodynamic treatment of depression, second edition*. American Psychiatric Publishing, Inc. (256 sidor)

Caligor, E., Kernberg, O., Clarkin, J., & Yeomans, F. (2018). *Psychodynamic therapy for personality pathology treating self and interpersonal functioning*. American Psychiatric Association Publishing. (619 sidor)

Clarkin, J., Fonagy, P. & Gabbard, G. (2010). *Psychodynamic psychotherapy for personality disorders*. American Psychiatric Publishing, Inc. (507 sidor)

Coughlin, P. (2017). *Maximizing effectiveness in dynamic psychotherapy*. Routledge. (246 sidor)

Fors, M. (2020). *Makt och privilegier i psykoterapi*. Studentlitteratur. (245 sidor)

Frederickson, J. (2013). *Co-creating change: effective dynamic therapy techniques*. Seven Leaves Press. (532 sidor)

Frederickson, J. (2023). *Healing through relating*. Seven Leaves Press. (160 sidor)

Frederickson, J. (2025). *Clinical thinking in psychotherapy what it is, how it works, and why and how to teach it*. Routledge (244 sidor)

Hersh, R. G., Caligor, E., & Yeomans, F. E. (2016). *Fundamentals of transference-focused psychotherapy: Applications in psychiatric and medical settings*. Springer International Publishing. (269 sidor)

- Holmqvist, R. (2018). *Relationell psykoterapi – så här gör man*. BoD. (332 sidor)
- Karterud, S., Wilberg, T., & Urnes, Ö. (2014). *Personlighetspsykiatri*. Studentlitteratur. (573 sidor)
- Lemma, A., Hepworth, M., Fonagy, P., Luyten, P., & Adams, D. (2024). *Brief Dynamic Interpersonal Therapy*. Oxford University Press. (424 sidor)
- Levenson, H., Gay, V. & Binder, J. (2023). *Deliberate Practice in Psychodynamic Psychotherapy*. American Psychological Association. (279 sidor)
- Luborsky, L. (1984). *Principles of psychoanalytic psychotherapy. A manual for supportive-expressive treatment*. Basic Books. (304 sidor)
- Maroda, K. J. (2022). *The analyst's vulnerability: Impact on theory and practice*. Routledge/Taylor & Francis Group. (226 sidor)
- Morberg Pain, C., Sundström, N., Tysklind, F. (2018). *MBT i teori och praktik: om mentaliseringsbaserad terapi*. Natur & Kultur. (344 sidor)
- Oelsner, R. (Ed.). (2013). *Transference and countertransference today*. Taylor & Francis Ltd. (360 sidor)
- Safran, J., & Muran, J. (2000). *Negotiating the therapeutic alliance. A relational treatment guide*. The Guilford Press. (260 sidor)
- Sharpless, B. (2019). *Psychodynamic Therapy Techniques: A guide to Expressive and Supportive Interventions*. Oxford University Press. (280 sidor)
- Siegel, D. & Solomon, M. (2013). *Healing moments in psychotherapy*. WW Norton & Co. (304 sidor)
- Summers, R., Barber, J., & Zilcha-Mano S. (2024). *Psychodynamic Therapy, second edition*. Guilford Publications. (412 sidor)
- Wachtel, P. L. (2008). *Relational theory and the practice of psychotherapy*. Guilford Press. (334 sidor)
- Wachtel, P. (2013). *Therapeutic Communication*. The Guilford Press. (398 sid)
- Yeomans, F., Clarkin, J., Kernberg, O. (2015). *Transference focused psychotherapy for borderline personality disorder: A clinical guide*. American Psychiatric Publishing. (427 sidor)

Därtill kommer ett antal tidskriftsartiklar efter anvisning från lärare.