

***Theory and Practice of Experiential Dynamic Psychotherapy*, by Ferruccio Osimo and Mark J. Stein, Karnac, London, 2012, 462pp.**

This book presents a brief dynamic psychotherapy approach that was originally developed in the United Kingdom but is now practiced by therapists from many countries. Jeremy Holmes states in the Foreword that the central figure in this development is David Malan. Malan trained with Michael Balint, a pupil of Ferenczi who moved from Hungary to England before World War Two and founded the Brief Psychotherapy Workshop at the Tavistock Clinic in London. One feature of this approach, which stems from Ferenczi, is the therapist's active attitude. Malan is best known for having synthesized the various focuses of therapy in two triangles, which he took from other authors but combined and used systematically: the Triangle of Conflict, the corners of which are deep emotions (designated as X), which generate anxiety (A), which in turn elicits various defenses (D); and the Triangle of Person, or of Others, the corners of which are T (the current relationship of the patient with the therapist), C (the current relationships with others) and P (relationships with others in the past). In therapy, attention shifts and links are established between the various corners. Malan later met and collaborated with Habib Davanloo, who used video recording in his work and whose challenging attitude and focus on non-verbal bodily communication came from Wilhelm Reich.

Ferruccio Osimo, who co-edited the book with Mark Stein and co-authored the Introduction with him, is also the main contributor to the book with four chapters. Osimo trained with Malan, then had further training with Davanloo in Geneva and with Leigh McCullough at Harvard. He thus synthesizes the various strands that characterize this book. In Table 1 on page 46, Osimo lists certain therapist interventions specific to his own approach, among which are taking care of the real human relationship with the patient and mirroring aspects of the patient. A special intervention of his is the presentation of what he calls the "character hologram", namely the picture of the whole structure of the patient's character, including hidden parts.

In his historical overview of these therapies, Osimo traces their origin to the 1946 book by Alexander and French, *Psychoanalytic Therapy, Principles and Application*. In that book the authors view therapy as a corrective emotional experience. They describe a patient who may be considered the prototype of all the cases presented in Osimo and Stein's book. After the patient expressed anger at his mother, the therapist said he and the mother had also loved each other. "Tears welled up."

Malan's overarching term for this brief therapy approach is Experiential Dynamic Therapy (EDT), Davanloo's own approach is known as Intensive Short-term Dynamic Psychotherapy (ISTDP) and Osimo's is called Intensive Experiential-Dynamic Psychotherapy (IE-DP). The corresponding international association is International Experiential Dynamic Therapy Association (IEDTA). Other authors have founded other groups and devised other acronyms, which I here omit, because I believe they merely reflect different personal styles.

As the title of the book implies, EDT is experiential because it promotes physical and mental experience of emotions, and it is dynamic because it studies the interplay of emotions, anxiety and defenses. The many contributions to the book show the wide span of applications of this approach, in third-party health systems, such as the UK National Health Service, as well as in private practice: from cancer to physical trauma, somatic problems, university counseling, group therapy and the connection with cognitive-behavior therapy. A constant feature of these contributions is the extensive use of verbal transcripts of video recordings. Another feature of this approach is its research orientation, which goes back to Malan, with its emphasis on systematic follow-up.

Although I myself lean towards long-term treatment, I was present at the foundation of IEDTA in Milan in May 2001, and after some training with Osimo carried out some brief therapies. One such treatment is described in my book, *Paradigms in Psychoanalysis* (2012), on pages 167–170. I can give an example of the difference between the same intervention in short- and long-term therapy. On page 59 of this book, Osimo remarked on a patient's smile as a defense against an underlying emotion. I did the same with a patient on page 165 of my book. The difference is that Osimo *made* his patient react at once, whereas my patient spontaneously reacted in the next session. To draw a conclusion from this comparison: relationally oriented therapists of any denomination can greatly benefit from this book, because it makes them more aware of their interventions by presenting them in sharper focus.

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***Nothing Good is allowed to Stand: An Integrative View of the Negative Therapeutic Reaction*, edited by Léon Wurmser and Heidrun Jarass, Routledge, New York, 2013, 210pp.**

While already in the Papers on Technique and his work with the Wolf Man, Freud talked of deterioration in treatment, it would not be until his Ego and the Id that he would treat negative therapeutic reaction (NTR) more completely as an unconsciously intentional masochistic wish to limit the Self and seek revenge on the analyst