

# Recommended reading for Dynamic Interpersonal Therapy short course

(The papers in bold are directly related to DIT.)

Bateman, A. & Fonagy, P. (2006) *Mentalisation-based Treatment for Borderline Personality Disorder*. Oxford: Oxford University Press

Bateman, A, Brown, D and Pedder, J. (2000) *Introduction to Psychotherapy: An outline of psychodynamic principles and practice* (3<sup>rd</sup> edition) London: Routledge

Blatt, S and Luyten, P. (2009) 'A structural–developmental psychodynamic approach to psychopathology: Two polarities of experience across the life span.' *Development and Psychopathology* 21, 793–814

Bowlby, J. (1958). 'The nature of the child's tie to his mother.' *Int. J. Psycho-Anal.*, 39: 350-373

**Douglas, A., Ablett-Tate, N. and Chad, N. 'Dynamic interpersonal therapy in an NHS tertiary level specialist psychotherapy service' *Psychoanalytic Psychotherapy: Applications, Theory and Research*, 30(3), 223-229**

Fonagy, P. (2001) *Attachment Theory and Psychoanalysis*. London: Karnac

Fonagy, P., Gergely, G., Jurist, G., & Target, M. (2002). *Affect Regulation, Mentalization and the Development of the Self* (London: Other Press).

Fonagy, P. (2010). The changing shape of clinical practice: A comprehensive narrative review. *Psychoanalytic Psychotherapy*, 24(1)

**Gelman, T., McKay, A., Marks, L. (2010). Dynamic Interpersonal Therapy: Providing a focus for time-limited psychodynamic work within the NHS, *Psychoanalytic Psychotherapy: Applications, Theory and Research*, 24(4): 347-361**

Guthrie, E. (2010). *Psychodynamic Interpersonal Therapy: Advances in Psychiatric Treatment*. London: Sage.

Gomez, L. (1997) *An Introduction to Object Relations*. London: Free Association Books

Greenson, R. R. (1967) *The technique and practice of psychoanalysis Vol. I*. New York: International Universities Press

Kernberg, O. (1985). *Internal World and External Reality: Object Relations Theory Applied*. New York: Aronson.

King, P. (1978) "Affective Response of the Analyst to the Patient's Communications", *Int. J. Psychoanal.*, 59: 329-334

**Lemma, A., Target, M., Fonagy, P. (2011) Brief Dynamic Interpersonal Therapy. Oxford: OUP.**

Lemma, A. (2003) *Introduction to the Practice of Psychoanalytic Psychotherapy*. Chichester: Wiley, particularly the chapter 'Working with Endings'.

**Lemma, A., Roth, A., Pilling, S. (2008) The competences required to deliver effective psychoanalytic/ psychodynamic therapy. [www.ucl.ac.uk/CORE](http://www.ucl.ac.uk/CORE)**

**Lemma, A., Target, M., Fonagy, P. (2011) The development of a brief psychodynamic intervention (Dynamic Interpersonal Therapy) and its application to depression: a pilot study. *Psychiatry: Biological and Interpersonal Processes*,74 (1): 41-48**

**Lemma, A., Target, M., Fonagy, P. (2010) The Development of a Brief Psychodynamic Protocol for Depression: Dynamic Interpersonal Therapy. *Psychoanalytic Psychotherapy: Applications, Theory and Research*, 24(4): 329-346**

Lemma, A. & Patrick, M. (2010). 'Introduction: Contemporary psychoanalytic applications: development and vicissitudes' in *Off the coach: Contemporary psychoanalytic approaches*. London: Routledge.

**Leonidaki, V., Lemma, A. & Hobbis, I. 'Clients' experiences of dynamic interpersonal therapy (DIT): opportunities and challenges for brief, manualised psychodynamic therapy in the NHS'. *Psychoanalytic Psychotherapy: Applications, Theory and Research* : 30(1), 42-61**

Luborsky, L. & Crits-Christoph, P. (1990). *Understanding transference: The core conflictual relationship theme method*. New York: Basic Books.

Luyten, P., Fonagy, P., Lowyck, B., & Vermote, R. (2012). 'The assessment of mentalization' In A. Bateman & P. Fonagy (Eds.), *Handbook of mentalizing in mental health practice* (pp. 43-65). Washington, DC: American Psychiatric Association

Luyten, P., Fonagy, P., Lemma, A., Target, M. (in press) Mentalising and depression. In: A. Bateman and P. Fonagy (eds.) *Mentalising in Mental Health Practice*. Washington: APA

Ogden, T.H. (1992). *The Primitive Edge of Experience*. London: Karnac.

Perry, H.S. (1982) *Psychiatrist of America: The Life of Harry Stack Sullivan*. New York: Norton