



# Psychodynamic Practice in a Managed Care Environment: A Strategic Guide for Clinicians

*Charles L. Field, Amy Sack, Michael B. Sperling*

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Despite the constraints and challenges imposed by managed care, many psychodynamic clinicians are finding ways to work successfully within this pervasive type of health care arrangement. This clear, straightforward book shows how. Grounded in the authors' high professional standards and commitment to psychodynamic principles, the book provides the information and guidance that therapists need to communicate effectively with managed care decision makers, maximize the likelihood of obtaining treatment authorization, and adapt to the demands of time-limited treatment. Extensive case material and concrete examples illustrate ways to "translate" case formulations, treatment plans, and reports into an alternative functional language more readily accepted by managed care, without compromising the psychodynamic conceptual framework. A range of brief dynamic therapy models and techniques are described, and their implications for managed care practice are explored. Clinicians also learn how to present an empirically based rationale and appropriate documentation for their services; select and make use of treatment outcome measures; and deal with clinical and ethical dilemmas that are likely to arise. Useful appendices list additional resources for clinicians and include a glossary of health care and health insurance terminology.

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