

Stanley Messer

Time-Limited Psychotherapy of James Mann

The Time-Limited Psychotherapy (TLP) of James Mann is a 12-session therapy with a clearly set termination date. The defined ending necessarily leads to a highlighting of the client's separation issues. TLP is an effort to help the client learn to separate and tolerate loss without undue damage to feelings about the self. A central issue is established, and stated by the therapist, which recognizes the person's coping efforts and their chronically endured pain. This is an empathic, supportive and interpretive brief psychodynamic therapy for clients who have the capacity to engage fairly rapidly with the therapist and who can tolerate separation after 12 sessions.

In this workshop, I will present the major elements of TLP followed by a 45-minute video of James Mann conducting an initial interview with a female graduate student who had recently suffered the loss of a seven-year relationship. This will be followed by a discussion of her suitability, the process of the therapy that I conducted, highlighting proposed mechanisms of change, and a one-year follow-up to assess the durability of the outcome.