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Smith College Studies in Social Work  
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Gerald Schamess, MSS.....

*Articles*

Intermittent Psychotherapy

James W. Drisko, Ph.D., LICSW.....

**Abstract:**

This paper details a model of intermittent psychotherapy defined as a sequence of time-limited psychotherapies over an extended period of time. The model emphasizes the importance of relationship, careful assessment of short- and long-term client needs, focused work in successive stages, attention to termination while maintaining connection, and planned follow-up contact. To support the intermittent model, a new conceptualization of termination is offered, allowing for maintenance of client-clinician connection. Selection and exclusion criteria are discussed, as are necessary skills for the treating clinician. A case example illustrates application of the intermittent model. A careful review of the pertinent research literature on time limited therapies is included.

**Key words:** Psychotherapy, time limits, clinical social work

Message In A Bottle: The Meanings Of Antidepressant Medication For  
Psychotherapy Patients

Michelle Kwintner, Ph.D., CSW.....

**Abstract:**

This qualitative study explores the meanings of taking antidepressant medications as well as their impact above and beyond their psychopharmacological action. The data were collected from face-to-face, audiotaped interviews with eleven people who took antidepressant medication and were engaged in psychotherapy with a non-physician therapist. My analysis yielded themes that clustered around five categories: (a) stigma and anti-stigma, (b) dependency, (c) biology and depression, (d) choice, control, power, and social systems, and (e) antidepressants and psychotherapy. Implications for practice and training are discussed.

**Key words:** depression, meaning, medication, psychotherapy

Psychotherapy Works (Despite Persistent Myth of the Magic Pill): A Response to  
*Message in a Bottle*

Daniel L. Buccino, LCSW-C, BCD.....

Why Did He Leave? How Can We Help Him Stay?: Examining A Residential  
Treatment Failure and A Second Chance For Success

Brenda K. Nelson, MSW.....

**Abstract:**

When homeless and severely mentally ill individuals leave housing programs designed to help them achieve stability, their very lives become at risk. Despite the prevalence of this problem and its potentially life-threatening consequences, there is a complete dearth of case studies examining why clients in programs for the homeless and mentally ill suddenly depart from those programs, and how paranoid and other seemingly unreachable clients can significantly improve the quality of their lives. This single case study, utilizing a naturalistic methodology, provides a before and after picture of a client who precipitously left a housing program, then returned two

years later in a state of severe physical and mental decompensation. The study focuses on understanding why the client left the program the first time and what could be done to prevent another premature discharge. The findings point to a lack of coordination of care and problems with stable human interaction on the part of those caring for Charles, and are critical to understanding how to engage successfully with homeless and severely mentally ill clients.

**Key words:** homeless and severely mentally ill clients, residential treatment, single case study

Secondary Traumatization, Burnout And Vicarious Traumatization: A Review Of  
The Literature As It Relates To Therapists Who Treat Trauma.

Julie Canfield, MSW, Ph.D.....

**Abstract:**

Trauma therapy influences the personal and professional lives of therapists as they cope with the secondary traumatic stress associated with treating trauma survivors. Therapists go through an internal process as they try both to make sense out of the stories they hear from clients, and to integrate those stories into their own existing cognitive schemas. During this process of integration, trauma therapists often experience secondary traumatic stress reactions that negatively impact the treatment process, as well as their own experiences of self. Secondary traumatic stress, vicarious traumatization, and worker burnout are distinctly different processes that practitioners need to differentiate, even though they are often similar in their initial presentation.

**Key words:** Trauma, vicarious, therapist, stress.

The Changing Nature Of Family Relationships In Middle And Later Life: Parent-Caring  
And The Mid-Life Developmental Opportunity

Susan C. Shulman, Ph.D, LICSW.....

**Abstract:**

Demographic trends have created a situation in which relationships between family members endure over long periods of time, sometimes in ways that are as yet undefined by psychological theories. Clinical social workers are called upon to help these families. This paper examines how these relationships are affected in middle-class families when elders become frail and need care, and families become “stuck.” Current literature about adult and later life development as well as clinical examples will be cited to illuminate this discussion. The paper will define the developmental tasks that mid-life adults and elders must traverse to manage the demands care giving poses. Optimally, reciprocity and intergenerational understanding can result from careful clinical management of this life crisis within particular populations that are not burdened by concerns about financial survival.

**Key words:** Aging family, parent-care, mid-life development, filial maturity, sandwich generation, caregiving.

*Book Reviews*

*Group Treatment Of Adolescents In Context*

Edited by Seth Aronson and Saul Scheidlinger

Reviewed by Cindy Blakely, MSW, RSW.....

*The Present Moment In Psychotherapy And Everyday Life.*

By Daniel N. Stern

Reviewed by Janet Morrison, M.A.....

