Four Approaches To Counselling And Psychotherapy

This book offers an introduction to values and ethics in counselling and psychotherapy, helping you to develop the ethical awareness needed throughout the counselling process. The book covers: - Context and emergence of ethics in counselling - Exercises to explore personal and professional values - Tools to develop ethical mindfulness - Differences between therapeutic models - Relational ethics - Ethical dilemmas and issues - Practice issues including confidentiality, boundaries and autonomy versus beneficence. Using in-depth case studies of counselling students, the author demonstrates the constant relevance of values and ethics to counselling and psychotherapy, equipping trainees with the tools to successfully navigate values and ethics in their professional practice.

Electronic Inspection Copy available to instructors here In this revised new edition, Bayne and Jinks expertly combine the professional and academic aspects of applied psychology. The contributing authors, all experts in their field, provide authoritative and engaging overviews of their areas of expertise and an important range of perspectives. The book is organised into three parts. The first part is a general context for applied psychology including a discussion of questions about evidence based practice. The second part discusses practice and training in a plethora of areas of applied psychology, including all of the traditional routes (for e.g. clinical, health and educational psychology), eight ‘relative newcomers’ to the field (for e.g. sport and forensic psychology) and four areas not always regarded as applied psychology: counselling, coaching, careers guidance and lecturing. The innovative third part is a roundtable of expert practitioners commenting on the new directions they would like to see in their areas of applied psychology. Applied Psychology: Research, Training and Practice 2nd Edition will be essential for all students considering a career in an applied field, either those studying applied psychology at undergraduate level or MSc students on applied psychology courses at this level.

Developing and maintaining a secure framework for professional practice is a core part of any counselling and psychotherapy training, as all therapists need to understand the key values, ethics and laws that underpin the profession today. But what does being a member of a ‘profession’ actually mean, and what does being a ‘professional’ actually involve? Structured around the BACP Core Curriculum, and with the help of exercises, case studies and tips for further reading, this book covers everything from the requirements of the BACP Ethical Framework to broader perspectives on good professional practice. It includes: Practising as a therapist in different roles and organizational contexts. Working within key issues, including difference, vulnerable clients and risk. Understanding the law and relevant legal frameworks for practice. Working ethically, including contrasting models and approaches to ethics.

Dealing with the therapeutic impasse is one of the most challenging tasks faced by therapists. The Integrity Model of Existential Psychotherapy in Working with the ‘Difficult Patient’ describes how the Integrity model of psychotherapy provides an original solution to dealing with difficult issues such as resistance, acting out, counter-transference, guilt, value clashes and cultural diversity. The Integrity model is based on an existential approach to living and views psychological difficulties as stemming from a lack of fiduciary to one’s values. In this book, the author explores how this approach to psychotherapy can enhance other therapeutic models or stand on its own to offer a valuable alternative perspective on the causes of mental illness. Case material is provided to illustrate the value of the Integrity model in relation to a range of clinical issues, including: Borderline Personality Disorders, Antisocial Personality Post-Traumatic Stress, Schizophrenia, Workplace Stress, Addictions. This book provides a provocative and insightful presentation of the subject of impasses, as well as dealing with associated issues including the role of values in psychotherapy, community, spirituality, and therapist responsibility. It will be of great interest to counsellors and psychotherapists.

Richard Nelson-Jones’ updated edition of his compendium of 16 approaches to counselling and therapy remains a clear, concise and informative aid to both counselling trainees, practitioners of counselling skills and those who wish to gain an overview of the principles and practices most common to the therapeutic world. - For anyone wanting to gain a clear idea, in a nutshell, of one or more of the main approaches, this book is invaluable - Therapy Today From a review of the Third Edition: ‘Richard Nelson-Jones’ book has become so much a part of the counselling theory literature; it is hard to imagine discussing the topic without reference to it. This Third Edition gives testimony to its continued value. It is hard to fault this book, its readability and detailed referencing, alone, will mean that it will suit a wide readership. If you have to buy only one book on counselling and therapy, this is it’ - Professor Philip Burnard, Journal of Psychiatric and Mental Health Nursing ‘An excellent summary of Rogers’ life and work and of the latest developments in person-centred therapy’ - Professor Brian Thorne, Co-founder of The Newcastle Centre, Norwich ‘Clear, thorough and succinctly summarizes cognitive therapy’s most important concepts and principals’ - Dr Judith Beck, President, Beck Institute for Cognitive Therapy and Research, Philadelphia ‘The multimodal therapy chapter is a scholarly and masterful account of this orientation’ - Dr Arnold Lazarus, Distinguished Professor Emeritus of Clinical Psychology, Rutgers University, New Jersey ‘The reality chapter provides an excellent, accurate and updated treatment of this practical and useable method’ - Professor Robert Wubbolding, Director, Center for Reality Therapy, Cincinnati, Ohio Theory and Practice of Counselling and Psychotherapy, Fourth Edition is a comprehensive introduction to the all of the major therapeutic approaches. Written using a common structure for each approach, the book allows easy comparison between the different orientations. Each chapter provides: o an introduction to the approach o biographical information on its founder and other key figures o core theoretical concepts o the approach in practice. Key features include: o review questions designed to aid learning and revision o case material o a glossary of key terms. Written by bestselling author Richard Nelson-Jones, the Fourth Edition of this popular text features a new section on integration and eclecticism. Each chapter has been fully updated to include new developments in each approach. As a comprehensive guide to the multiplicity of therapeutic approaches, Theory and Practice of Counselling and Therapy, Fourth Edition is the ideal companion to learning for students on introductory courses and those embarking on professional training.

Published in association with the BACUP, this textbook provides the required knowledge for counselling skills qualifications. The book relates to the activity of counselling skills and addresses the context and roles in which these skills are used. Each chapter of the book contains information and practical activities which are designed to test knowledge. The book offers comprehensive coverage of the following areas: • Ethics and processes, including the description of the difference between counselling skills and counselling. • Life stages. • Theoretical perspectives. • Values, attitudes and beliefs. • Listening skills. • Settings. • Bullying and harassment. • Mentoring. The book is ideal for students on counseling skills courses and those using counseling skills in a variety of different environments.
Person-centred Therapy and CBT shows humanistic, CBT and integrative therapists how to get to grips with each other's approaches. CBT has become more fully present in the therapeutic landscape and therapists from other modalities are increasingly being required to understand or even train in the approach. Responding to this growing pressure for change, Person-centered therapist Roger Casemore joins forces with Jeremy Tudway. Together they show how counselors can respect and value each other's approaches by more clearly understanding the similarities and differences in theory, philosophy and practice. They clarify how therapists draw upon this knowledge in their practice without betraying the values of their core approach. A cutting-edge text that provides a comprehensive introduction to mental health problems and criminal behaviour, this book explores the link between mental health and criminality and considers the most common and effective therapeutic approaches for working with offenders and victims of crime. Part 1 explores the predominant tensions between forensic and therapeutic agendas; Part 2 considers how criminal and 'insane' identities and careers may be considered gendered, classed, culturally and age-dependent experiences, and be related to power and oppression; Part 3 examines issues around sex and sexuality in forensic and therapeutic settings; Part 4 introduces a range of therapeutic approaches for working with offenders and victims of crime; Part 5 covers forensic and therapeutic practices, including programmes for the prevention of both mental health issues and offending. Edited by an expert team from the Open University and written by a broad range of contributors, this book draws on a wealth of experience in this popular subject area. It will be a key text for students of forensic psychology, counselling and psychotherapy, and for health and social care professionals working in therapeutic and forensic settings.

Focuses heavily on contemporary approaches and cross-professional applications This book emphasizes "big picture" frameworks to conceptualize how major theories of counseling and psychotherapy operate and compare. This innovative new text presents theories using an "paradigm" framework: the organic-medical, psychological, systemic/relational, and social constructivist paradigms. Designed to be accessible and relevant to practice, the book enhances and reinforces learning with the inclusion of learning objectives, chapter summaries, applications of each theory in practice, and brief biographies of major theorists. The text moves beyond traditional approaches with expanded coverage of relationship-centered and post-modern theories such as Dialectic Behavior Therapy, Emotion Focused Therapy, Solution-Focused Brief Therapy, Narrative Therapy, and others. Each theory is explored in depth through the use of a student-mentor dialogue that examines and debates the challenges that arise with each theory. The book also addresses the counseling role in psychiatric case management, reflecting the growing reality of cross-professional collaboration. Practical yet rigorous, the text is a state-of-the-art introduction to contemporary approaches in counseling and psychotherapy for students in counseling, social work, professional psychology, marriage and family therapy, and related professions. Key Features: Organized by a contemporary, "big-picture" framework "paradigms." Delivers expanded coverage of relationship-centered counseling theories Addresses contemporary approaches in depth, including postmodern theories and psychiatric case management Provides learning objectives, concluding summaries, review questions, and brief bios of major theorists Includes unique mentor-student dialogues exploring each theory and its application to practice "This book provides a very good introduction to the key concepts and theories that inform and frame the current psychotherapeutic and counselling landscape. Each author has written on a selection of basic concepts as they are approached in their preferred therapeutic modality, resulting in an exciting and inclusive overview of both old and contemporary psychotherapeutic thought. In addition, each author is mindful of the importance of a critical appraisal of the various concepts and theories. Thus, this book will be extremely useful both for trainees and practitioners." Dr Anastasios Gaitanidis, Senior Lecturer, University of Roehampton, London, UK "As well as being an invaluable source of knowledge about all aspects of counselling and psychotherapy, this book is a real pleasure to read. The authors have been able to capture the essence of ideas, traditions and key figures in a way that is accessible and a consistent source of delight and illumination. Highly recommended for anyone wishing to expand their psychotherapeutic horizons." John McLeod, Emeritus Professor of Counselling, University of Abertay Dundee, UK "This book does what it says on the tin, it highlights the key concepts and theories in the field of counselling and psychotherapy. It is a systematic and encyclopaedic voyage of all the central constructs in the field. It is very well written, snappy and thorough, but more important, it serves a vital need of putting in one place all the theories and concepts needed by anyone interested in counselling and psychotherapy." Cary L. Cooper, CBE, Professor of Organizational Psychology and Health, Lancaster University, UK and President of BACP "This is an invaluable guide for anyone wanting easily accessible information about counselling theory and practice. It will be as useful to trainees sitting as counsellors, as to experienced practitioners wanting to update their knowledge on the latest thinking." Tim Bond, University of Bristol, UK This helpful book offers a concise overview of core concepts within the four dominant approaches to counselling and psychotherapy: psychodynamic, humanistic-existential, cognitive behavioural and integrative. The book aims to assist you in developing your critical thinking and essay writing skills and includes: Over 140 entries, each between 500 and 1200 words Critical and engaging discussions of core concepts Biographical sketches of leading theorists, including: Freud, Jung and Rogers Using the popular alphabetical format, Key Concepts in Counselling and Psychotherapy is an ideal first source for students with an essay on counselling theory to write, a case study to analyse, a belief or assumption to challenge, or a question to explore. It will also appeal to practitioners or academics wanting to refresh their knowledge of theory and research. The ideal textbook for all areas of applied psychology options, including forensic/criminological psychology, health psychology, educational psychology, sports psychology, clinical/abnormal psychology, work/occupational psychology, environmental psychology and counselling - for students on A Level and undergraduate courses.

Four Approaches to Counselling and Psychotherapy provides an essential introduction to and overview of the main models of psychotherapy and counselling. With a new preface from Windy Dryden, this Classic Edition traces the development of counselling and psychotherapy, and examines the relationship between the two. The authors consider the four main models - psychodynamic, humanistic, integrative and cognitive-behavioural - before focusing on the most
This book presents both solution focused and narrative approaches to brief counseling. Acknowledging the expertise of ordinary people in using this therapeutic approach in practice in a thorough and accessible way. Reason to Change is the first workbook which teaches the practical skills of REBT. Each skill is explained in detail, and examples are given of how each skill can be put into practice. These skills include: * developing a problem list and setting goals * choosing a target problem and assessing a specific example * questioning beliefs * demonstrating new ways of thinking. The book also addresses the important issues of ongoing supervision to enhance counselling practice, and counsellor self-care to reduce the risk of burnout.

Rational Emotive Behaviour Therapy (REBT) is an approach to counselling and psychotherapy in which great emphasis is placed on how emotional problems can be caused by the role of thoughts, beliefs and behaviour. However, no book before has taught the skills needed to use this therapeutic approach in practice in a thorough and accessible way. Reason to Change is the first workbook which teaches the practical skills of REBT. Each skill is explained in detail, and examples are given of how each skill can be put into practice. These skills include: * developing a problem list and setting goals * choosing a target problem and assessing a specific example * questioning beliefs * dealing with your doubts, reservations and objections * taking action. By using these skills in an active way, it can be possible to overcome emotional problems such as anxiety, depression, shame, guilt, hurt, unhealthy anger, unhealthy jealousy and unhealthy envy. This book can be used by people on their own, and by those who are consulting an REBT therapist. It will also be of interest to therapists and counsellors. This book presents both solution focused and narrative approaches to brief counseling. Acknowledging the expertise of ordinary people in

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devising solutions to their problems, it reflects the current interest in very brief therapeutic work, which is driven partly by economic considerations and partly by its non-pathologizing ethos. Stressing the role of meaning-making, creativity, and imagination, the book provides a comprehensive account of its subject using extensive case examples to show how solution focused and narrative counseling can be applied across a variety of life's problems and client issues.

Electronic Inspection Copy available for instructors here: At about 700 pages and with contributions from more than 100 authors, the editors have shown considerable skill, not to mention application, in sculpting a text that is economically delivered and lucid in its writing - Dave Mearns, Professor Emeritus, University of Strathclyde, Glasgow 'The field of counselling and psychotherapy moves on but The Sage Handbook of Counselling and Psychotherapy keeps up?' - Professor Sue Wheeler, Director of the Doctoral Programme, Institute of Lifelong Learning, University of Leicester 'This book is the definitive text on the theory and practice of counselling and psychotherapy. The editors are to be commended!' - Professor Robert Bor CPsychol FBPAS CSci UKCP Reg FRAeS, Lead Consultant Clinical, Counselling & Health Psychologist, Royal Free Hospital and Co-Director, Dynamic Change Consultants www.dccclinical.com 'The what's what from the who's who in counselling in psychotherapy' - Professor Del Loewenthal, RCTE, University of Roehampton This long-awaited third edition brings together the fundamentals of counselling and psychotherapy theory, research, skills and practice. It addresses what every successful trainee or practitioner needs to know, do, think, feel, and use in a way that is entirely comprehensive, accessible and jargon-free. Including new material on interpersonal psychotherapy, cognitive analytic therapy, pluralistic therapy and mindfulness, as well as body psychotherapy, hypnotherapy, Asperger Syndrome, ADHD, and low self-esteem, this book continues to be essential reading for trainees or experienced practitioners alike. Colin Feltham is Emeritus Professor of Critical Counselling Studies, Sheffield Hallam University, Fellow of the British Association for Counselling and Psychotherapy, BACP Senior Registered Practitioner and former co-editor of the British Journal for Guidance and Counselling. Ian Horton is now retired and was Principal Lecturer in Counselling and Psychotherapy at University of East London, Chair of the UKRC Executive, a BACP accredited counsellor and UKRC registered independent counsellor. He is a fellow of the BACP.

At the centre of any caring role is listening attentively to the concerns, narratives and needs of others. But to develop the skills of listening, learning, caring and counselling (LLCC) you need support and training. Written by an experienced and awarded therapist, Listening, Learning, Caring and Counselling is an authoritative, comprehensive guide full of ideas and techniques designed to fill that role. The main emphasis of this highly accessible reference work is on how health and related professionals can assist clients as they work through the issues they commonly present with — such as depression, relationship issues, addiction and grief. Numerous therapies and their related techniques are described and synthesized into the LLCC approach, while case studies, skills and tips for everyday practice make it a practical and user-friendly resource. Listening, Learning, Caring and Counselling is essential reading for counsellors, support workers, case workers, medical practitioners, health professionals — from psychotherapists, pharmacists, doctors, dentists and their assistants to nutritionists and naturopaths — serious life coaches and emergency workers, as well as those in the fields of human resources.

This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice: - cognitive therapy and solution-focused therapy from the cognitive-behavioural school - person-centred and Gestalt therapy from the humanistic school - Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Richard Nelson-Jones goes on to review and evaluate all the approaches in his concluding chapter. This excellent textbook is a vital resource for students on introductory courses and those who are starting out on professional training.

Keeping the Blues Away is a clinically tested programme to help prevent depression from returning: it has also shown efficacy in reducing depression severity. It includes information and exercises to teach coping, cognitive-behavioural and interpersonal skills and strategies to prevent relapses, drawing on a wide array of evidence-based techniques. The ten-step programme aims to support the patient as a whole person, and includes free access to supporting relaxation audio material. The programme is designed for use by GPs or mental health professionals in supporting patients, involving family members or carers where possible, and accommodating medication and the management of co-existing medical problems where necessary. Keeping the Blues Away will be a key relapse prevention tool for primary care healthcare professionals.

Assessment is a core component of social work. Since first publication, Assessment in Social Work has provided students and practitioners with a clear overview of the complex issues they face and a map of the theory they need to draw on in order to conduct thorough, effective and meaningful assessments. New to this Edition: - Updated and revised chapter on Signs of Safety/Strengths in light of recent research and guidance - Coverage of recording and sharing information included throughout the text - Added coverage of confidentiality and inter-agency working - More material on Cultural differences throughout - Updated legislation and professional guidance throughout - Refreshed and updated examples thought-out the text - A more detailed outline of the different national perspectives within the UK

The Wiley Blackwell Handbook of Humanism presents an edited collection of essays that explore the nature of Humanism as a whole, and a philosophical analysis of the keyhumanist propositions from naturalism and science to morality and meaning. Represents the first book of its kind to look at Humanism not just in terms of its theoretical underpinnings, but also its consequences and its diverse manifestations Features contributions from international and emergingscholars, plus renowned figures such as Stephen Law, CharlesFreeman and Jeananne Fowler Presents Humanism as a positive alternative to atheism Brings together the world's leading Humanist academics Inone reference work

The Routledge International Handbook of Critical Mental Health offers the most comprehensive collection of theoretical and applied writings to date with which students, scholars, researchers and practitioners within the social and health sciences can systematically problematise the practices, priorities and knowledge base of the Western system of mental health. With the continuing contested nature of psychiatric discourse and the work of psy-professionals, this book is a timely return to theorising the business of mental health as a social, economic, political and cultural project: one which necessarily involves the consideration of wider societal and structural dynamics including labelling and deviance, ideological and social control, professional power, consumption, capital, neoliberalism and self-governance. Featuring original essays from some of the most established international scholars in the area, the Handbook discusses and provides updates on critical theories of mental health from labelling, social constructionism, antipsychiatry, Foucauldian
and Marxist approaches to critical feminist, race and queer theory, critical realism, critical cultural theory and mad studies. Over six substantive sections, the collection additionally demonstrates the application of such theoretical ideas and scholarship to key topics including medicalisation and pharmaceuticalisation, the DSM, global psychiatry, critical histories of mental health, and talk therapy. Bringing together the latest theoretical work and empirical case studies from the US, the UK, Australia, New Zealand, Europe and Canada, the Routledge International Handbook of Critical Mental Health demonstrates the continuing need to think critically about mental health and illness, and will be an essential resource for all who study or work in the field.

Since launching in 2003, Transforming Social Work Practice has become the market-leading series for social work students. These books use activities and case studies to build critical thinking and reflection skills and will help social work students to develop good practice through learning. Social workers need to have a sound working knowledge of intervention as they are often balancing complex and sometime stressful circumstances with the individual needs of the service users. Also, as there are a wide range of social work interventions in current practice, students will benefit from knowing the advantages and disadvantages of each model and approach. This book on effective social work intervention will help students apply and integrate this knowledge in practice, to critically evaluate different methods and to choose the most effective in any particular set of circumstances. Fully-revised to include new material on value-based practice and direct links to the new Professional Capabilities Framework for Social Work, this second edition is essential reading for all social work students.

Current census reports indicate that over half of the United States will be of ethnic minority background by 2050. Yet few published studies have examined or demonstrated the efficacy of currently established psychological treatments for ethnic minorities. Culturally Adapting Psychotherapy for Asian Heritage Populations: An Evidence-Based Approach identifies the need for culturally adapted psychotherapy and helps support the cultural competency movement by helping providers develop specific skillsets, rather than merely focusing on cultural self-awareness and knowledge of other groups. The book provides a top-down and bottom-up community-participatory framework for developing culturally adapted interventions that can be readily applied to many other groups. Areas targeted for adaptation are broken down into domains, principles, and the justifying rationales. This is one of the first books that provides concrete, practical, and specific advice for researchers and practitioners alike. It is also the first book that provides an actual culturally adapted treatment manual so that the reader can see cultural adaptations in action. Summarizes psychotherapy research indicating underrepresentation of ethnic minorities Describes the first evidence-based culturally adapted treatment for Asian heritage populations Provides concrete examples of adapted psychotherapy in practice Clarifies how this framework can be further used to adapt interventions for other ethnic groups Highlights how principles used to develop this depression-specific treatment can be applied to other disorders Includes the full treatment manual "Improving Your Mood: A Culturally Responsive and Holistic Approach to Treating Depression in Chinese Americans"

Struggling to secure the right counselling or psychotherapy placement for you? Unsure of how to deal with complex challenges or how to make sure you get the most out of your placement? Then you have come to the right place! Packed full of hints and tips, advice, checklists and points for reflection, this practical guide will provide you with those all important answers, and more. Key content includes: - History and background of the placement - How to get the most out of the placement - Wider professional and ethical considerations - The placement search, completing the application and tips for the interview - Managing placement relationships - Planning for the Future This one stop shop will provide counselling and psychotherapy trainees with everything they need to know to secure and survive their practice placement.

Building on the success of the first edition, this substantially revised and extended new edition is set to remain the most in-depth and wide-ranging book available on person-centred psychotherapy and counselling. The book is thoroughly updated to reflect the latest trends in theory and practice: • It extends its coverage of professional settings and applications, including brand new chapters on children, older people, arts-based therapies, addiction and bereavement. • It engages systematically with urgent contemporary issues, such as evidence-based practice, political and medical discourses, and theoretical integration. • It uses case illustrations, therapist-client dialogues, points of reflection and further resources to bring person-centred therapy to life for the reader, in a user-friendly way. • It includes contributions by an increasingly extensive group of writers, thinkers, teachers and practitioners.

Building on the groundbreaking original work with the same title, these articles focus on current issues, such as certain life stages, special populations, the devalued and abused, the addicted and special issues of the 1990's. In the years since the publication of The Wounded Healer, countertransference has become a central consideration in the analytic process. David Sedgwick's work was ground-breaking in tackling this difficult topic from a Jungian perspective and demonstrating how countertransference can be used in positive ways. Sedgwick's extended study of the process candidly presents the analyst's struggles and shows how the analyst is, as Jung said, "as much in the analysis as the patient." The book extends Jung's prescient work on countertransference to create a dynamic view of the analyst-patient interaction, stressing the importance of the analyst's own woundedness and how this may be used in conjunction with the patient's own. Sedgwick begins with a discussion of the need and justification for a Jungian approach to countertransference, then reviews Jungian theories and presents detailed illustrations of cases showing the complexity of transference-countertransference processes in both the patient and the analyst, and concludes with a model of countertransference processing. This Classic Edition also includes a new introduction by the author. It will be an important work for Jungian analysts, psychotherapists and other clinicians and students interested in the struggles of the therapeutic process.

The Myers-Briggs Type Indicator (MBTI) is a development of the work of Carl Jung, who suggested the basic personality types of introversion and extraversion. This book offers a review of MBTI, and looks at the possible practical applications. Core Approaches in Counselling and Psychotherapy is a comprehensive guide to the four main psychological approaches
(Humanistic, Psychodynamic, Behavioural and Cognitive) and introduces several of the most common therapies used today. This textbook contains sufficient coverage to explain all of the most important elements of these core approaches and sufficient depth to provide a detailed analysis of the ten main therapies: Person-Centred Therapy, Psychoanalytic Therapy, Behaviour Therapy, Cognitive Therapy, Gestalt Therapy, Transactional Analysis, Rational Emotive Behaviour Therapy, Cognitive-Behaviour Therapy, Multimodal Therapy and Neurolinguistic Programming. The book focuses on the development of each approach and presents the associated therapy in its historical and psychological context, giving a deeper insight into the theories and clarifying the overlap between different therapies. Presented in a unique style, with a clear layout, rigorous content and extensive resources available online, Core Approaches in Counselling and Psychotherapy is an invaluable asset for undergraduate and postgraduate students at all levels of study and is the ideal textbook for any degree or higher-level module in counselling.

This study examines the theory behind this popular approach within the cognitive-behavioural tradition. It discusses the relevance of cross-disciplinary factors affecting REBT, REBT as an intentional therapy, and irrational beliefs as schemata. Explains the theories and practices of both Psychodynamic (PD) and Cognitive-Behavioral (CB) therapy using psychological research, philosophy and common sense to argue that PD therapy is found on mistaken theories of the mind, while CB therapy can be applied to the problems affecting those in therapy today. Original.

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