



Behavior therapy



Cognitive behavioral
therapy

TYPES OF PSYCHOTHERAPY



Humanistic
therapy



Psychodynamic
therapy



Dialectical
behavior therapy

What Is Psychotherapy

William Alanson White



What Is Psychotherapy:

What is Counselling and Psychotherapy? Norman Claringbull,2010-01-06 Written specifically for students on counselling and psychotherapy courses this book gives an overview of the profession from its early beginnings in psychotherapy and psychoanalysis through the development of the different schools and approaches of talking therapies including psychodynamic cognitive behavioural and person centred approaches Working within various sectors such as the commercial educational and public is also considered and discussed The author concludes the book by looking at where counselling and psychotherapy is heading in the future

What is Psychotherapy? Sidney Bloch,1982 Nicely done provides the novice with a lucid and erudite introduction to psychotherapy A good overview for the general reader and perhaps even more relevant for the undergraduate or beginning graduate student being introduced to the subject

Commendable Contemporary Psychology What is Counselling and Psychotherapy? Norman Claringbull,2010-01-06 Written specifically for students on counselling and psychotherapy courses this book gives an overview of the profession from its early beginnings in psychotherapy and psychoanalysis through the development of the different schools and approaches of talking therapies including psychodynamic cognitive behavioural and person centred approaches Working within various sectors such as the commercial educational and public is also considered and discussed The author concludes the book by looking at where counselling and psychotherapy is heading in the future

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opportunities for preventive medicine as well as for therapeutic optimism The program here presented is essentially therapeutic Planned as it has been on a broad scale the more practical issues confronting the clinician have nevertheless been fully met The editors have sacrificed philosophical views for more definite guideposts wherever in the present state of our knowledge such a course seemed wiser PsycINFO Database Record c 2005 APA all rights reserved

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