



## Integrative Counselling & Psychotherapy: A Relational Approach

By Ariana Faris, Els van Ooijen

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Integrative Counselling & Psychotherapy: A Relational Approach, Ariana Faris, Els van Ooijen, This is an accessible and user friendly guide to the theory and practice of relational counselling and psychotherapy. It offers a meta-theoretical framework for the integration of the three most popular counselling and psychotherapy modalities: humanistic, psychodynamic and Cognitive-behavioural including mindfulness and compassion based approaches. This exciting new text: - outlines the history of integration in the field of psychotherapy and counselling - clarifies the nature of psychotherapeutic integration - defines different models of integration - provides a clear and rich discussion of what it means to work relationally - outlines a coherent and flexible framework for practice, in terms of theory as well as technique - demonstrates how this framework can be successfully utilised both in brief and long term therapy for a wide range of client issues and problems - provides a detailed guide to working with the Relational-Integrative Model (RIM) for a range of professional issues, including ethics, research, supervision, therapist self-care and personal development. Brimming with vivid case examples, mind-maps and therapeutic dialogue, this invaluable book will help develop the theoretical knowledge and skills base...



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