



The Handbook of Individual Therapy (Paperback)

By -

Sage Publications Ltd, United Kingdom, 2013. Paperback. Condition: New. 6th Revised edition. Language: English . Brand New Book. [This] is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients. Professor Sue Wheeler, University of Leicester [It] continues to be the book that one turns to when looking for a clear introduction to the broad range of therapies that are offered in the UK today. Dr Nick Midgley, Anna Freud Centre This classic text has helped over 50,000 students wishing to understand the key counselling and psychotherapy approaches. This sixth edition is the most comprehensive update since it was first published in 1984, with 15 newly contributed chapters and 8 updated chapters. Each approach now includes a new Research section summarising the research findings, an in-depth Case Study illustrating how that approach works in practice, and an extended Practice section. Also covered: * historical context and development * main theoretical assumptions * which clients will benefit most * strengths and limitations. New chapters include Compassion-Focussed Therapy, Interpersonal Therapy, Mindfulness in Individual Therapy, Pluralistic Therapy and The Transpersonal in Individual Therapy. This is an ideal...



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