



Introducing Psychotherapy: A Graphic Guide (Paperback)

By Nigel Benson

Icon Books Ltd, United Kingdom, 2015. Paperback. Condition: New. Borin Van Loon (illustrator). Reprint. Language: English . Brand New Book. What is psychotherapy? How can we choose wisely from so much on offer? This book provides a valuable summary of the main therapies: the talking cures of psychoanalysis, behavioral and cognitive techniques, somatic solutions, humanist gestalt and existential approaches, and individual and group therapies.



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