

Psychodynamic Counselling In A Nutshell

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Psychodynamic Counselling in a Nutshell. explains in clear, jargon-free style, the concepts at the heart of the psychodynamic approach, and, drawing on case material, describes the therapeutic practice which rests on those ideas. Assuming no previous knowledge of the subject, the book introduces the history of the approach, the key main concepts, and practical techniques used by practitioners.

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Your brain is wired to change, and small changes can lead to massive growth. I'm Emma McAdam, a Licensed Therapist, and my mission is to make mental health skills easy to understand through YouTube videos and Online Courses.

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Counselling in a Nutshell provides the answers to these questions and more, as part of a step-by-step guide to the counselling relationship and the therapeutic process. Drawing together theory from the psychodynamic, person-centred and cognitive-behavioural approaches, Windy Dryden explores: - bonds between counsellor and client.

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The psychodynamic approach to counselling is a form of psychotherapy with its roots in traditional psychoanalysis which was pioneered by Austrian neurologist Sigmund Freud as a clinical method for treating psychopathology, a term meaning mental disorders.

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Psychodynamic Counselling in a Nutshell, Hardcover by Howard, Susan, ISBN 1526438674, ISBN-13 9781526438676, Brand New, Free shipping in the US This book explains psychodynamic counseling, covering the concepts that define the psychodynamic model, the theory behind practical skills, what happens in psychodynamic counseling from the perspective of the counselor and client, practical skills in psychodynamic counseling, how neuroscience impacts the work of counselors, the context for this ...

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