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Interventions and Techniques (Core Concepts in Therapy)

Lynn Seiser

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Interventions and Techniques (Core Concepts in Therapy) Lynn Seiser
Interventions and Techniques focuses on specific techniques and interventions therapists use to produce change. This volume describes, defines, and demonstrates the clinical applications of these techniques throughout diverse approaches to treatment. Some schools of Psychotherapy do not claim to contain techniques, a claim which this book examines. However, all schools describe some contextual, communication, or interaction models that easily lend themselves to classifications of techniques or the intervention processes.

Written in clear, concise language, Interventions and Techniques presents a thoughtful examination of the conceptual framework upon which psychotherapy is built. It will be of interest to students and practitioners in fields such as: clinical psychology, counselling, social work and psychotherapy.

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