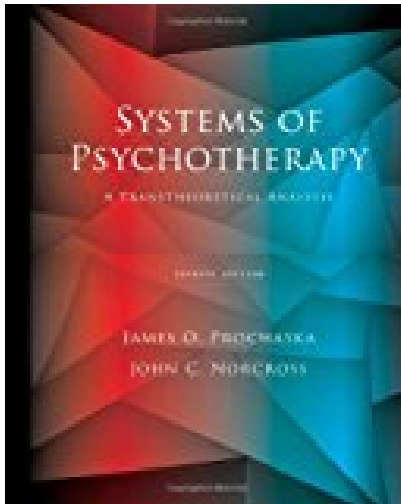


Systems of Psychotherapy A Transtheoretical Analysis PSY 641 Introduction to Psychotherapy



BOOK DETAILS

- Author : James O. Prochaska
- Pages : 624 Pages
- Publisher : Brooks Cole
- Language : English
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BOOK SYNOPSIS

Systematic and balanced, this comprehensive text uses a wealth of clinical case illustrations to help readers understand a wide variety of psychotherapies including psychoanalytic, psychodynamic, existential, person-centered, experiential, interpersonal, exposure, behavioral, cognitive, systemic, multicultural, and integrative. The Seventh Edition thoroughly analyzes 15 leading systems of psychotherapy and briefly surveys another 30, thus providing a broader scope than is available in most textbooks. Prochaska and Norcross explore each system's theory of personality, theory of psychopathology, and resulting therapeutic process and relationship. By doing so, they demonstrate how much psychotherapy systems agree on the processes producing change, while showing how they disagree on the content that needs to be changed. To bring these similarities and differences to life, the authors also present the limitations, practicalities, and outcome research of each system of psychotherapy. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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