



Introducing Psychotherapy: A Graphic Guide

By Nigel Benson, Borin Van Loon

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Psychotherapy: A Graphic Guide, Nigel Benson, Borin Van Loon, 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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