

Therapist and Client: A Relational Approach to Psychotherapy

Patrick Nolan



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"Therapist and Client: A Relational Approach to Psychotherapy" provides a guide to the fundamental interpersonal elements of the therapeutic relationship that make it the most effective factor in therapy. Presents the fundamental interpersonal elements that make the therapeutic relationship the most effective factor in psychotherapy Explores and integrates a range of approaches from various schools, from psychoanalysis to body-oriented psychotherapy and humanistic psychotherapies Offers clear and practical explanations of the intersubjective aspects of therapy Demonstrates the pivotal need to work in the present moment in order to effect change and tailor therapy to the client Provides detailed case studies and numerous practical applications of infant research and the unified body-mind perspective increasingly revealed by neuroscience

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