Psychotherapy: Approaches and Theories

By David Elio Malocco

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Psychotherapist and author David Malocco (A Brief History of Psychology - Important Timelines; Psychotherapy - The Top 50 Theories and Theorists; and the Amazon best seller Forensic Science: Crime Scene Analysis) has produced an excellent accompaniment for any psychology or psychotherapist student, practitioner or indeed anyone interested in Psychotherapy or Counselling. The book provides a good basic introduction to psychotherapy approaches and psychotherapy theories. There are reputedly over four hundred therapies in existence but, of course, not all are utilised. The author divides the most important of these therapies into three core approaches: Psychoanalysis and the Psychodynamic Approaches; Behavioural and Cognitive Approaches and Humanistic Existentialist Approaches. Each Approach section then covers the main therapies within that approach. The Psychodynamic Approach covers Psychoanalysis, Analytical Psychotherapy, Adlerian Psychotherapy, Object Relations Therapy and Self Psychology. There are useful biographies on Sigmund Freud, Carl Jung, Alfred Adler, Melanie Klein, D.W. Winnicott, Margaret Mahler and Heinz Kohut. The Behavioural Cognitive Approach deals with Behaviourism, Cognitive Therapy, ACT, Dialectic Therapy, Cognitive Analytical Therapy, Mindfulness Based Therapies like Stress Reduction (MBSR) and...

Reviews

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