



Pluralistic Therapy: Distinctive Features (Paperback)

By John McLeod

Taylor Francis Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Pluralistic Therapy: Distinctive Features offers an introduction to what is distinctive about this increasingly popular method. Written by one of the co-founders of pluralistic therapy, and a leading UK figure in counselling and psychotherapy, this book describes 15 theoretical features and 15 practical techniques for practitioners. Pluralistic therapy is a flexible, integrative approach to counselling and psychotherapy, which has also found applications in fields such as mental health, life coaching and careers guidance. Pluralistic Therapy: Distinctive Features will provide an essential guide to students and practitioners of psychotherapy, or an allied area of practice, who are open to learning about new ideas and techniques from current interdisciplinary research.



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