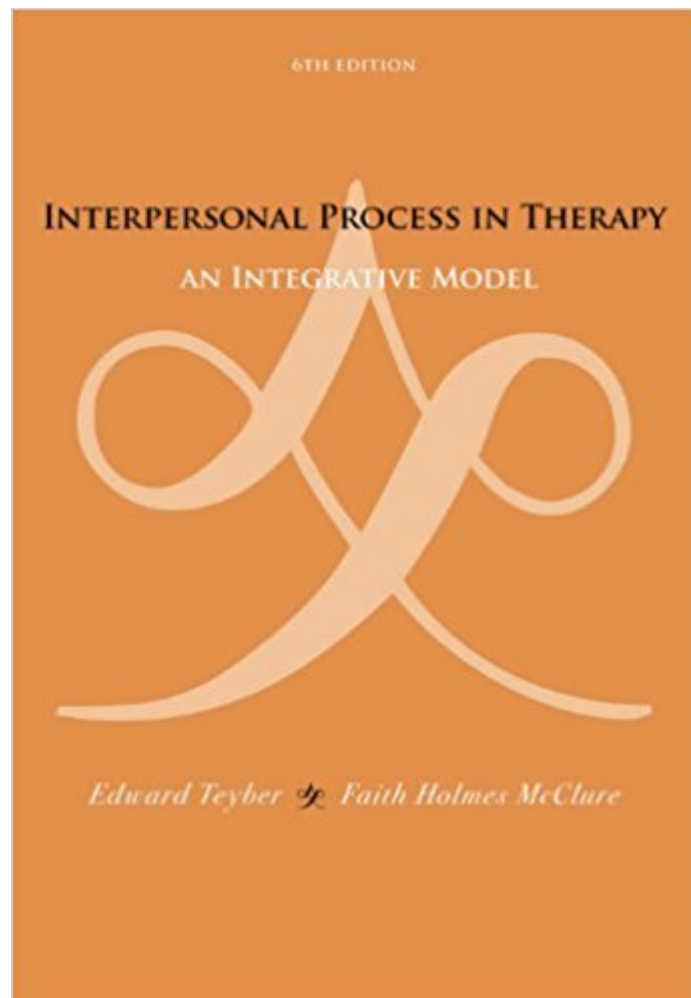




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# Interpersonal Process In Therapy: An Integrative Model (Skills, Techniques, & Process)



## Synopsis

Strongly focused on the therapist-client relationship, **INTERPERSONAL PROCESS IN THERAPY: AN INTEGRATIVE MODEL** integrates cognitive-behavioral, family systems, and psychodynamic theories. Newly revised and edited, this highly engaging and readable text features an increased emphasis on the integrative approach to counseling, in which the counselor brings together the interpersonal/relational elements from various theoretical approaches, and provides clear guidelines for using the therapeutic relationship to effect change. The author helps alleviate beginning therapists' concerns about making "mistakes", teaches therapists how to work with their own countertransference issues, and empowers new therapists to be themselves in their counseling relationships. Featuring new case examples and dialogues, updated references and research, clinical vignettes, and sample therapist-client dialogues, this contemporary text helps bring the reader "in the room" with the therapist, and illustrates the interpersonal process in a clinically authentic and compelling manner. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

## Book Information

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## Customer Reviews

Alright I have many counseling books that I wish I had either rented or never would have had to purchase for school. This is an exception. This book is a great tool that has helped me understand the theory of psycho-dynamic therapy along with practical examples of the skill theory worked out in examples and explanation. It isn't a huge text rather a slim text that allows for practical understanding on how to take a client deeper into work as well as how to become a better therapist. I highly recommend this book even though it was a required buy for school, I still say if you have the choice still get it. Well worth it, because it is helping me with my clients.

I just finished reading this book as part of an independent study class in a graduate clinical social work program. I am so grateful a professor recommended this book. I had this book as a guide soon enough to make a huge difference in my clinical experience. My patients immediately benefited. This was the missing piece in my clinical education and supervision. I will be reviewing it for years as I integrate the many pieces of the psychotherapy puzzle. For beginners and for those who suspect they missed something in their interpersonal process training, this is a great book to read. If you are not sure, then you probably should read this book. The text is articulate and compacted. There are many practical examples of dialogue and up to date references. The text covers the major theoretical frameworks and integrates their use. Case conceptualizations and process notes are covered. The workbook designed to go with it is also well done. Highly recommended!

This is a must-read for beginning therapists. Get over the length of it, it's worth it every page! Super clear explanations with a lot of case examples. The writers do everything they can to make you feel good about stepping into the profession.

This is by far the most helpful book I have read for practical advice on what to do in a therapy session. I read this book while working on my post graduate hours towards licensure. Don't let the fact that it's a text book fool you! I read this book cover to cover because the entire book is filled with practical information for case conceptualization, therapeutic interventions, and how to apply theory. This book integrates multiple theoretical orientations-no matter what kind of theory you lean towards, the concepts in this text will take your therapeutic skills to a deeper level!

This textbook should be priced more reasonably. Not only is it a short textbook, but it's more than 5 years old for crying out loud. I know it's not on the sellers, but wow. I paid over \$150 for a 200 page book? Pfft.

Great book. I use the techniques and philosophies in all my therapy sessions. It's an approach that honors your clients' needs and their dignity.

Excellent read.

I love this book and regretted returning the rental after my course ended. I purchased a personal copy to use with clients. EXCELLENT book that is a MUST for any therapist's professional library.

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