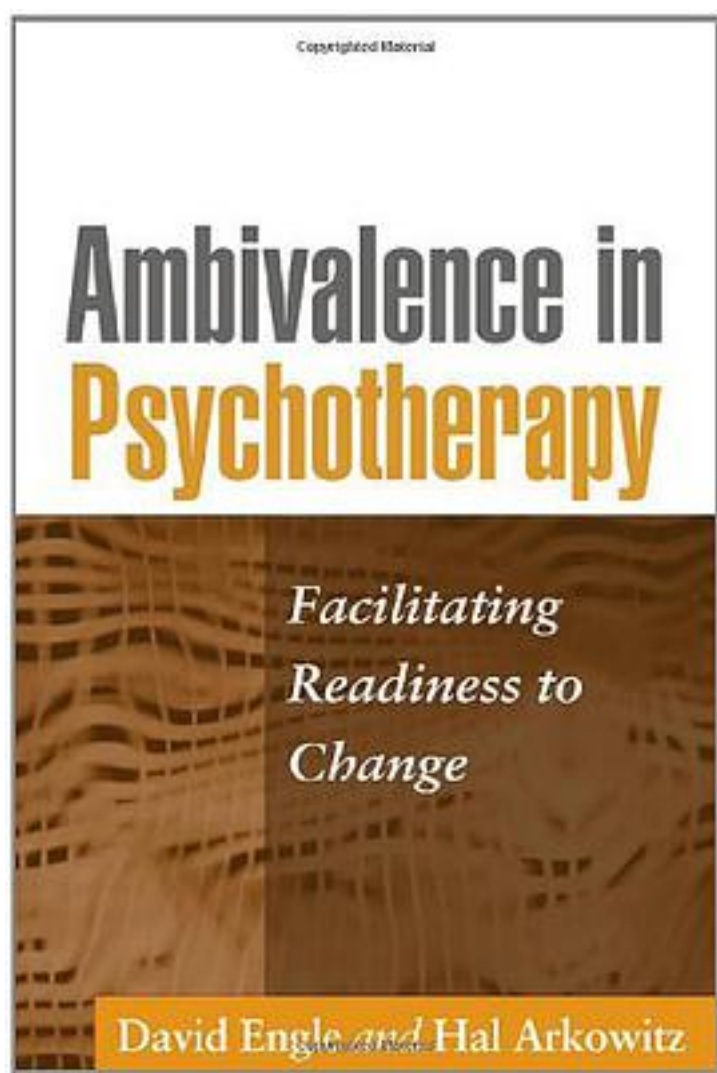


Ambivalence in Psychotherapy



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著者:Engle, David E./ Arkowitz, Hal

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Most discussions of resistance are strongly linked to particular therapy approaches - yet clients in any kind of therapy can experience ambivalence that gets in the way of change. This lucidly written book reframes resistance as ambivalence and presents effective, practical ways to deal with it. Integrating humanistic, cognitive-behavioral, and psychodynamic perspectives, the authors offer richly detailed descriptions of strategies for helping clients get "unstuck," including motivational interviewing and the two-chair approach. Grounded in research, the volume includes helpful case examples that cut across different clinical problems and therapeutic models.

作者介绍:

"Engle and Arkowitz have done a first-rate job of reframing the long-problematic concept of resistance while attending thoroughly to the essential phenomena to which the term has referred. They offer, as well, an astute and comprehensive approach to dealing with these phenomena. I am not at all ambivalent about this book!"--Paul L. Wachtel, PhD, Doctoral Program in Clinical Psychology, City College, City University of New York

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