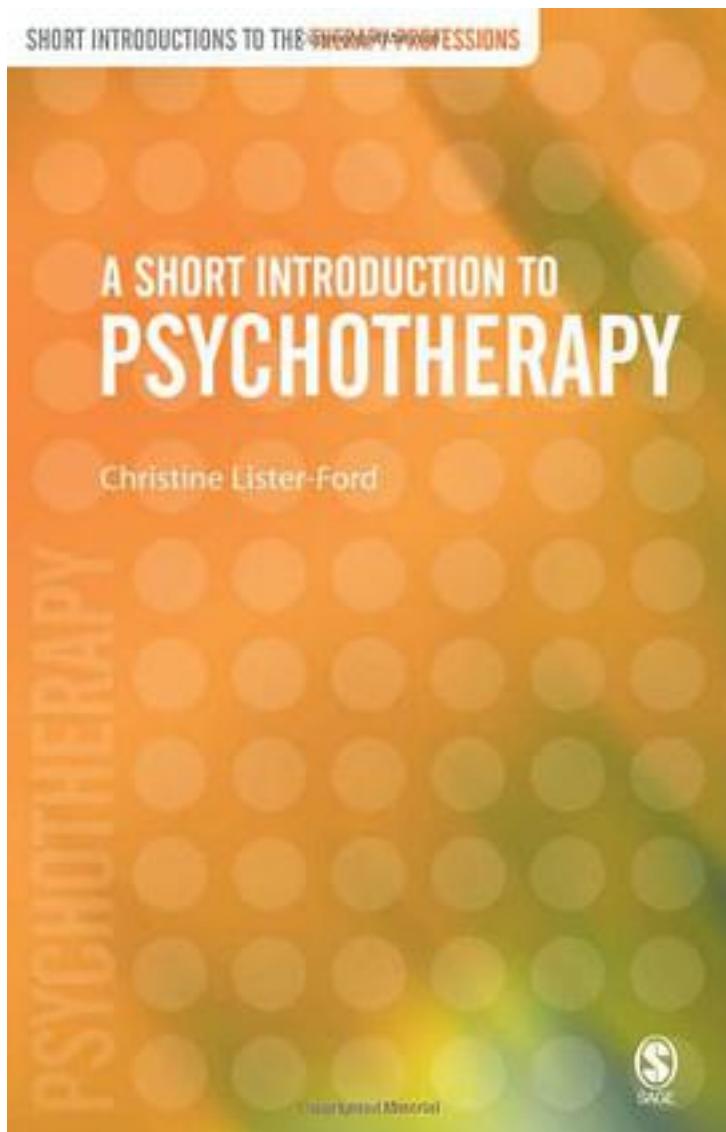


A Short Introduction to Psychotherapy



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A Short Introduction to Psychotherapy is an accessible guide to the field for anyone embarking on training or simply interested in finding out more about psychotherapy. Mapping the development and dimensions of contemporary practice, the book explores: "the origins of psychotherapy" its applications in terms of modalities, settings and client populations "central theoretical concepts" the nature of training and career paths for qualified practitioners "main critiques, both from within and outside psychotherapy. A team of well-known and highly-regarded contributors examine issues which have particular bearing on psychotherapy today. This includes the changing roles for psychotherapists working in primary and secondary care and the demand for practice to be more 'evidence-based'. A useful summary is provided of existing research into the efficacy and effectiveness of psychotherapy. Looking ahead, the book also examines the future of psychotherapy and considers the effect that the proposed statutory registration will have on the field. Christine Lister-Ford is a Director of the Northern Guild for Psychotherapy where she leads the MSc in Integrative Psychotherapy. Previously she sat on the Governing Board of the United Kingdom Council for Psychotherapy for 7 years. She has chaired International and European Training Standards groups over a 15 year period. Her previous publications include Skills in Transactional Analysis Counselling & Psychotherapy (SAGE, 2002). She is a member of the editorial boards of several psychotherapy journals.

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