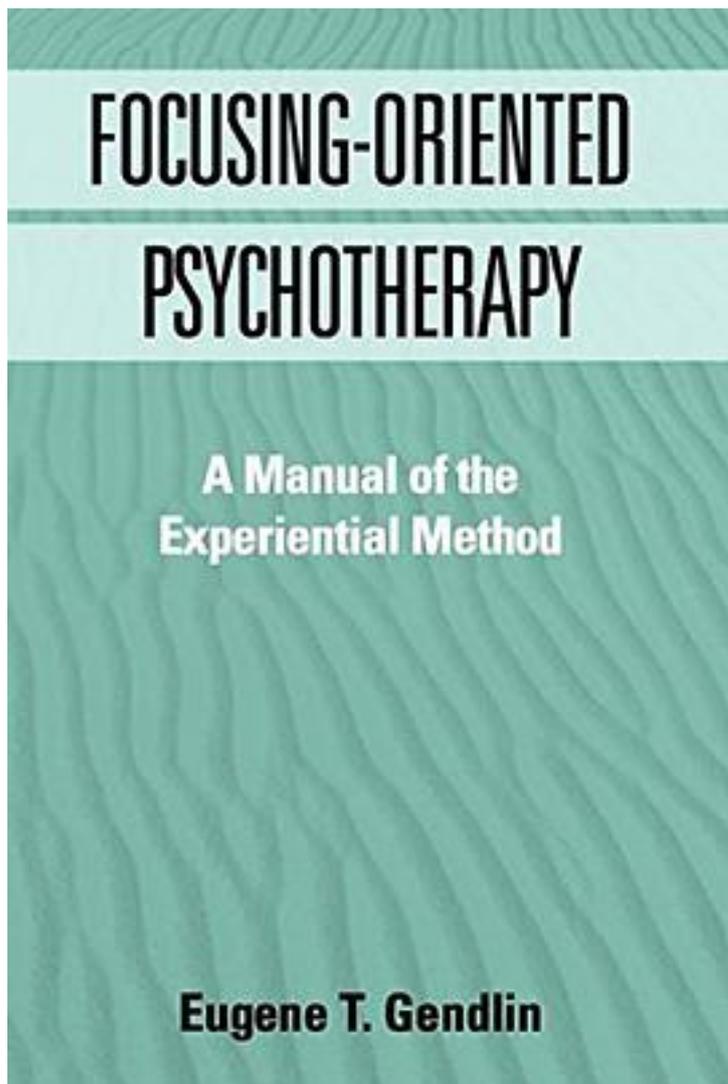


Focusing-Oriented Psychotherapy



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著者:Eugene T. Gendlin

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This book addresses specific ways in which a therapist can engender the therapeutic process, especially with clients with whom nothing effective is happening. Working with transcripts of actual sessions, the author examines each client statement to show where the therapeutic movement has taken place, and each therapist response to show how it did or did not help bring about a kind of direct bodily experiencing called "focusing". The author shows how the therapist, working from any therapeutic orientation, can turn difficulties into moments of rational therapy. Most importantly, he shows how whatever arises inwardly in the client is respected and pursued.

作者介绍:

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