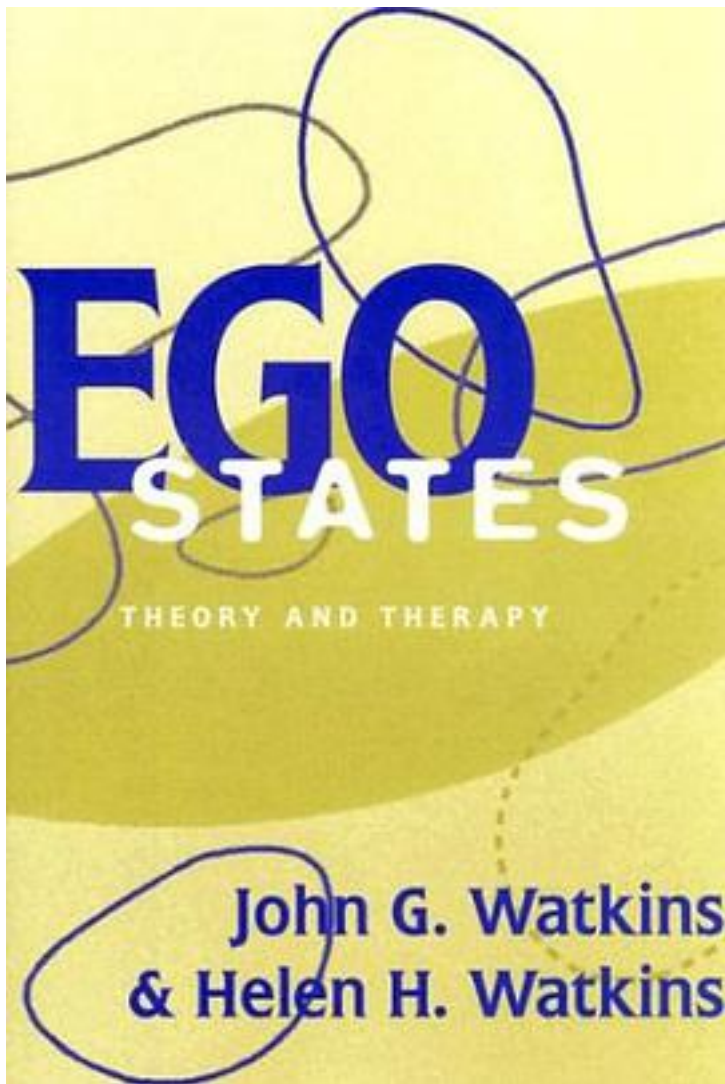


Ego States



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出版者:W W Norton & Co Inc

出版时间:1997-9

装帧:Pap

isbn:9780393702590

Ego states are the parts of our personality that cause us to act in different ways in different situations. Ego state theory links normal personality functioning with its extremes, such as those found in multiple personalities. The therapy integrates psychoanalytic practice and hypno-analytic techniques to discover and explore covert ego states, thereby effecting behaviour changes. Here, the recognized originators of ego state therapy explain the theory and how to put it into practice.

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目录:

[Ego States_ 下载链接1](#)

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