## Principles of Psychotherapy



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著者:Weiner, Irving B./ Bornstein, Robert F.

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Generations of clinicians have valued Principles of Psychotherapy for its breadth of coverage and accessibility and the author's ability to gather many elements into a unified presentation. The Third Edition presents the conceptual and empirical foundations of evidence-based practice perspectives of psychodynamic theory. It also offers case examples illustrating what a therapist might say and do in various circumstances. In addition, it includes discussion of broader psychodynamic perspectives on short-term therapy. Mental health professionals will benefit from the revised edition s inclusion of empirically based guidelines for conducting effective psychotherapy.

作者介绍:

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