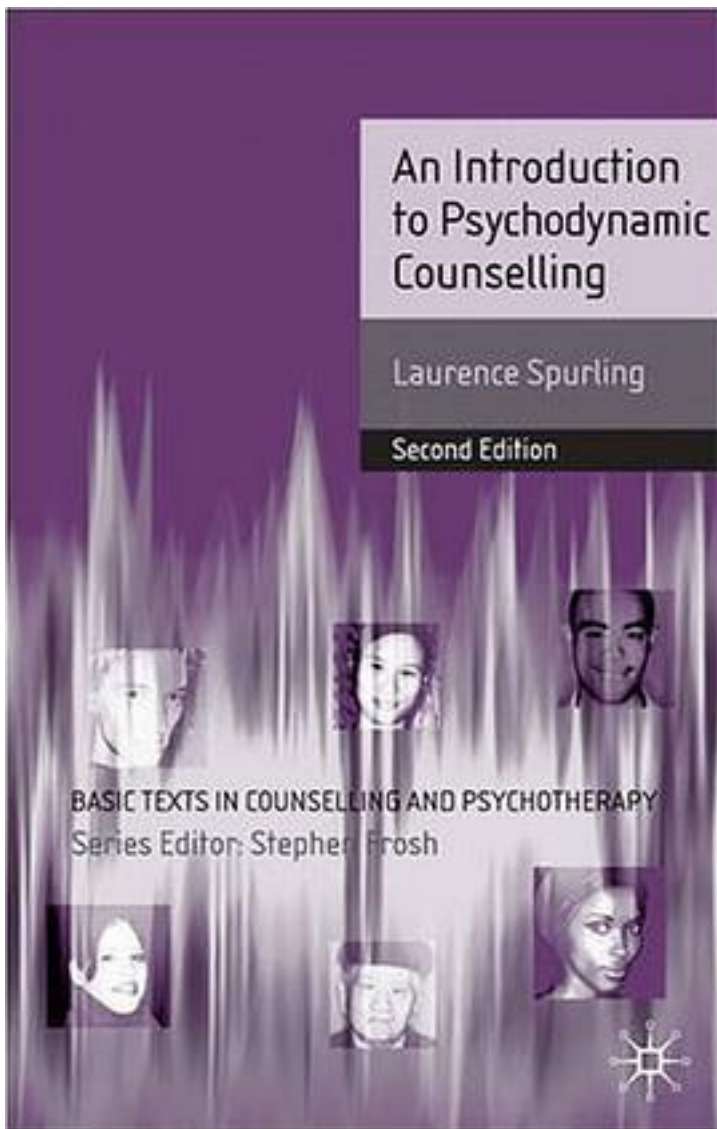


An Introduction to Psychodynamic Counselling



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This new edition of Laurence Spurling's highly regarded introduction to psychodynamic counselling gives readers a detailed understanding of the aims and principles of psychodynamic therapy. From basic concepts to advice on more complex cases, the book examines a range of issues that challenge therapists at all levels. Spurling draws on his wide experience as a psychotherapist to offer practical guidance across a variety of settings and illustrates this with a wealth of vivid case examples. In particular, this second edition a- provides a solid grounding in the basics of a theoretical approach; a- offers an important new chapter on the different phases of the therapeutic relationship; a- discusses organizational settings in order to give insight into managing the demands of your institution; a- explores the challenges of working with clients with more severe emotional and psychological problems. This authoritative, engaging and practical text continues to be an essential guide both for trainees and practitioners in counselling or psychotherapy, as well as for those working in related psychological and mental health professions.

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