



Integrative Counselling & Psychotherapy: A Relational Approach

Ariana Faris, Els van Ooijen

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This is an accessible and user friendly guide to the theory and practice of relational counselling and psychotherapy. It offers a meta-theoretical framework for the integration of the three most popular counselling and psychotherapy modalities: humanistic, psychodynamic and Cognitive-behavioural including mindfulness and compassion based approaches

This exciting new text:

- outlines the history of integration in the field of psychotherapy and counselling
- clarifies the nature of psychotherapeutic integration
- defines different models of integration
- provides a clear and rich discussion of what it means to work relationally
- outlines a coherent and flexible framework for practice, in terms of theory as well as technique
- demonstrates how this framework can be successfully utilised both in brief and long term therapy for a wide range of client issues and problems
- provides a detailed guide to working with the Relational-Integrative Model (RIM) for a range of professional issues, including ethics, research, supervision, therapist self-care and personal development

Brimming with vivid case examples, mind-maps and therapeutic dialogue, this invaluable book will help develop the theoretical knowledge and skills base of students, trainers and practitioners alike.

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