



Four Approaches to Counselling and Psychotherapy

Jill Mytton

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Four Approaches to Counselling and Psychotherapy provides an essential introduction to and overview of the main therapeutic approaches used in psychotherapy and counselling today. Written clearly and concisely, it will have international appeal as an ideal introductory text for all those embarking on psychotherapy and counselling courses. The authors trace the development of counselling and psychotherapy, and examine the relationship between the two. They then consider the four main models of psychotherapy - psychodynamic, humanistic, integrative and cognitive-behavioural - before focusing on the most popular approach from each, including: person-centred, rational emotive behavioural, and multimodal. Each approach is clearly examined in terms of its historical context and development, its main theoretical concepts, and its aims. In the final chapter these approaches are compared, with the examination of a case vignette from the point of view of each approach by four well-known therapists.

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