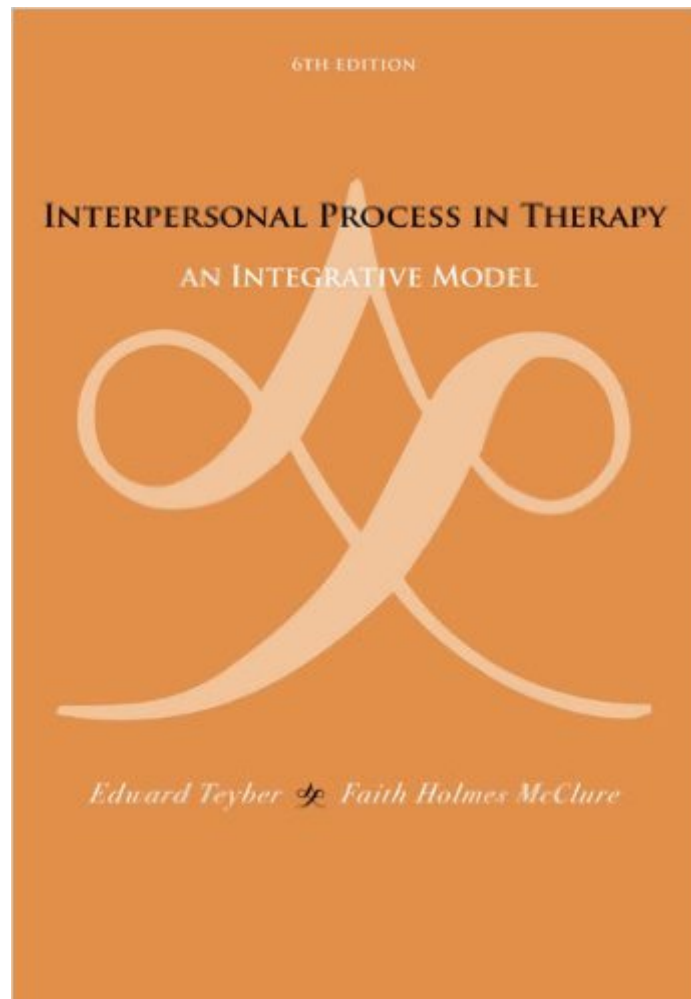


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# Interpersonal Process In Therapy: An Integrative Model (Skills, Techniques, & Process)



## Synopsis

Strongly focused on the therapist-client relationship, **INTERPERSONAL PROCESS IN THERAPY: AN INTEGRATIVE MODEL** integrates cognitive-behavioral, family systems, and psychodynamic theories. Newly revised and edited, this highly engaging and readable text features an increased emphasis on the integrative approach to counseling, in which the counselor brings together the interpersonal/relational elements from various theoretical approaches, and provides clear guidelines for using the therapeutic relationship to effect change. The author helps alleviate beginning therapists' concerns about making "mistakes", teaches therapists how to work with their own countertransference issues, and empowers new therapists to be themselves in their counseling relationships. Featuring new case examples and dialogues, updated references and research, clinical vignettes, and sample therapist-client dialogues, this contemporary text helps bring the reader "in the room" with the therapist, and illustrates the interpersonal process in a clinically authentic and compelling manner. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

## Book Information

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## Customer Reviews

I found this little gem sitting on a shelf with other books marked "Free" so I picked it up. What a great find! The first thing I noticed about the book was that it was written to assist counseling students entering their practicum/internship phase and seeing their very first clients. Talk about synchronicity! That is exactly where I was when I found it! The second thing I noticed was that the book was rather dated (over 20 years old). After a quick search here on .com, I found the text has gone through many changes with the most recent edition being published in 2010. It is also considered a "textbook" which means it now costs over a hundred bucks. Funny how when a book goes from "book" to "textbook" the price quadruples. The book starts off by acknowledging most students who enter the field of counseling/therapy already possess sensitivity, intuition, common sense, and a genuine concern for others. While these traits are both necessary and useful, left alone they do not prepare one to enter an affect-laden therapeutic relationship. To be effective, those qualities must be tied to a conceptual framework. The interpersonal process approach is a combination of three theories: interpersonal, object relations, and family systems. In short, the assumptions are that problems are interpersonal in nature, familial experience is a valuable source for learning about ourselves and others, and the relationship between counselor and client can be used to resolve those problems. I am reminded at this point of numerous studies that show the most effective form of treatment is not the theory the counselor/therapist uses but the rapport built between the counselor/therapist and the client. Theories certainly play a part but the type of theory (i.e.

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