



# Theories of Counselling and Psychotherapy: An Introduction to the Different Approaches

*Stephen Joseph*

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This authoritative overview of the main approaches to counselling and psychotherapy offers a uniquely concise and systematic framework for understanding and comparing different models of working.

Bringing together the philosophical and practical elements of a wide range of psychological therapies, Stephen Joseph examines the assumptions and values that underpin different understandings of mental distress and the various approaches to psychological assessment and treatment. He sets his discussion in the context of the contemporary drive towards evidence-based practice.

In particular, he:

includes handy summary charts, new 'topics for reflection', and a full glossary. This is a versatile and approachable text which offers an essential starting-point for students on counselling and psychotherapy courses; those training to work in psychological therapy services; or students taking counselling psychology, clinical psychology or mental health courses at advanced and postgraduate level.

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