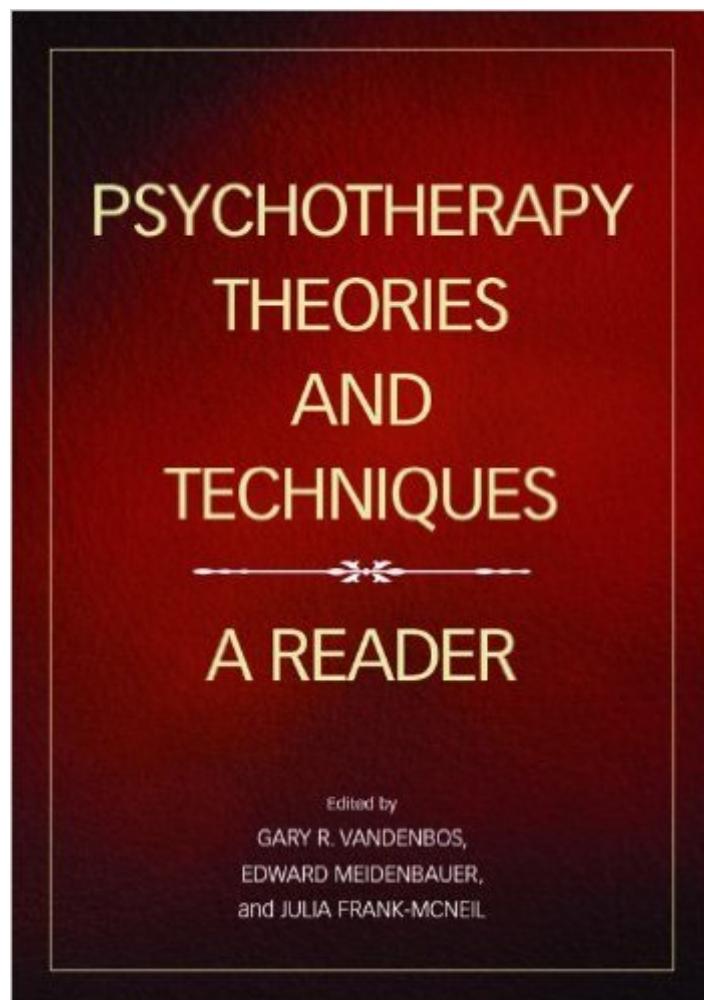


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# Psychotherapy Theories And Techniques: A Reader



## **Synopsis**

Psychotherapy Theories and Techniques explores the richness and variety of psychotherapy in a collection of carefully chosen excerpts from APA publications. Intended for students and practitioners, this volume provides a unique look at contemporary psychotherapy theory and the specific interventions associated with each orientation. All major approaches in psychotherapy are included everything from cognitive behavioral therapy to psychoanalytic therapy as well as newer approaches such as acceptance and commitment therapy and schema therapy. Chapter appendixes direct readers to videos showing specific techniques in APA's database of psychotherapy demonstrations, PsycTHERAPY, so that readers can see interventions in action. Whether just beginning a clinical program of study or already in practice, readers may use this volume as both a companion to PsycTHERAPY as well as a unique survey of contemporary approaches and techniques.

## **Book Information**

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## **Customer Reviews**

I love this book. It does a fantastic job explaining the different therapeutic techniques, as well as offering great examples. My students love it. The chapters are nice and short, so it pairs well with other scholarly articles or videos I assign without burning them out.

i did not purchase this book of my own volition- however, its not a bad read

Good resource book for students in Psychology classes

Very Practical and informative.

This book is very nice. I had to order for a MSW class I was attending. It is very thorough but not too long. It gives you what you need to know. Very helpful.

Not great on Kindle..no page numbers for referencing. Aside from that.. fine

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