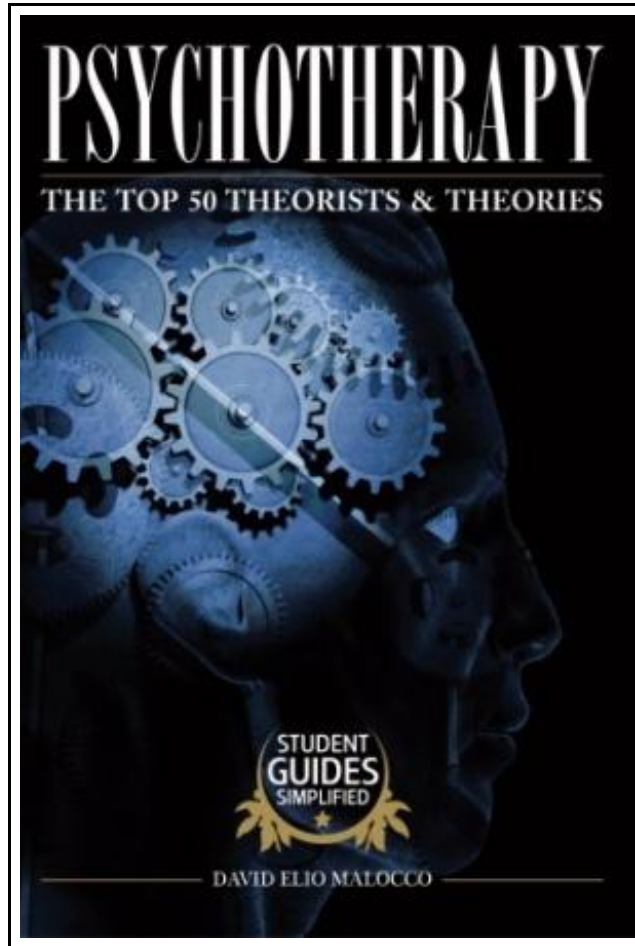


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Reviews

It is one of the best books. Indeed, it really is a play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sofia Yundt)

PSYCHOTHERAPY: THE TOP 50 THEORISTS AND THEORIES

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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This book by best selling author David Elio Malocco (Forensic Science: Crime Scene Analysis and Criminal Profiling: An Introduction) is aimed primarily at those interested in entering the world of mental health but basically it will be enjoyed by anyone with an interest in Psychology. The book lists the world s top psychiatrists, psychoanalysts, psychologists and psychotherapists from Sigmund Freud to the present day. Those covered in the book include Freud (Sigmund and Anna), Adler, Thorndike, Jung, Watson, Klein, Deutsch, Rank, Horney, Fairbairn, Moreno, Sullivan, Perls, Winnicott, Bion, Mahler, Foulkes, Fromm, Erickson, Rogers, Skinner, Maslow, Berne, Ellis, Kohut, Bruner, Bugental, Eysenck, Satir, Milner, Bowen, Beck, Minuchin, Bandura, Glasser, Laing, Yalom, Kim Berg, Meichenbaum, Gottman, Seligman, Linehan, Kabat-Zinn, Teasdale, Shapiro, Strosahl, Segal, and Fredrickson. The book not only covers a biography of each theorist but a simplified yet reasonably detailed account and analysis of their theories and how they inter-relate with previous influencers. In this regard the entries are made in a chronological order so the reader can appreciate how theories have developed over the years. Those interested in entering therapy either as client or therapist should note that the three main approaches of psychology are covered: Psychodynamic, Humanistic and Behavioural. The Psychodynamic approach, including psychoanalytic, is the oldest with an emphasis on bringing the unconscious into consciousness so gaining greater self-knowledge. It is usually long-term work, often over a number of years, and in the case of psychoanalysis with several sessions each week. It delves into the past to discover the origins of our behavioural patterns and belief systems. The therapists are relatively silent, and refer to their clients as patients. The chief proponents are Freud, Jung and...



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