



# What is Counselling and Psychotherapy?

## (Counselling and Psychotherapy Practice Series)

*Norman Claringbull*

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# **What is Counselling and Psychotherapy? (Counselling and Psychotherapy Practice Series)**

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Written specifically for students on counselling and psychotherapy courses, this book gives an overview of the profession from its early beginnings in psychotherapy and psychoanalysis through the development of the different schools and approaches of talking therapies including psychodynamic, cognitive behavioural and person-centred approaches. Working within various sectors, such as the commercial, educational and public, is also considered and discussed. The author concludes the book by looking at where counselling and psychotherapy is heading in the future.



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