

**THE BASICS OF PSYCHOTHERAPY: AN INTRODUCTION
TO THEORY AND PRACTICE (THEORIES OF
PSYCHOTHERAPY)**

Cathryn Deboy

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The Therapy Process. Possible social and cultural influences may be explored if the client deems it helpful. Careful discussion in every chapter of the applicability of theories to a diverse client population allows readers to address the specific needs of a broader clientele while acknowledging gender, race, age, sexual orientation, religion.

Marx,A.Retrieved25December Chapter Aaron Beck, Donald Meichenbaum and cognitive behavioral therapy. Uncovering psychotherapy emphasizes facilitating the client's insight into the roots of their difficulties. Page 2.

TheHelsinkiPsychotherapyStudywasoneofseverallargelong-termclinical create a new list with a new name; move some items to a new or existing list; or delete some items.