



The Handbook of Individual Therapy

Windy Dryden

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'[This] is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients.'

Professor Sue Wheeler, University of Leicester

'[It] continues to be the book that one turns to when looking for a clear introduction to the broad range of therapies that are offered in the UK today.'

Dr Nick Midgley, Anna Freud Centre

This classic text has helped over 50,000 students wishing to understand the key counselling and psychotherapy approaches. This sixth edition is the most comprehensive update since it was first published in 1984, with 15 newly contributed chapters and 8 updated chapters. Each approach now includes a new Research section summarising the research findings, an in-depth Case Study illustrating how that approach works in practice, and an extended Practice section. Also covered:

- historical context and development
- main theoretical assumptions
- which clients will benefit most
- strengths and limitations.

New chapters include **Compassion-Focussed Therapy, Interpersonal Therapy, Mindfulness in Individual Therapy, Pluralistic Therapy** and **The Transpersonal in Individual Therapy**.

This is an ideal one-stop shop for trainees of counselling, psychotherapy, counselling psychology, psychology and other allied professions wanting to learn about the most commonly practised therapies today.

Windy Dryden has worked in the fields of counselling and psychotherapy since 1975. He is author/editor of over 200 books.

Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist at the Univeristy of Liverpool and a freelance writer, trainer and supervisor. He is former Editor of the *Counselling and Psychotherapy Research* journal.

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