Therapist and Client: A Relational Approach to Psychotherapy
Patrick Nolan

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DESCRIPTION

Therapist and Client: A Relational Approach to Psychotherapy provides a guide to the fundamental interpersonal elements of the therapeutic relationship that make it the most effective factor in therapy.

• Presents the fundamental interpersonal elements that make the therapeutic relationship the most effective factor in psychotherapy

• Explores and integrates a range of approaches from various schools, from psychoanalysis to body-oriented psychotherapy and humanistic psychotherapies

• Offers clear and practical explanations of the intersubjective aspects of therapy

• Demonstrates the pivotal need to work in the present moment in order to effect change and tailor therapy to the client

• Provides detailed case studies and numerous practical applications of infant research and the unified body-mind perspective increasingly revealed by neuroscience
ABOUT THE AUTHOR

Patrick Nolan is a Psychotherapist and the Director of the Irish Institute for Integrated Psychotherapy. He is co-author of *Object Relations and Integrative Psychotherapy: Tradition and Innovation in Theory and Practice* (2002) and has written about integrative, psychoanalytic and body psychotherapy in numerous publications.

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