



The Therapeutic Relationship: Perspectives and Themes

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This work explores the therapeutic relationship in the psychological therapies. It will be an important resource book for practitioners including counsellors, psychotherapists, psychologists, trainers and trainees and all those who work with people in therapeutic contexts. This book reviews the importance of the therapeutic relationship within the key modalities of Person-Centred, Psychodynamic, Existential, Gestalt, TA, CBT, Relational and Transpersonal approaches. The place of power and oppression and the social context of the relationship in therapy are further reviewed. Authors examine what the research really tells us about outcomes in therapy and explores the place of research for the psychological therapies. In a series of commissioned chapters significant themes are presented which enable the reader to consider their impact on therapeutic practice. These include: touch, a Japanese perspective, spirituality, I- Thou relatedness and the contribution of Buber, the creative therapies and working with groups. In this title, the reader is invited to consider their own modality, their practice and their understanding of what really works in therapy.

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