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# Introducing Psychotherapy: A Graphic Guide (Introducing...)

*Nigel Benson*

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**Introducing Psychotherapy: A Graphic Guide (Introducing...)** Nigel Benson

What is psychotherapy? How can we choose wisely from so much on offer?

This book provides a valuable summary of the main therapies: the "talking cures" of psychoanalysis, behavioral and cognitive techniques, somatic solutions, humanist gestalt and existential approaches, and individual and group therapies.

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