



Integrative Counselling & Psychotherapy: A Relational Approach

Ariana Faris, Els van Ooijen

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This is an accessible and user friendly guide to the theory and practice of relational counseling and psychotherapy. It offers a meta-theoretical framework for the integration of the three most popular counseling and psychotherapy modalities: humanistic, psychodynamic and cognitive-behavioral including mindfulness and compassion based approaches.

This exciting new text outlines the history of integration in the field of psychotherapy and counseling, including clarifying the nature of psychotherapeutic integration, defining different models of integration, and providing a detailed guide to working with the Relational-Integrative Model (Rim) for a range of professional issues, including ethics, research, supervision, therapist self-care and personal development.

Brimming with vivid case examples, mind-maps and therapeutic dialogue, this invaluable book will help develop the theoretical knowledge and skills base of students, trainers and practitioners alike.

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