



Integrative and Eclectic Counselling and Psychotherapy

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Stephen Palmer is Joint award winner of the Annual Counselling Psychology Award for outstanding professional and scientific contribution to Counselling Psychology in Britain for 2000.

'The editors' support for the integrative project is clear, but the book will hold its own with the sceptics too. I recommend it' - *Counselling at Work*

This innovative and timely book examines the issues and ideas surrounding integration and eclecticism in a therapeutic context, and provides a detailed account of a wide range of approaches in use.

Following an exploration of the origins of integrative and eclectic processes, 10 approaches are explained in detail. Chapters on each approach: describe its central concepts, assumptions and therapeutic goals; outline its view of how psychological disturbance is acquired, perpetuated and resolved; examine how the theory relates to practice - including examples of typical sessions and case studies; and consider which clients might benefit.

Further chapters explore the implications of using integrative and eclectic approaches for training, supervision, for working in a time-limited context and from a multicultural perspective.

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