

# Changing Lives Through Redecision Therapy

Changing Lives Through Redecision Therapy Neuentscheidung (Changing lives through redecision therapy, dt.) Ein Modell d. Psychotherapie The Handbook of Constructive Therapies Transactional Analysis Counselling in Action Theories and Strategies in Counseling and Psychotherapy The Therapeutic Relationship in Psychoanalysis, Counselling Psychology and Psychotherapy Theory and Practice of Counseling and Psychotherapy Redecision Therapy The International Journal of Group Psychotherapy Theory and Practice of Group Counseling The International Child Welfare Review Couple Therapy Techniques in Transactional Analysis for Psychotherapists and Counselors Transactional Analysis Journal Integration in Counselling & Psychotherapy Group Work Family Therapy Handbook of Marital Interventions Basic Approaches to Group Psychotherapy and Group Counseling Bulletin of the Menninger Clinic Mary McClure Goulding Mary MacClure Goulding Michael F. Hoyt Ian Stewart Burl E. Gilliland Petruska Clarkson Gerald Corey Carolyn E. Lennox Gerald Corey Frank Bockus Muriel James Phil Lapworth Samuel T. Gladding Imelda W. Clements Luciano L'Abate George Michael Gazda Menninger Clinic

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redecision therapy is based on the premise that through goal setting and the reenactment of important childhood scenes we may change our future and gain control of our lives this revised and updated edition includes the innovative treatment techniques developed by the gouldings plus new material on short term treatment for victims of childhood sexual physical and emotional abuse and advice on how to utilize the strengths of each client to enhance and support therapy

a guide to the use of treatment approaches known as constructive therapies the leading teachers and practitioners in this powerful handbook represent a variety of schools of therapeutic treatments that all share an optimistic view of people as resourceful individuals who construct their own realities emphasizing a collaborative approach the therapies focus on the strengths and resources of the clients and look to where people want to go rather than where they have been hoyt should be commended for bringing together in one volume diverse voices that bring alive the exciting possibilities that mark and define this new era of psychotherapy steven freidman author of time effective psychotherapy

transactional analysis with its simplicity of language and clarity of concept offers an approach to counseling that promotes understanding and immediately catches the imagination yet below this surface appeal is a profound theoretical structure in this work the author explains these theoretical principles by relating them to direct practice he clearly illustrates the process of transactional analysis counselling from the first contact through initial diagnosis and treatment planning to contact making and the planned treatment sequence in addition he offers useful suggestions for how best to deal with changing behavior patterns and emotions of clients

the fourth edition is a revised and improved version of an outstanding book that has been widely used since 1984 practically and clinically applied this book contains appropriate references for all the major ideas and concepts therapy topics included in the book psychoanalytic aldieran jungian gestalt cognitive computer assisted and more new material on the chaos theory is also included counselors psychotherapists and psychiatrists

it is often the therapeutic relationship between client and therapist which is more important than the theoretical orientation this book deals with the uses and abuses of the therapeutic relationship in counselling psychology psychotherapy and related fields it provides a framework for integration pluralism or deepening singularity with reference to five kinds of therapeutic relationship potentially available in every kind of counselling or psychodynamic work the original paper and framework upon which this book is based has been widely acclaimed within psychotherapeutic humanistic and psychoanalytic circles internationally it has been found useful by adherents of a single orientation as well as by practitioners who draw from several approaches in addition it has formed the basis for several courses in counselling and psychotherapy which have been recognised by national and international accrediting organisations dealing with an issue of increasing complexity the book will be of great value and significance to psychotherapists psychoanalysts clinical and counselling psychologists and other professionals working in the field of helping human relationships such as doctors social workers teachers and counsellors informed lay people particularly those who are involved in the helping professions may also find it of interest and benefit

this revision of gerald corey s best selling text introduces students to the major theories of counseling psychoanalytic adlerian existential person centered gestalt reality behavior cognitive behavior family systems feminist and new to this edition postmodern approaches and demonstrates how each theory can be applied to a single case stan reviewed by 27 of the field s leading experts corey s seventh edition covers the major concepts of counseling theories shows students how to apply those theories in practice and helps them learn to integrate the theories into an individualized counseling style incorporating the thinking feeling and behaving dimensions of human experience corey offers an easy to understand text that helps students compare and contrast the therapeutic models this book is the center of a suite of products that include a revised student manual a revised casebook a companion text and an all new cd rom

editor carolyn lennox characterizes the redecision therapist as a director in an improvisational theater guided by the client s personal contract for change the therapist helps the client select and rewrite old scripts in which he or she was cast as victim by keeping the dialogue moving and assisting the client in confronting negative messages the therapist supports revision of the last act so that the self can be experienced as triumphant protagonist and the victory can be carried over into everyday life this compendium of contributions from twenty two experienced redecision therapists first addresses issues of theory how to negotiate a clear contract for change how to identify client impasses how to access the client s potential for creativity what transactional analysis calls the natural child and then illustrates

applications of the theory in the treatment of depression anxiety bulimia ptsd and so forth in individuals and groups and in private hmo and hospital settings closing chapters discuss redecision therapy training and supervision the book s thoroughly accessible approach to brief action oriented therapy will be welcomed by students and practitioners alike as what dr lennox gracefully terms teachable and learnable magic

in this revision of his best selling text corey outlines the basic elements of group process deals with ethical and professional issues special to group work and presents an overview of the key concepts and techniques of ten theoretical approaches to group counseling the focus is on the practical applications of theoretical models to group work two detailed chapters 16 and 17 walk students through the various stages of group development

this work describes how therapists combine a theoretical point of view special language and clinical examples it demonstrates the therapist s conceptualisations about the therapy as well as the therapy s content it should be useful to any experienced therapist regardless of discipline

any counsellor or psychotherapist interested in understanding and reassuring their integrative framework would benefit from reading this book it deals with some complex areas in a way that makes it an enjoyable and stimulating read for practitioners and trainees at any level counselling and psychotherapy journal supported by research findings many practitioners see great advantage in integrating various approaches into their work rather than following one pure form of counselling or psychotherapy integration in counselling psychotherapy has been written as a guide for trainees and professionals interested in the philosophy process and practice of integration part one provides an account of how integration has developed outlines the generic elements of counselling and psychotherapy and looks at how to integrate in part two the authors set out their own multidimensional integrative framework and demonstrate its use in clinical practice and in part three they describe a further five frameworks for readers to compare and contrast the intention is not for practitioners to adhere to the frameworks presented here but to create and develop their own personal ways of integrating according to their theoretical background level of experience and personal style

a comprehensive book that discusses the evolution practice and outcomes of 11 prominent theoretical approaches to group work and examines the essentials required to be an effective worker and leader with groups in various settings and life stages it begins with an introduction to the history dynamics diversity leadership ethics and development that are part of the lives of groups it then presents an extensive discussion of the issues and procedures for working with groups throughout the lifecycle for group counselors and therapist or anyone working with or within a group

table of contents 1 the field of marital interventions and therapies part 1 educational and preventive social skills training methods 2 assertiveness training 3 communication training programs 4 covenant contracting 5 encounter 6 relationship enhancement 7 enrichment 8 conflict resolution 9 problem solving 10 the treatment of sexual dysfunction part 2 remedial techniques therapeutic interventions 11 behavioral marital therapy 12 counseling and psychotherapy part 3 preventing and dealing with marriage breakdown 13 premarital programs and counseling 14 divorce mediation 15 divorce and postdivorce interventions part 4 issues in marital intervention 16 marital interaction theories and research 17 the training of marital therapists 18 conclusions current issues in methods of marital intervention app a the assessment of assertive behavior selected references app b the measurement of communication in couples app c guidelines for covenant writing with couples app d intimacy

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