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## Other-Centred Therapy

By Caroline Brazier

John Hunt Publishing. Mixed media product. Book Condition: new. BRAND NEW, Other-Centred Therapy, Caroline Brazier, Practical and innovative and grounded in theory of Buddhist psychology and in Western methodologies, "Other-Centred Therapy" presents a positive and outwardly orientated view of therapeutic process. Caroline Brazier offers an introduction to an innovative therapeutic approach which is founded on an understanding of human process that is both practical, and honoring of our place in an experiential world. The book is practical, offering the reader not only a straightforward, jargon-free presentation, but also examples of the method in practice. Set out as a learning programme, it includes exercises and discussion points which will help the reader to integrate learning. This book will be of interest to student and practicing counselors and psychotherapists, but will also provide plenty of material for the general reader. The structured approach will make it an invaluable tool for trainers. A down to earth approach to good therapeutic practice, this book nevertheless critiques many of the popular assumptions of the profession and takes a fresh look at the important foundations of its work.



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