



## Psychodynamic Counselling in a Nutshell

*Susan Howard*

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Psychodynamic Counselling in a Nutshell explains in clear, jargon-free style, the concepts at the heart of the psychodynamic approach, and, drawing on case material, describes the therapeutic practice which rests on those ideas. Assuming no previous knowledge of the subject, the book introduces:

• the history of the approach,

• the key main concepts, and

• practical techniques used by practitioners

In the first chapter, the author introduces a client, John, whose case is revisited throughout the book, connecting together theory and practice for the reader.

This new and revised edition also now includes new material on supervision and ethics, on Freud and Jung, and on outcome research and the most recent developments in the field.

Psychodynamic Counselling in a Nutshell is the ideal place to start for anyone reading about the psychodynamic approach for the first time.



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