

## Current Psychotherapies Corsini And

How to Take a Friendly Perspective: Philosophy of Science and the Field of Psychotherapy; A Thumbnail Sketch of the Experiential Model of Human Beings; In-Session Goals, Objectives, and Directions of Change; For What Patients Is Experiential Psychotherapy Useful, Appropriate, and Appealing?; For What Kinds of Therapists Is Experiential Psychotherapy Suitable, and What Determines That the Session Will Be Effective?; Dealing with the Practicalities of Experiential Psychotherapy; Step 1 - Being in the Moment of Strong Feeling and Accessing the Inner Experiencing; Step 2 - Integrative Good Relationship with Inner Experiencing; Step 3 - Being the Inner Experiencing in Earlier Scenes; Being and Behaving as the Inner Experiencing in the Present.

Newman and Newman use a life-stage approach to present development across the life span, drawing on the psychosocial theory of Erik Erikson to provide a conceptual framework for the text. The authors address physical, intellectual, social, and emotional growth in 11 life stages, from the prenatal period through elderhood, focusing on the idea that development results from the interdependence of these areas at every stage, and placing special emphasis on how optimal development may be fostered throughout life. Updated with new research findings throughout, *DEVELOPMENT THROUGH LIFE: A PSYCHOSOCIAL APPROACH*, 13th Edition, provides a balanced view of normative patterns of development and diverse pathways, considering individual, family, cultural and societal factors that contribute to the diversity of life stories. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Acclaimed author and renowned psychiatrist Irvin D. Yalom distills thirty-five years of psychotherapy wisdom into one brilliant volume. The culmination of master psychiatrist Dr. Irvin D. Yalom's more than thirty-five years in clinical practice, *The Gift of Therapy* is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of *Love's Executioner* shares his uniquely fresh approach and the valuable insights he has gained—presented as eighty-five personal and provocative “tips for beginner therapists,” including: •Let the patient matter to you •Acknowledge your errors •Create a new therapy for each patient •Do home visits •(Almost) never make decisions for the patient •Freud was not always wrong A book aimed at enriching the therapeutic process for a new generation of patients and counselors, *Yalom's Gift of Therapy* is an entertaining, informative, and insightful read for anyone with an interest in the subject.

Organized around the latest CACREP standards, *Counseling Theory: Guiding Reflective Practice*, by Richard D. Parsons and Naijian Zhang, presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors.

Used in top counseling, psychology, and social work programs, *CURRENT PSYCHOTHERAPIES*, 8e International Edition is the ideal resource to not only help you excel in the course, but also to learn, compare, and apply the major systems of psychotherapy in a way that will be meaningful in your own practice. Each contributor is either an originator or a leading proponent of one of the systems, and each presents the basic principles of the system in a clear and straightforward manner, discussing it in the context of the other systems. Theory chapters include a case example that guides you through the problem, evaluation, treatment, and follow-up process. Accompanying *CURRENT PSYCHOTHERAPIES* is *CASE STUDIES IN PSYCHOTHERAPY*, each case demonstrates the basic techniques and methods of the theory being illustrated. This edition retains classic case studies by Harold Mosak, Carl Rogers, Albert Ellis, Arnold Lazarus, and Peggy Papp.

This sixth edition provides an essential introduction to the major theoretical approaches in counselling and psychotherapy today. Comprehensive and accessible, it now includes two brand new chapters on Mindfulness and Positive Therapy, as well as additional content on ethics, on new developments in each approach, including the latest research and updated references. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Each chapter also contains review and personal questions. Richard Nelson-Jones' authoritative and practical textbook is the ideal companion for students on introductory courses and those embarking on professional training.

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. This guide is designed to assist therapists in training—mental health counselors, psychologists, social workers, school counselors, substance abuse counselors, psychotherapists, and peer helpers—in the process of finding a theoretical orientation congruent with their own personal values. In it, readers get a look at the theory and practices involved in the process; a concise, helpful reminder/overview of the major theories of counseling; and specific learning activities, reflection questions, and case examples interspersed throughout. Unique to this book are the authors' Intentional Theory Selection (ITS) model, a contemporary model for selecting a theoretical orientation congruent with one's personal values, and the Selective Theory Sorter-Revised (STS-R), a survey for discovering which research theories a counselor might endorse. Updated throughout, the Third Edition focuses on assisting clinicians further in finding their theoretical orientation in a diverse society while enjoying the self-exploration process. The authors have presented the ITS model and the STS-R at many professional conferences, incorporating the feedback into the new edition.

Used in top counseling, psychology, and social work programs and now in its tenth edition, *CURRENT PSYCHOTHERAPIES* helps readers learn, compare, and apply the major systems of psychotherapy in a way that will be meaningful in their own practices. Each contributor is either an originator or a leading proponent of one of the systems, and presents the basic principles of the system in a clear and straightforward manner, discussing it in the context of the other systems. Theory chapters include a case example that guides readers through the problem,

evaluation, treatment, and follow-up process. CASE STUDIES IN PSYCHOTHERAPY, which accompanies the book, offers corresponding cases that demonstrate the basic techniques and methods of the theory being illustrated. Available with InfoTrac Student Collections <http://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Using compelling contemporary and classic cases, CASE STUDIES IN PSYCHOTHERAPY brings to life essential concepts and practices in psychotherapy. The Seventh Edition of this popular casebook features intriguing new cases added to illustrate Psychoanalysis, Client-Centered Therapy, Existential Therapy, Interpersonal Therapy, Contemplative Therapies, and Therapy in a Multicultural context. There's also an entirely new chapter on Positive Psychotherapy. The book maintains its parallel structure with the Tenth Edition of Wedding and Corsini's CURRENT PSYCHOTHERAPIES, providing you with the most comprehensive look at psychotherapy available today. All of these insightful cases are chosen for intrinsic interest, clarity of presentation, and the ability to most effectively demonstrate the basic techniques and methods of the theory being illustrated. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Incorporating the thinking, feeling, and behaving dimensions of human experience, the tenth edition of Corey's best-selling book helps students compare and contrast the therapeutic models expressed in counseling theories. Corey introduces students to the major theories (psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, postmodern, and integrative approaches) and demonstrates how each theory can be applied to two cases (Stan and Gwen). With his trademark style, he shows students how to apply those theories in practice, and helps them learn to integrate the theories into an individualized counseling style. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This practical introductory text helps students understand, conduct, and interpret both qualitative and quantitative paradigms in educational research methods. This book is organized around eight research methods to help users plan and conduct their first educational research projects. By proceeding through chapter contents and completing the in-text exercises, readers will simultaneously prepare a research plan and learn how to obtain and analyze data, address research questions and hypotheses, and prepare a report of their projects. In keeping with the main purpose of helping users clearly understand and apply research concepts, many pedagogical features have been included in the book. Additionally, each chapter contains one or more special sections titled "Applying Technology."

For educators, practitioners, researchers, and everyone striving for personal growth and a fulfilling life! This completely revised edition of a classic in the field provides a unique way to learn about positive psychology and what is right and best about human beings. Positive Psychology at the Movies now reviews nearly 1,500 movies, includes dozens of evocative film images, and is replete with practical aids to learning. Positive psychology is one of the most important modern developments in psychology. Films brilliantly illustrate character strengths and other positive psychology concepts and inspire new ways of thinking about human potential. Positive Psychology at the Movies uses movies to introduce the latest research, practices, and concepts in this field of psychology. This book systematically discusses each of the 24 character strengths, balancing film discussion, related psychological research, and practical applications. Practical resources include a syllabus for a positive psychology course using movies, films suitable for children, adolescents, and families, and questions likely to inspire classroom and therapy discussions. Positive Psychology at the Movies was written for educators, students, practitioners, and researchers, but anyone who loves movies and wants to change his or her life will find it inspiring and relevant. Watching the movies recommended in this book will help the reader practice the skill of strengths-spotting in themselves and others and support personal growth and self-improvement. Read this book to learn more about positive psychology – and watch these films to become a better person!

This book examines the scientific contribution and increasing relevance of the Person-Centered Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional psychotherapy applications (client-centered, experimental, emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges-so far only partly recognized- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.

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For almost three millennia, philosophy and its more pragmatic offspring, psychology and the cognitive sciences, have struggled to understand the complex principles reflected in the patterned operations of the human mind. What is knowledge? How does it relate to what we feel and do? What are the fundamental processes underlying attention, perception, intention, learning, memory, and consciousness? How are thought, feeling, and action related, and what are the practical implications of our current knowledge for

the everyday priorities of parenting, education, and counseling? Such meaningful and fascinating questions lie at the heart of contemporary attempts to build a stronger working alliance among the fields of epistemology (theories of knowledge), the cognitive sciences, and psychotherapy. The proliferation and pervasiveness of what some have called "cognitivism" throughout all quarters of modern psychology represent a phenomenon of paradigmatic proportions. The (re-)emergence of cognitive concepts and perspectives--whether portrayed as revolutionary (reactive) or evolutionary (developmental) in nature--marks what may well be the single most formative theme in late twentieth century psychology. Skeptics of the cognitive movement, if it may be so called, can readily note the necessary limits and liabilities of naive forms of metaphysics and mentalism. The history of human ideas is writ large in the polarities of "in here" and "out there"--from Plato, Pythagoras, and Kant to Locke, Bacon, and Watson.

### Current Psychotherapies Cengage Learning

Dr. Raymond J. Corsini is a recognized authority on new and innovative therapy techniques, and the first edition of the Handbook of Innovative Therapy is the leading manual in the field. Since its publication, many new and compelling techniques have been introduced.

This is the first book to apply Dr. Ellis's famous "Rational Emotive Behavior Therapy" principles to intimate relationships. The seven guidelines for better couple communication offered in this user-friendly guide emphasize non-blaming acceptance, integrity, mutual support, appreciation, replacing irrational ideas and expectations with realistic attitudes. An effective resource for couples seeking greater closeness, intimate partners who are willing to make "unilateral" changes, marriage and family therapists -- a breakthrough relationship guide from the father of rational therapy.

Role playing is the most naturalistic form of psychotherapy. In the safety and privacy of an office, psychiatrists and psychologists guide patients in more competent ways of living, and help patients see how they behave. Role playing, which is also used for diagnostic purposes by therapists, is an unparalleled procedure for letting patients see themselves in action, and helps them establish and assimilate in concrete fashion the insights achieved in the interview. From the point of view of the patient, psychotherapy has two main aspects; the personality of the therapist, which includes the attitude towards the patient and their understanding; and the procedures used by the therapist, such as how he conducts therapy. The therapist sees psychotherapy as a process which helps the patient to understand themselves, to modify their attitudes and levels of aspiration, and generate new ways of behaving. It is a process of change in the sense of abandoning old concepts, coming to new generalizations, and learning new behavior patterns for a current generation. Role playing as a psychotherapeutic technique is not as well understood as it merits. The beliefs that role playing is an exotic method which commits the user to a special school of thought, that it is used only in group therapy, or that it is difficult to learn, are common erroneous notions. This book gives a clear picture of therapeutic role playing, and explains how it is used and for what purposes. A rationale for its value and examples of its use are provided by the author.

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"At the root of many controversies surrounding therapy is one key question: What works? Is efficacy based on the singular curative powers of specialized techniques, or do other variables account for patient change? This book proposes the answer, which is not to be found in the languages, theories, or procedural differences of the field's warring camps. Instead, the answer lies in pantheoretical, or common factors--the ingredients of effective therapy shared by all orientations. /// More than 40 yrs of outcome research is pointing the way to what really matters in the therapist's day-to-day work. The editors have assembled researchers and practitioners in the field to analyze the extensive literature on common factors and to offer their own evaluations of what those data mean for therapy, therapists, and consumers. Consistent patterns are revealed in findings from multiple perspectives--clinical, research, quantitative and qualitative, individual and family, and medical and school. The result is a book that interprets the empirical foundation of how people change. Clinicians will especially appreciate the wealth of practical suggestions for using the common factors to improve their daily practice"--Jacket. (PsycINFO Database Record (c) 2006 APA, all rights reserved).

Are some therapies more effective than others? How important is the relationship? Which clients do best in therapy? Essential Research Findings in Counselling and Psychotherapy answers these questions and many more, providing trainees, practitioners and researchers with a comprehensive introduction to the latest findings in the field. The book sets out in a jargon-free way the evidence for the effectiveness of therapy and the factors associated with positive therapeutic outcomes. It gives suggestions for further reading, definitions of key terms and questions for discussion, making this an ideal text for use in training. The book is also designed for practitioners who increasingly need to justify their therapeutic work on empirical grounds. Essential Research Findings in Counselling and Psychotherapy gives them the knowledge and confidence to do just that. More than that, it makes research findings accessible and provides information on how to practice counselling and psychotherapy in an effective way. Watch Mick Cooper talking about this book on YouTube: [To view the Part 1 - Click Here](#) [To view the Part 2 - Click Here](#) [To view the Part 3 - Click Here](#)

The most well-known and respected psychotherapist of our time offers a "three-pronged" system for maintaining--or regaining--emotional health, consisting of healthy thinking, healthy emotions, and healthy behavior.

In a revised edition of her revelatory work *You Can Go Home Again*, veteran family therapist Monica McGoldrick explains how understanding family patterns and history through the use of the genogram - a more in-depth version of the traditional family tree - can reveal a family's history of estrangement, alliance, divorce, suicide, or disease and help us to learn, grow, and deepen the bonds with our own families. McGoldrick uses famous families as examples to bring the discussion to life - the Obamas, the Ghandis, the Roosevelts, the Kennedy's, Frida Khalo, Freud, Che Guerva and the Hepburns, among others, are all included. By drawing on these examples and incorporating new illustrations and updated genograms, she shows how issues of sibling rivalry, birth order, family myth, marital relations and parent-child relationships can all play a role in how we perceive our family history, our sense of 'home,' and, therefore, our identity. In *The Genogram Journey* McGoldrick examines our collective past while informing us about how to use it wisely to shape the future.

With more than three times as many defined entries, biographies, illustrations, and appendices than any other dictionary of psychology ever printed in the English language, Raymond Corsini's Dictionary of Psychology is indeed a landmark resource. The most comprehensive, up-to-date reference of its kind, the Dictionary also maintains a user-friendliness throughout. This combination ensures that it will serve as the definitive work for years to come. With a clear and functional design, and highly readable style, the Dictionary offers over 30,000 entries (including interdisciplinary terms and contemporary slang), more than 125 illustrations, as well as extensive cross-referencing of entries. Ten supportive appendices, such as the Greek Alphabet, Medical Prescription Terms, and biographies of more than 1,000 deceased contributors to psychology, further augment the Dictionary's usefulness. Over 100 psychologists as well as numerous physicians participated as consulting editors, and a dozen specialist consulting editors reviewed the material. Dr. Alan Auerbach, the American Psychological Association's de facto dictionary expert, served as the senior consulting editor. As a final check for comprehensiveness and accuracy,

independent review editors were employed to re-examine, re-review, and re-approve every entry.

The latest edition of this popular textbook on the behavioral and social sciences in medicine has been fully revised and updated to meet the latest requirements on teaching recommended by the National Academy of Medicine (NAM). It is an invaluable resource for behavioral science foundation courses and exam preparation in the fields of medicine and health, including the USMLE Step 1. Its 23 chapters are divided into five core sections: mind–body interactions in health and disease, patient behavior, the physician’s role, physician–patient interactions, and social and cultural issues in health care. Under the careful guidance and editing of Danny Wedding, PhD, Distinguished Consulting Faculty Member, Saybrook University, Oakland, CA, and Margaret L. Stuber, MD, Professor of Psychiatry and Biobehavioral Sciences at UCLA, nearly 40 leading educators from major medical faculties have contributed to produce this well-designed textbook.

An existential therapy handbook from those in the field, with its broad scope covering key texts, theories, practice, and research The Wiley World Handbook of Existential Therapy is a work representing the collaboration of existential psychotherapists, teachers, and researchers. It's a book to guide readers in understanding human life better through the exploration of aspects and applications of existential therapy. The book presents the therapy as a way for clients to explore their experiences and make the most of their lives. Its contributors offer an accurate and in-depth view of the field. An introduction of existential therapy is provided, along with a summary of its historical foundations. Chapters are organized into sections that cover: daseinsanalysis; existential-phenomenological, -humanistic, and -integrative therapies; and existential group therapy. International developments in theory, practice and research are also examined.

CURRENT PSYCHOTHERAPIES, 11th Edition, helps students learn, compare and apply all major systems of psychotherapy in a way that's meaningful to their classroom experience and their own practice. Used in top Counseling, Psychology and Social Work programs, the book features an outstanding group of contributors--each of whom is either an originator or a leading proponent of one of the systems. These distinguished figures include Albert Ellis, Carl Rogers, Aaron Beck, Martin Seligman, John Norcross, Larry Beutler and Irvin Yalom. Each contributor presents the basic principles of a system, including how it compares with other systems. A case example in every theory chapter guides students through the problem, evaluation, treatment and follow-up process. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Contemporary Psychodynamic Psychotherapy: Evolving Clinical Practice covers the latest applications of psychodynamic therapy for a range of clinical issues, including depression, anxiety, psychosis, borderline personality and trauma. It discusses psychodynamic practice as an evidence-based therapy, providing reviews of outcome and process research. Covering a wide array of treatments tailored for specific disorders and populations, this book is designed to appeal to clinicians and researchers who are looking to broaden their knowledge of the latest treatment strategies, novel applications, and current developments in psychodynamic practice. Outlines innovative delivery strategies and techniques Features therapies for children, refugees, the LGBT community, and more Covers the psychodynamic treatment of eating, psychosomatic and anxiety disorders Includes psychotherapy strategies for substance misuse and personality disorders

Examining the actual moment-to-moment process of therapy, this volume provides specific ways for therapists to engender effective movement, particularly in those difficult times when nothing seems to be happening. The book concentrates on the ongoing client therapist relationship and ways in which the therapist's responses can stimulate and enable a client's capacity for direct experiencing and "focusing." Throughout, the client therapist relationship is emphasized, both as a constant factor and in terms of how the quality of the relationship is manifested at specific times. The author also shows how certain relational responses can turn some difficulties into moments of relational therapy.

Contemporary Theory and Practice in Counseling and Psychotherapy by Howard E. A. Tinsley, Suzanne H. Lease, and Noelle S. Giffin Wiersma is a comprehensive, topically arranged text that provides a contemporary account of counseling theories as practiced by internationally acclaimed experts in the field. Each chapter covers the way mindfulness, strengths-based positive psychology, and the common factors model is integrated into the theory. A special emphasis on evidence-based practice helps readers prepare for their work in the field.

More people are in psychotherapy than ever before. Yet most of them have no idea of the vast differences between the hundreds of various schools of therapy. Therapy Breakthrough is the first book to clearly explain the theories and practices of the two big camps: Psychodynamic or PD therapy and Cognitive-Behavioral or CB therapy. PD therapists believe that emotional problems are caused by hidden forces in our unconscious minds, forces that cannot be observed directly and that resist being uncovered. CB therapists, by contrast, maintain that the roots of people’s emotional and behavioral disturbances can be identified by direct questions, and these problems can then be tackled by straightforward techniques. Therapy Breakthrough is written from the standpoint of CB therapy. Using psychological research, philosophy, and common sense, it argues that PD therapy is founded on mistaken theories of the mind, and explains how to apply CB methods directly to your own problems.

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This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice: - cognitive therapy and solution-focused therapy from the cognitive-behavioural school - person-centred and Gestalt therapy from the humanistic school - Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school. Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Richard Nelson-Jones goes on to review and evaluate all the approaches in his concluding chapter. This excellent textbook is a vital resource for students on introductory courses and those who are starting out on professional training.

Aaron T Beck is one of the 'founding fathers' of the cognitive revolution in psychotherapy. His Cognitive Therapy was innovative in its emphasis on the role of cognition in emotional distress and behavioural dysfunction. Beck first established his reputation in the field of depression. However, Cognitive Therapy has now grown in scope to address a number of disorders and health problems - both clinical and nonclinical - and today Beck's work exercises an enormous influence on psychotherapy in general. This book presents a unique overview of Beck's life and his theoretical and practical achievements. The author considers and effectively rebuts the criticisms that his ideas have attracted over the years and discusses Beck's c

How would therapists using different theoretical systems handle the very same client? This volume demonstrates how six therapists working within the structures of six different major theoretical orientations would treat the same person. Approaches include - Ericksonian Hypnotherapy (Lankton) REBT (Ellis), Multimodal Therapy (Lazarus), Individual Psychotherapy (Corsini), Person-centered Therapy (Zimring), and Cognitive Behavior Therapy (McGrady). Each therapist explains the thinking that underpins his or her clinical interventions. It is this thinking aloud methodology which makes each chapter an invaluable text for psychotherapy students. Each chapter is followed by a critique by experts in the field.

This is the first book on counselling skills to look in detail at the practical interventions and tools used to establish the therapeutic relationship. Step-by-step, the text teaches the reader exactly how to use these skills with clients to address their concerns and achieve therapeutic change. Integrative and pluralistic in approach, the text covers the key techniques from all the major therapeutic models, placing

them in their historical and theoretical contexts. Techniques covered include empathic responding, experiential focusing, Gestalt, metaphors, task-directed imagery, ego state therapy, solution focused therapy, cognitive behavioral therapy, narrative therapy and self-in-representation therapy. The book: - presents each technique from the perspective of its underlying theory; - gives practical instruction on how to deliver each intervention; - provides extracts from counselling sessions to demonstrate the technique in action. This book is crucial reading for all trainees on counselling and psychotherapy courses or preparing to use counselling techniques in a range of other professional settings. It is also helpful for professionals who wish to acquire additional skills. Augustine Meier, certified clinical psychologist, professor Emeritus, Faculty of Human Sciences, Saint Paul University, Ottawa, Ontario and Founder and President of the Ottawa Institute for Object Relations Therapy. Micheline Boivin, certified clinical psychologist, Psychological Services of the Family, Youth and Children's Program at the Centre for Health and Social Services, Gatineau, Québec.

Examines the roles, difficulties and attitudes of women who are combining motherhood and a career.

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