

# Contents

<i>About the authors</i>	ix
<i>Preface</i>	xi
<i>Permissions</i>	xiii
<i>Guide to the companion website</i>	xiv
<b>Introduction</b>	<b>1</b>
<b>1 Counselling and psychotherapy</b>	<b>7</b>
Introduction to counselling and psychotherapy	8
Defining counselling and psychotherapy	9
Therapist and client roles in the therapeutic relationship	20
Boundaries and ethics in the therapeutic relationship	38
Appreciating diversity in the therapeutic relationship	53
Approaches, therapies and models	62
<b>2 Humanistic approach and person-centred therapy</b>	<b>77</b>
Introduction to humanistic approach and person-centred therapy	79
Development of the humanistic approach	79
Personal and professional biographies of Carl Rogers and Abraham Maslow	85
Humanistic theories of human nature and personality	94
Therapeutic relationship in person-centred therapy	110
Therapeutic techniques in person-centred therapy	122
Case study demonstrating person-centred therapy	130
<b>3 Psychodynamic approach and psychoanalytic therapy</b>	<b>137</b>
Introduction to psychodynamic approach and psychoanalytic therapy	139
Development of the psychodynamic approach	139
Personal and professional biographies of Sigmund Freud and Melanie Klein	147

Psychodynamic theories of human nature and personality	160
Therapeutic relationship in psychoanalytic therapy	175
Therapeutic techniques in psychoanalytic therapy	183
Case study demonstrating psychoanalytic therapy	193
<b>4 Behavioural approach and behaviour therapy</b>	<b>201</b>
Introduction to behavioural approach and behaviour therapy	202
Development of the behavioural approach	203
Personal and professional biographies of Ivan Pavlov, John Broadus Watson and Burrhus Frederic Skinner	207
Behavioural theories of human nature and personality	221
Therapeutic relationship in behaviour therapy	229
Therapeutic techniques in behaviour therapy	232
Case study demonstrating behaviour therapy	240
<b>5 Cognitive approach and cognitive therapy</b>	<b>245</b>
Introduction to cognitive approach and cognitive therapy	246
Development of the cognitive approach	247
Personal and professional biographies of Ulric Neisser and Aaron Beck	253
Cognitive theories of human nature and personality	263
Therapeutic relationship in cognitive therapy	273
Therapeutic techniques in cognitive therapy	278
Case study demonstrating cognitive therapy	283
<b>6 Integrative and eclectic therapies</b>	<b>289</b>
Introduction to integrative and eclectic therapies	291
Gestalt therapy	292
Transactional analysis	321
Rational emotive behaviour therapy	346
Cognitive-behaviour therapy	364
Multimodal therapy	386
Neurolinguistic programming	405
<b>Conclusion</b>	<b>425</b>
<i>Index</i>	427