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Nota di contenuto	1. Brian's Story -- 2. Philosophical Background -- 3. Personal Construct Theory -- 4. From the Personal to the Relational -- 5. Personal and Relational Construct Interviewing -- 6. Structured Assessment Methods -- 7. Personal and Relational Construct Formulation -- 8. Individual Psychotherapy -- 9. Working with Couples and Families -- 10. Group Psychotherapy -- 11. Reflexivity, Reflective Practice, and Supervision -- 12. Relationships with Other Therapeutic Approaches -- 13. Evidence Base.
Sommario/riassunto	"In this magnum opus... I discovered a book as readable as it was comprehensive, and as practically relevant to my weekly work with clients as it was theoretically coherent. For any helping professional who has ever wondered, "Whatever became of personal construct theory?" I recommend this book as the definitive, accessible, and eye-opening answer." - Prof. Robert A. Neimeyer, author of Constructivist Psychotherapy "Richly researched and elegantly written, this remarkable

book is destined to become a point of reference not only in the PCP world but also in the larger field of clinical psychology and psychotherapy." - Prof. Valeria Ugazio, Scientific Director, European Institute of Systemic-relational Therapies, Italy This book introduces Personal and Relational Construct Psychotherapy, a development by the authors of an approach to psychotherapy originated in the 1950's by George A. Kelly. Drawing on a lifetime of experience in working with people in mental health settings, Procter and Winter focus on the crucial relationships that form the context of human struggles, and how these can be a fertile resource in problem-resolution. The book provides step-by-step descriptions of assessment and therapeutic methods for working with individuals, families, and groups, as well as exploring the philosophical background of the approach, its application to formulation, supervision, and reflective practice, its relationships to other models of psychotherapy, and its evidence base. The book will be invaluable for psychotherapists, counsellors, and psychologists of all levels and traditions, and useful for students and trainees in health, education, social work, and any field involving helping people with the difficulties of everyday life. Harry Procter is Visiting Professor at the University of Hertfordshire, and was formerly a Consultant Clinical Psychologist in the UK National Health Service, specialising for many years in working with families in both adult and child mental health and disability settings. David Winter is Professor Emeritus of Clinical Psychology at the University of Hertfordshire, UK. He has around 200 publications, primarily on personal construct psychology and psychotherapy research.
