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Nota di contenuto	Cover; Contents; Series Editor's Introduction; Notes on Contributors; Chapter 1 - Embodied Theories: An Introductory Overview; Chapter 2 - Reflections (Psychodynamic Psychotherapy); Chapter 3 - How Rational Am I? Self-Help Using Rational Emotive Behaviour Therapy; Chapter 4 - On Being Present at One's Own Life (Gestalt Psychotherapy); Chapter 5 - An Infant Personal Construct Theorist (Personal Construct Psychotherapy); Chapter 6 - The Body I Am: Lived Body and Existential Change (Existential Psychotherapy); Chapter 7 - The Desire and Pursuit of the Whole (Analytical Psychology) Chapter 8 - Authenticity in Action (Humanistic-Integrative Psychotherapy)Chapter 9 - How Do I Embody the Experiential Model of Human Beings? (Experiential Psychotherapy); Chapter 10 - Embodied Theories: A Preliminary Analysis
Sommario/riassunto	'Embodied Theories' sets out to explore the various ways in which a therapist can be a living expression, or embodiment, of his or her chosen theoretical approach.

