

1. Record Nr.	UNINA9910461253603321
Autore	Holm-Hadulla Rainer Matthias <1951->
Titolo	The art of counselling and psychotherapy // by Rainer Matthias Holm-Hadulla
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, an imprint of Taylor and Francis, , [2018] ©2004
ISBN	0-429-90588-2 0-429-48111-X 1-283-12605-2 9786613126054 1-84940-438-0
Edizione	[First edition.]
Descrizione fisica	1 online resource (185 p.)
Disciplina	158/.3
Soggetti	Counseling Psychotherapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"This revised and expanded English edition is based on the earlier edition in German published by Verlag Vandenhoeck & Ruprecht Die Rsychotherapeutische Kunst in 1997."--t.p. verso.
Nota di bibliografia	Includes bibliographical references (p. 167-171).
Nota di contenuto	COVER; ABOUT THE AUTHOR; FOREWORD; CHAPTER ONE: Introduction and overview; CHAPTER TWO: Creativity; CHAPTER THREE: Three examples of counselling and psychotherapy; CHAPTER FOUR: Hermeneutics: the art of creative understanding and life management; CHAPTER FIVE: Aesthetic experience and shaping of reality; CHAPTER SIX: Creative principles of psychotherapy; CHAPTER SEVEN: Creative principles of counselling and coaching; CHAPTER EIGHT: The creative aspect of brief dynamic psychotherapy; CHAPTER NINE: The creative aspect of psychoanalysis CHAPTER TEN: Indications and counter-indications for the creative attitude CHAPTER ELEVEN: Professional and "ordinary" relationships; CHAPTER TWELVE: Ethical implications; CHAPTER THIRTEEN: Artistic shaping and resolution of psychic conflicts; CHAPTER FOURTEEN: Summary; REFERENCES

Counselling and psychotherapy are effective to the extent that they promote the creativity of clients and patients. Creativity is both a lifestyle and a health resource. A creative lifestyle implies learning to be the authors of our own lives and a creative approach to our inner lives and our social environment gives us coherence and authenticity. This book derives creative principles for counselling and psychotherapy from practical modern approaches in these fields, as well as from psychoanalysis, hermeneutics, and new concepts of creativity itself. The creative attitude central to this represents an integrative basis for the differential application of various counselling and treatment techniques. Creative counselling serves to assist in coping with distress and clearly defined conflicts, and encourages personal and professional development. Creative psychotherapy is an aspect of dynamic, analytic and integrative psychotherapy. The hermeneutic principles - memory, narrative shaping, interactional experience - are activated with a view to ridding patients of psychopathological symptoms. In the modern world with all its challenges, creative counselling and psychotherapy are of outstanding importance. The Art of Counselling and Psychotherapy outlines a readily understandable, vital, and creative approach to the practice of counselling and psychotherapy in the service of the development of personal and social creativity.
