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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. What do we know about decision-making in counselling and psychotherapy? -- pt. 2. How do we frame our decision-making in practice? -- pt. 3. Decision-making contexts that require special consideration.
Sommario/riassunto	Drawing on practical exercises this book examines how to effectively tackle decision-making in 'real world' counselling and psychotherapeutic settings.