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Titolo	Unifying psychotherapy : principles, methods, and evidence from clinical science // Jeffrey J. Magnavita, Jack C. Anchin
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ISBN	0-8261-9983-6
Descrizione fisica	1 online resource (329 p.)
Altri autori (Persone)	AnchinJack C <1951-> (Jack Charles)
Disciplina	616.89/14
Soggetti	Psychotherapy - Philosophy Clinical psychology - Philosophy System theory Self-organizing systems Electronic books.
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Theory and evidence for unifying psychotherapy -- The emergence of a unifying paradigm for psychotherapy -- The personality system -- The relational matrix -- fundamental principles and processes -- Unified psychotherapeutics -- The mind/brain -- Self and other dyads -- Triads and family systems -- Larger systems -- Clinical strategies of unified psychotherapy -- Unifying psychotherapeutics-intrapsychic & dyadic levels -- Unifying psychotherapeutics-triadic, family, & sociocultural levels -- Formulation of unified treatment packages, clinical decision-making in unified therapeutics.
Sommario/riassunto	Unified psychotherapy, considered to be a significant new paradigm in the evolution of psychotherapy, is a multicomponent biopsychosocial systems model that draws from all of the major psychotherapeutic paradigms and is grounded in the relational matrix. This book provides a comprehensive examination, analysis, and appraisal of unified psychotherapy with a practice-friendly presentation of its theoretical and evidence-based foundations, principles, and methods. It offers clinicians and students a framework for using unified psychotherapy and includes specific intervention strategies that can be

