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Nota di contenuto	Cover; Contents; List of Boxes, Tables and Figures; Preface; Part I: Change and Psychodynamic Psychotherapy; Chapter 1 - The Dynamics of Change; Chapter 2 - Pshcyodynamics: A Changing Theory; Part II: Processes of Change: A Framework; Chapter 3 - Expression: Releasing the Mind; Chapter 4 - Understanding: Discovering Meaning; Chapter 5 - Relationship: Rediscovering the Other; Chapter 6 - Regression: Contacting the Unconscious; Chapter 7 - Differentiation: Working Through Limitation and Loss; Chapter 8 - Creation: Constructing New Forms of Experience; Part III: Contexts and Conclusions Chapter 9 - Widening the Context of ChangeChapter 10 - Constructing the Spiral of Change; Further Reading; References; Index
Sommario/riassunto	Rob Leiper explores the nature of psychodynamic perspective and describes the process through which clients can be helped to come to terms with painful experiences and develop new ways of relating.