1. Record Nr. UNINA9910784549203321 Clinical strategies for becoming a master psychotherapist [[electronic **Titolo** resource] /] / editors, William O'Donohue, Nicholas A. Cummings, Janet L. Cummings Amsterdam; Boston,: Elsevier Academic Press, c2006 Pubbl/distr/stampa **ISBN** 1-280-92692-9 9786610926923 0-08-047656-2 Descrizione fisica 1 online resource (367 p.) Practical Resources for the Mental Health Professional Collana Altri autori (Persone) O'DonohueWilliam T CummingsNicholas A CummingsJanet L Disciplina 616.89/14 Soggetti Psychotherapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references and indexes. Nota di contenuto Front Cover; Clinical Strategies for Becoming a Master Psychotherapist; Copyright: Contents: List of CONTRIBUTORS: Chapter 01 The Art and Science of Psychotherapy; Psychotherapy is not Entirely an Art; Psychotherapy is not Only a Science; Psychotherapy is both an Art and a Science: An Outline of the Problems Encountered in the Art of Psychotherapy; References; Chapter 02 Enhancing Client Motivation to Change; Definition; Enhancing Motivation for Change; Assessment; Theoretical Underpinnings of Motivational Interviewing: The Practice of Motivational Interviewing; Summary Recommended Reading and Online ResourcesReferences; Chapter 03 The Therapeutic Alliance: Cultivating and Negotiating the Therapeutic Relationship: Definition: Identification: Theory and Conceptualization: Case Formulation; Clinical Strategies; Key Mistakes; Case Study; Summary: References: Chapter 04 Narrative Psychotherapy as Effective Story-Making: An Introduction; Why a Narrative Approach to Psychotherapy?; Conceptualizing Psychotherapy as Active Story-Making; A Suggested Conceptual Framework; Suggested Clinical

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Sommario/riassunto

The best health practices are a synthesis of science and art. Surgery is a case in point. Although all competent surgeons follow scientific protocols, the best surgeons are masters of the art of surgery and produce better outcomes: e.g., smaller incisions; lower mortality rates. Psychotherapists are in exactly the same position. Psychotherapy is both a science and an art. There are excellent resources that convey information about empirically supported practices - the science of psychotherapy. However, this scientific information is incomplete in two important ways. It does not cover key matte