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Titolo	Integrative psychotherapy in theory and practice : a relational, systemic and ecological approach // Peter Hawkins and Judy Ryde
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ISBN	1-78450-786-5
Descrizione fisica	1 online resource (338 pages)
Disciplina	616.8914
Soggetti	Eclectic psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	1. An integrative psychotherapy for the 21st century --2. The current and future challenge for our world and for psychotherapy -- 3. Identity: in search of a self -- 4. What does it mean to be mentally health and how does psychotherapy help? --5. The historical roots of integrative psychotherapy --6. The history of psychotherapy since the second world war -- 7. The relational turn in psychotherapy -- 8. The systemic turns -- 9. Embracing the wider ecology in psychotherapy -- 10. The practice of integrative psychotherapy: part 1, setting the frame -- 11. The practice of integrative psychotherapy: part 2, working with the relational, systemic and eco-systemic approach -- 12. Integrative, relational, systemic and eco-systemic supervision -- 13. Integrative psychotherapy ethics -- 14. Training integrative psychotherapists -- 15. Bringing it together and leaning into the future -- References -- Subject index -- Author index.
Sommario/riassunto	Bringing together relational, systemic and ecological approaches, this pioneering book outlines a valuable integrative psychotherapeutic method and presents the core steps for implementing it into practice. The book provides a robust examination of the historical roots and theoretical underpinnings of the approach, alongside insights from contemporary neuroscience. The authors also offer a clear framework for carrying out integrative work, weaving together relational, systemic and ecological threads. Case studies highlight the practical applications

of the method, and chapters on practice, ethics, supervision, and training provide a springboard for psychotherapy and counselling professionals and students to take forward the lessons offered and implement them in practice.

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