



The Handbook of Pluralistic Counselling and Psychotherapy

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A practical resource that your students can return to again and again to guide and coordinate their pluralistic practice, it provides:

- Hands-on guidance to developing pluralistic practice: *providing the tools, skills and practice frameworks*
- A step-by-step understanding of how the ideas and methods of different orientations can contribute towards a pluralistic way of working
- The tools and understandings needed to work with clients to achieve the most common goals
- The tools and understandings needed to work with clients wishing to address particular issues such as depression, anxiety, addiction, health issues, suicidal thoughts
- An understanding of a range of professional and practice issues relevant to pluralistic practitioners.

Each chapter offers definitions of key terms, several case studies, exercises and points for reflection, further reading, chapter introductions and summaries of key learning points, and overviews of relevant research.

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Editorial Review

Review

I can recommend this book for any practitioners seeking a flexible way of integrating different approaches to therapy. I found it a stimulating read which gave me pause to reflect on my own practice. (Andy Wilson)

About the Author

Mick Cooper is Professor of Counselling Psychology at the University of Roehampton and is a leading international authority in the fields of person-centred, experiential, existential and relational therapies. He is author and co-author of several SAGE books: the bestselling *Working at Relational Depth in Counselling and Psychotherapy* with Dave Mearns (2005), *Existential Therapies* (2003) and *The Plural Self* (1998). His new book with SAGE, *Existential Psychotherapy and Counselling: Contributions to a Pluralistic Practice*, published in 2015 accompanied by a companion website hosting bespoke video tutorials of key therapeutic skills.

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

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