



Six Key Approaches to Counselling and Therapy

Richard Nelson-Jones

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This updated and revised new edition of **Six Key Approaches to Counselling and Therapy** provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice:

- cognitive therapy and solution-focused therapy from the cognitive-behavioral school
- person-centered and Gestalt therapy from the humanistic school
- Freud's psychoanalysis and Jung's analytical therapy from the psychodynamic school.

Following a clearly-defined structure, each chapter describes the origin of the therapeutic approach, a biography of its originator, its theory and practice, discusses case material and further developments, and suggests further reading. Richard Nelson-Jones goes on to review and evaluate all the approaches in his concluding chapter.

This excellent textbook is a vital resource for students in introductory courses and those who are starting out in professional training.

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