



# **An Introduction to Counselling and Psychotherapy: From Theory to Practice**

*Andrew Reeves*

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# An Introduction to Counselling and Psychotherapy: From Theory to Practice

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**An Introduction to Counselling and Psychotherapy** takes professional trainees through the entire therapeutic process, introducing the theory and applying it to real-life practice. It is, in short, an authoritative introduction to everything a trainee needs to know to become a professional therapist. Drawing on years of experience as a counseling practitioner and researcher, Andrew Reeves provides a uniquely practical consideration of counseling and psychotherapy theory, linked to the development of appropriate skills and located within the context of therapeutic practice today.

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