



# **An Integrative Approach to Therapy and Supervision: A Practical Guide for Counsellors and Psychotherapists**

*Mary Harris, Anne Brockbank*

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An Integrative Approach to Therapy and Supervision presents an innovative and flexible model for therapy and supervision practice.

The model draws on ideas from the psychological traditions of Transactional Analysis, Gestalt theory and Cognitive Behavioural Therapy to develop an integrated approach to working with clients and to developing a supervisor-supervisee relationship that can be adapted to suit the needs of individual personalities and situations. The authors lay out the theory underlying the model, how it relates to existing models of supervision, and demonstrate how the model works in practice using case material to illustrate the range of approaches that can be applied in a given scenario.

This book is essential reading for both new and experienced practitioners, as well as those responsible for training therapists, counsellors and supervisors.

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