



# Core Approaches in Counselling and Psychotherapy

*Fay Short, Phil Thomas*

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The book focuses on the development of each approach and presents the associated therapy in its historical and psychological context, giving a deeper insight into the theories and clarifying the overlap between different therapies.

Presented in a unique style, with a clear layout, rigorous content and extensive resources available online, *Core Approaches in Counselling and Psychotherapy* is an invaluable asset for undergraduate and postgraduate students at all levels of study and is the ideal textbook for any degree or higher-level module in counselling.



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