

Dryden

Single-Session Therapy (SST)

100 Key Points and Techniques

Even in one session a therapist can make a difference. Single Session Therapy: 100 Key Points and Techniques presents the 100 main features of this way of working, providing an accessible, succinct overview of this way of working, based on the author's extensive work demonstrating the effectiveness of SST. Divided into 9 sections, guiding you through every aspect of the therapy, the book covers topics such as: - The goals of SST - Characteristics of 'good' SST clients - Responding effectively to the client's very first contact - Creating and maintaining a working focus - Making an emotional impact Both concise and practical, Single Session Therapy: 100 Key Points and Techniques will be invaluable to psychotherapists and counsellors in training and practice.

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Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)