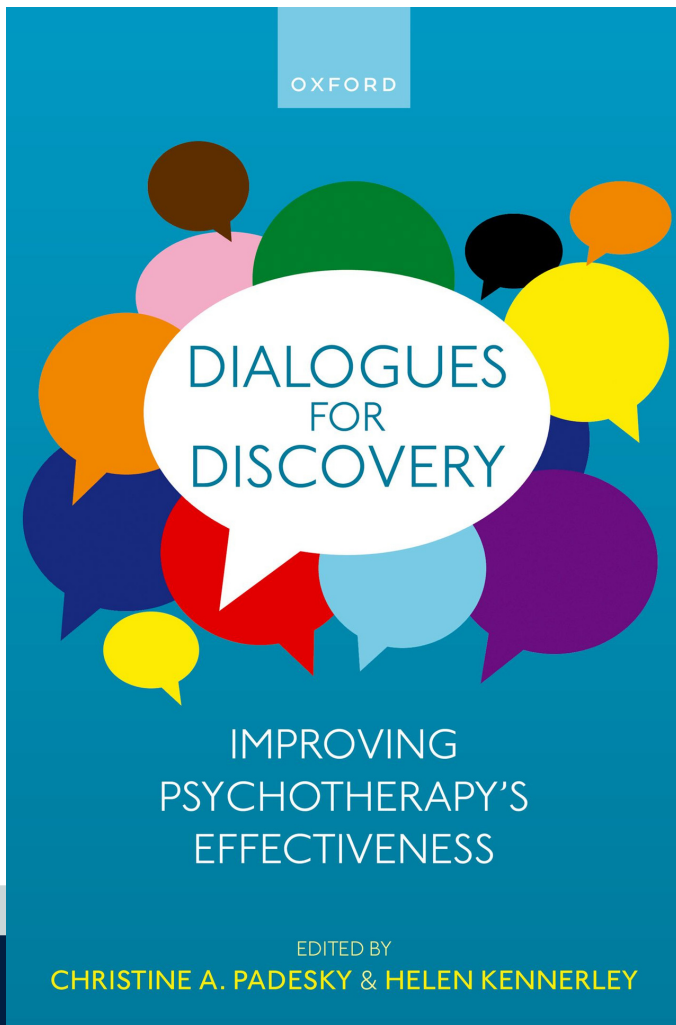


Dialogues for Discovery



Improving Psychotherapy's Effectiveness



Dialogues for Discovery teaches psychotherapists of all modalities how to help their clients make more frequent and higher quality discoveries in every therapy session. Detailed therapist-client dialogues in each chapter illustrate the client-centred and collaborative 4-Stage Model of Socratic Dialogue, as well as other guided discovery approaches such as behavioural experiments, imagery exercises, and role plays.

Features

- Highly client centered and collaborative approach that engages active participation from clients
- Uses guided discovery processes to illustrate a wide range of diagnoses and transdiagnostic therapy topics
- Therapist-client dialogues throughout the book illustrate clinical processes in detail including common traps and stuck points with effective strategies for overcoming them

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Dialogues for Discovery

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