



An Introduction to Psychodynamic Counselling (Basic Texts in Counselling and Psychotherapy)

Laurence Spurling

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The first edition of this book explored the key assumptions, main theoretical ideas and principles of practice behind psychodynamic counselling. With an updated look at evidence-based practice, supervision and the different stages of counselling, this continues to be a key introductory text for counsellors or psychotherapists from all disciplines.

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