



Focused Psychotherapy: A Casebook Of Brief Intermittent Psychotherapy Throughout The Life Cycle

Nick Cummings, Mike Sayama

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Focused Psychotherapy Offers practitioners an approach to psychotherapeutic treatment that is both financially viable and has sufficient clinical depth to assure genuine psychological growth. Providing a strikingly clear description of this approach, this volume enables psychotherapists to quickly hone in on the client's true agenda, therefore avoiding unnecessarily long and drawn out therapeutic work.

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