



Psychosynthesis Counselling in Action (Counselling in Action series)

Diana Whitmore

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Psychosynthesis Counselling in Action is the definitive introduction to the principles and techniques of the approach. Demonstrating the need for people to find a more positive meaning to their lives, Diana Whitmore guides the reader through the four main stages of the counselling journey, explaining how the wide range of practical methods can be tailored to different client needs.

This **Fourth Edition** includes:

- Three new chapters – a new case study chapter and two appendices on the application of psychosynthesis in the coaching field and in youth work.
- New content on positive psychology and the therapeutic relationship.
- Updated chapters on diagnosis and assessment and counselling process.
- Enhanced pedagogy and new case studies.

It is vital reading for those seeking an introduction to psychosynthesis, as well as practitioners of other orientations who wish to incorporate this approach into their own therapeutic work.

Lady Diana Whitmore, MAEd is Chief Executive and a founding Director of Teens and Toddlers UK.

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