

<<十二咨询师, Twelve Thera>>

图书基本信息

书名：<<十二咨询师, Twelve Therapists>>

13位ISBN编号：9780875891392

10位ISBN编号：087589139X

出版时间：1972-1-1

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内容概要

Twelve autobiographical sketches by experienced psychotherapists of different orientations comprise the body of this book. Around this Arthur Burton writes an introduction, a chapter as one of the therapists (including a patient's account of treatment with him), and a summary. Six of the therapists are analysts (Werner Mendel, Helm Stierlin, O. Spurgeon English, Reuben Fine, Rudolf Ekstein, and F. Lopez-Ibor). The others include existential humanistic therapists (John Warkentin and Burton), a Gestalt therapist (Erving Polster), a 'rational-emotive' therapist (Albert Ellis), a non-directive, group and encounter therapist.

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(Carl Rogers), and an eclectic (Bernard Steinzor).

Burton views psychotherapy in humanistic terms: 'Psychotherapy is not a technique but the vocation of being human. To be human one must have needs acknowledged and satisfied.' It is as much an art as it is science, it has too long overemphasized diagnosis and technique along medical lines, and has not

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