Psychotherapy: A Very Short Introduction

Tom Burns

Eva Burns-Lundgren (ed.)

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Psychotherapy: A Very Short Introduction traces the development of psychotherapy from its origins in Freud’s psychoanalysis to the range of different approaches—counselling, cognitive behaviour therapy, other time-limited therapies, mindfulness, and group and family therapies. Describing the processes central to them all and highlighting their differences, it demonstrates what problems each therapy is best suited for. The principles behind the most commonly available types of psychotherapies are explained, and examples of what patients can expect when they seek such help are provided. This VSI concludes by examining the practice of psychotherapy: the types of psychotherapist training, the safeguards that exist to keep practice reliable, and how to choose a psychotherapist.