



Fundamentals of Adaptive Psychotherapy and Counselling

Robert Langs

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This important text not only brings together a synthesis of Robert Langs' most important ideas and the latest developments in his thinking--many of them of utmost importance to all manner of therapists--it also presents them in a form that is accessible to the reader new to the communicative approach, as well as those with more experience. With separate sections on theory and practice, and clearly defining the basic principles that apply to all forms of psychotherapy and counseling, the book is an excellent starting point as a basic introduction to psychotherapy and counseling for trainees and practitioners.

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