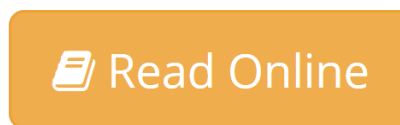


The Handbook of Individual Therapy

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'[This] is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients.'

Professor Sue Wheeler, University of Leicester

'[It] continues to be the book that one turns to when looking for a clear introduction to the broad range of therapies that are offered in the UK today.'

Dr Nick Midgley, Anna Freud Centre

This classic text has helped over 50,000 students wishing to understand the key counselling and psychotherapy approaches. This sixth edition is the most comprehensive update since it was first published in 1984, with 15 newly contributed chapters and 8 updated chapters. Each approach now includes a new Research section summarising the research findings, an in-depth Case Study illustrating how that approach works in practice, and an extended Practice section. Also covered:

- historical context and development
- main theoretical assumptions
- which clients will benefit most
- strengths and limitations.

New chapters include **Compassion-Focussed Therapy, Interpersonal Therapy, Mindfulness in Individual Therapy, Pluralistic Therapy and The Transpersonal in Individual Therapy.**

This is an ideal one-stop shop for trainees of counselling, psychotherapy, counselling psychology, psychology and other allied professions wanting to learn about the most commonly practised therapies today.

Windy Dryden has worked in the fields of counselling and psychotherapy since 1975. He is author/editor of over 200 books.

Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist at the University of Liverpool and a freelance writer, trainer and supervisor. He is former Editor of the *Counselling and Psychotherapy Research* journal.

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Editorial Review

Review

Once again, the latest edition of the Handbook of Individual Therapy offers a masterful overview of the various approaches to 'healing the psyche' which are available in Britain today. The Handbook puts the different therapeutic traditions in a cultural and historical context, and offers an up-to-date view of the nature of psychotherapy as it is currently practiced. Each chapter uses a standard format which offers the reader a clear pathway through the key issues, and the work is brought alive with in-depth case studies. The Handbook of Individual Therapy continues to be the book that one turns to when looking for a clear introduction to the broad range of talking cures that are offered in the UK today. (Dr Nick Midgley)

Dryden and Reeves' Handbook freshly maps the current status of psychotherapy in the UK. It is a compendium that can serve as an excellent reference point for an academic as well as practitioner. Its depth and breadth extend beyond UK borders and will be very much appreciated by an international reader. It is an exceptional achievement!

(Ladislav Timulak)

Psychological therapies abound in the UK. New variations of established therapies appear as the science evolves. The new edition of the 'Individual Handbook of individual therapy' skilfully and comprehensively enables students and experienced therapists to keep abreast of current thinking. It is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients.

(Sue Wheeler)

The publication of the 6th Edition builds on a pedigree going back 30 years to the appearance of the original edition in 1984. Through successive editions, this text has become a stalwart for practitioners, trainers, and students working in and researching the helping professions. It provides an invaluable and authoritative account of the rich diversity of individual therapy, including research and training, and reflects important recent developments and innovations in the theory and practice of individual therapy (Michael Barkham)

About the Author

Windy Dryden is one of the leading practitioners and trainers in the UK in the Cognitive Behaviour Therapy (CBT) tradition of psychotherapy. He is best known for his work in Rational-Emotive Cognitive Behaviour Therapy (RECBT), a leading CBT approach. He has been working in the field of counselling and psychotherapy since 1975 and was one of the first people in Britain to be trained in CBT.

He has published over 200 books and has trained therapists all over the world, in as diverse places as the UK, the USA, South Africa, Turkey and Israel.

He is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London.

Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist and Chair of the British

Association for Counselling and Psychotherapy (BACP).

Originally qualified as a social worker, Andrew then trained in counselling and psychotherapy and specialised in child protection and adult mental health before moving to working full-time as a counsellor at the University of Liverpool.

He has researched therapy with suicidal clients and people who self-injure and self-harm for over 15 years and has written extensively about this, including his 2010 book with SAGE, *Counselling Suicidal Clients*. His award-winning training DVD, *Tight Ropes and Safety Nets: Counselling Suicidal Clients* (with Jon Shears and Sue Wheeler) is now being used by many therapy training programmes throughout the UK.

Andrew's other books with SAGE include *An Introduction to Counselling and Psychotherapy: From Theory to Practice* (2012); *The Handbook of Individual Therapy*, 6th edition, co-edited with Windy Dryden; and *Key Issues for Counselling in Action*, 2nd edition, also co-edited with Windy Dryden. In 2015, SAGE launched a new series with Andrew as the editor, *Essential Issues for Counselling and Psychotherapy*.

Users Review

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