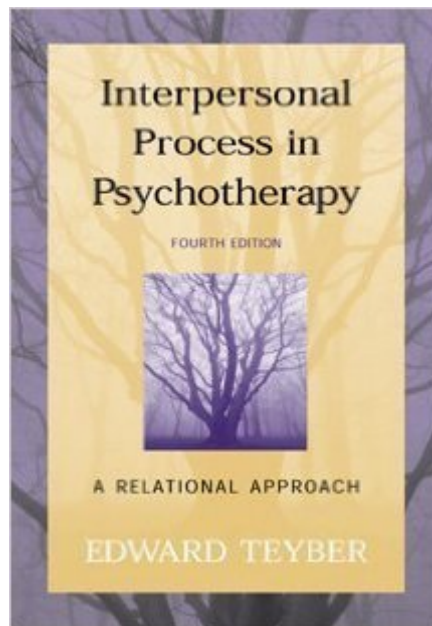


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# Interpersonal Process In Psychotherapy: A Relational Approach



## Synopsis

In this one-of-a-kind book, experienced educator and clinician, Ed Teyber provides a unifying conceptual framework for beginning therapists and specific "how-to's" for using the therapist-client relationship to facilitate change. Clinically authentic and thoroughly revised, this new edition gets right to the heart of what students who are beginning to work in a therapeutic setting need to know. Capturing the questions and concerns of beginning therapists, Teyber helps student therapists understand the therapeutic process and how change occurs. The book includes therapeutic goals and intervention strategies for each phase of treatment, and is organized to parallel the course of treatment from initial client contact to termination. Teyber succeeds in bridging the gap between basic skills, case formulations, and intervention strategies with real clients in real settings. Always focused on the therapist-client relationship, this book integrates cognitive-behavioral, family systems, and psychodynamic theories. Multicultural coverage is thorough and richly illustrated. Highlighting how the interpersonal, cognitive, and affective domains interrelate, the book is compelling reading for beginning counselors. Teyber clarifies each of the major issues that arise in treatment and shows how theory leads to practice. He skillfully leads beginning counselors past the uncertainty of how to build a strong working alliance with diverse clients, and gives guidelines for understanding the interactions that take place between therapists and clients. Long known for its clarity and immediacy, Teyber's new edition is now accompanied by a powerful teaching and learning package. With the combination of the new edition of this highly respected text, your classroom instruction, the new student workbook, and the new video that shows process in practice, your students will have all the ingredients for success.

## Book Information

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## Customer Reviews

I was a doctoral student in clinical psychology when I first read this wonderful book. I had struggled with the coldly analytic nature of cognitive therapy while not feeling 100% comfortable with the more abstract nature of some of the humanistic approaches to treating patients. When I came across Teyber's text, it felt like a breath of fresh air in that he was able to provide a cohesive framework for working with a patient's sense of self without ignoring or minimizing the emotional aspects of therapy. I have now moved on and have completed an M.D., but I still value Teyber's work whenever I struggle to understand the world that my patients' experience and the emotional consequences of that world.

I decided to read this book as I am planning to enter into a master's program in marriage and family therapy in a few months. This book was recommended to me by a friend of mine who just graduated from a clinical psychology doctoral program. He said this was the best book he had read during his schooling. With this kind of endorsement I thought I should check it out!! I'm very glad that I took my psychologist friend's advice. I found this book to be an excellent and very practical book on counseling and the therapeutic process! Particular topics/sections I found helpful included: 1) how to do therapy with clients who have been raised by authoritarian parents 2) signs of enmeshment 3) the typical progression of interpersonal growth (distant to more intimate relationships) 4) metacommunication (talking about how the therapist and client are talking/relating) 5) the nature of a "corrective emotional experience" 6) common defense strategies and 7) how to terminate a therapeutic relationship. All in all Teyber does a terrific job of bringing the therapeutic process down to the highly practical and understandable level.

This is one of my favorite books as a psychology trainee. Teyber has a way of concisely explaining how to understand, relate to, and work with clients. I have become a better therapist as a result of this book. Everyone in the mental health field looking to work from an interpersonal or dynamic perspective should read this!

This text was essential reading for a counselling course that I did and by god did I love it. I used to sit reading this for hours, writing notes as I had personal realisations through reading the great

transcripts of possible sessions and the depth of what lies behind the counselling practice. I would feel as if Teyber was in my head, such was his writing style so fitting for me. Teyber has got it in spades. I wouldn't bother reading any other text on counselling.

good

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