



Creating the Therapeutic Relationship in Counselling and Psychotherapy (Counselling and Psychotherapy Practice Series)

Judith A. Green

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At the centre of good counselling and psychotherapy practice is the relationship between therapist and client. This book is an essential guide for counselling and psychotherapy students who want to explore the personal qualities and attitudes of the therapist, and to allow the client to engage in the therapeutic process with trust.

The book will consider how students of counselling can develop these qualities and enhance their awareness of their attitudes, to enable them to be fully present and emotionally available in their encounters with clients.

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