



# Therapist and Client: A Relational Approach to Psychotherapy

*Patrick Nolan*

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## **Therapist and Client: A Relational Approach to Psychotherapy** Patrick Nolan

*Therapist and Client: A Relational Approach to Psychotherapy* provides a guide to the fundamental interpersonal elements of the therapeutic relationship that make it the most effective factor in therapy.

- Presents the fundamental interpersonal elements that make the therapeutic relationship the most effective factor in psychotherapy
- Explores and integrates a range of approaches from various schools, from psychoanalysis to body-oriented psychotherapy and humanistic psychotherapies
- Offers clear and practical explanations of the intersubjective aspects of therapy
- Demonstrates the pivotal need to work in the present moment in order to effect change and tailor therapy to the client
- Provides detailed case studies and numerous practical applications of infant research and the unified body-mind perspective increasingly revealed by neuroscience

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