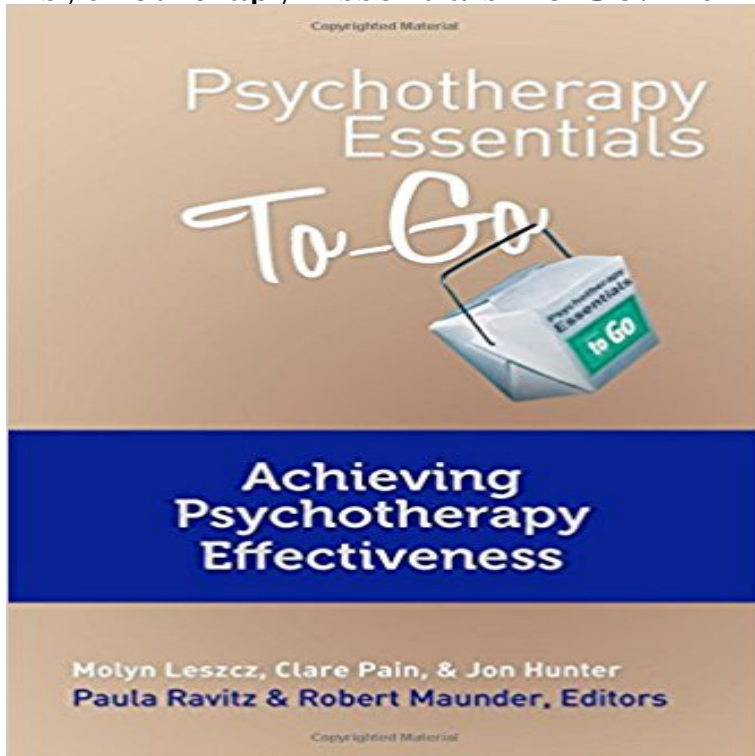


# Psychotherapy Essentials To Go: Achieving Psychotherapy Effectiveness



A quick-reference, multi-media guide to practical psychotherapy skills that improve client outcomes. Rigorously field-tested by on-the-ground clinicians, these practical guidebooks?sold separately or as a set?provide easy-to-use, evidence-based summaries of five core therapy techniques. Filled with self-test questionnaires, case studies, diagrams, exercises and role play transcripts, they are ideal teaching and learning resources. Accompanying each guide is a DVD featuring an hour-long video of sample therapy sessions and clinical explications, as well as a handy pocket-reminder card that summarizes key information about the therapy technique. An on-the-go package of essential tools that busy clinicians wont want to be without. The final book in the Psychotherapy Essentials to Go series, this hands-on guide, with accompanying DVD of sample therapy sessions, answers the question: What makes a therapist effective? Several evidence-based strategies are presented to improve outcomes. Maintaining a therapeutic alliance and reducing impasses by understanding relational dynamics, attachment, trauma, and countertransference are all emphasized as helpful aspects of a clinicians repertoire in challenging treatment situations.

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