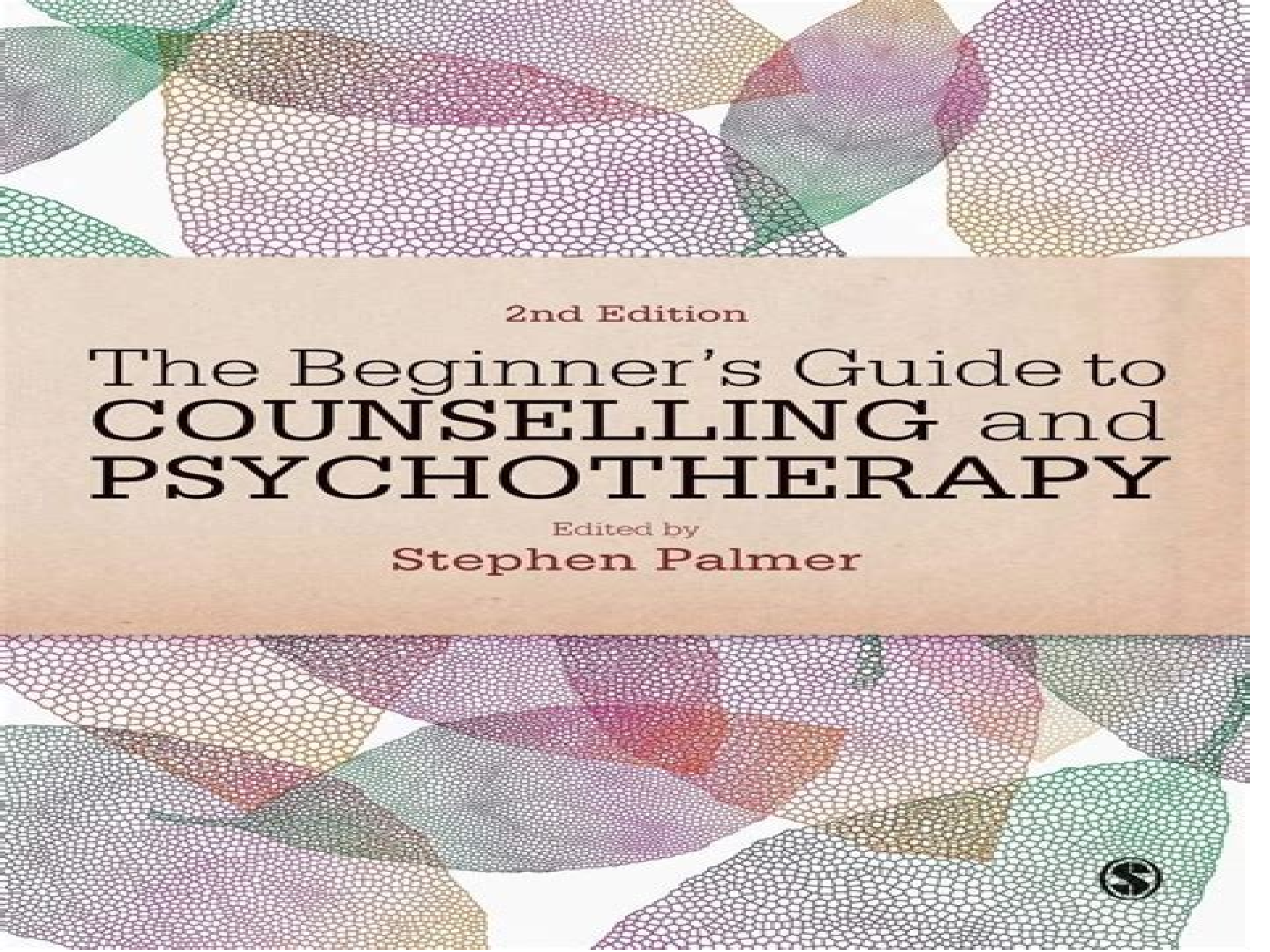




2nd Edition

The Beginner's Guide to **COUNSELLING** and **PSYCHOTHERAPY**

Edited by
Stephen Palmer



The Beginners Guide To Counselling Psychotherapy

Stephen Palmer



The Beginners Guide To Counselling Psychotherapy:

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own perspectives on the model and the impact it had on their wellbeing A straightforward beginner s introduction to practicing CAT this book will be useful for trainee practitioners assistant and trainee clinical counselling psychologists and those practising CAT informed therapy in supervision

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