



The Personal Is Political

Stories of Difference and Psychotherapy

1st edition

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Written by an eminent psychologist and psychotherapist, this book explores how therapists and counsellors can address the key issues of 'difference' in working with their clients. No matter how much the therapist knows, how knowledgeable they are or how expert they are, they all face the same dilemma – their clients are always unique, ever-changing, subjective beings. By taking a pluralistic approach and interweaving theory with a range of clinical stories offering insights into specific issues, client populations and therapeutic contexts, this text will enable readers to develop context-sensitive practice. It will equally appeal to students, newly qualified counsellors and more experienced professionals looking to develop their practice, becoming the perfect companion for students and trainees in applied psychology, psychotherapy and counselling.

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- Contains a great series of illustrative case stories
- Develops context-sensitive practice by offering insights into specific issues, client populations and therapeutic contexts
- Written by a renowned author and recipient of British Psychological Society Award for the Promoting of Equality of Opportunity in recognition of academic excellence in combination with its practical application