



# **Skills in Psychodynamic Counselling and Psychotherapy (Skills in Counselling & Psychotherapy Series)**

*Susan Howard*

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This practical text is the first to systematically address the competencies and techniques identified as central to the delivery of effective psychodynamic practice. It provides a framework for the therapist to develop their skills and apply them to their practice by:

- Discussing the personal and professional growth which underpins a professional and ethical attitude to the therapist's work
- Linking specific competencies to the theory base underpinning them
- Describing competencies in a systematic way
- Including a chapter on how to use supervision
- Using case material to illustrate competencies and dilemmas

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