



Dealing with Challenges in Psychotherapy and Counseling (Skills, Techniques, & Process)

Christiane Brems

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This text provides a framework for handling tough clinical situations as they arise. It includes both the complexities of assessment issues that arise in special circumstances with a variety of clients as well as a number of general interventions that are relevant to all clients. The book provides a theory-free conceptual super-structure that can guide and ground readers in difficult situations regardless of theoretical beliefs. The author's underlying philosophy reflects the importance of taking a contextual approach with clients, viewing clients as collaborators in the therapeutic process, and recognizing that the client needs strategies other than the provider-client relationship that he/she can implement independently.

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