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Introduction to Systemic Therapy with Individuals: A Social Constructionist Approach (Basic Texts in Counselling and Psychotherapy)

Fran Hedges

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In recent years, the benefits and applications of systemic therapy with individuals, in addition to its more traditional practice with families, has been increasingly recognized. This important new text provides trainees and practitioners new to this approach with a lively, accessible and thoroughly practical introduction to the key theoretical concepts and techniques.

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