



# **The Therapeutic Relationship in Counselling and Psychotherapy (Essential Issues in Counselling and Psychotherapy - Andrew Reeves)**

*Rosanne Knox, Mick Cooper*

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What is a therapeutic alliance? How do I create a bond? What might lead to the alliance breaking down? What do I do when the relationship feels stuck?

These are just some of the questions addressed in this important new book for trainee and qualified therapists wanting to understand, engage in and make the most of the therapeutic relationship.

Taking you through each stage of the therapeutic process, from initial boundary setting to effective endings, the book considers a number of different settings and client groups such as working in an online environment and with children and young people. Structured around 'Frequently Asked Questions', an accessible and engaging narrative guides you through the skills and considerations for an effective therapeutic relationship, as well as the potential challenges it might face.

Bringing to the forefront the mutuality of the relationship and the client as a proactive agent, this book will equip you with the knowledge and skills needed to develop trusting and productive relationships with your clients.

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