



PSICOTERAPIAS: ESCUELAS Y CONCEPTOS BÁSICOS

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Ediciones Pirámide. Encuadernación de tapa blanda. Book Condition: Nuevo. Este libro es una introducción actualizada al campo de la psicoterapia. En ella se presentan, tanto por su valor fundacional como por la potencia de sus conceptos en el momento presente, las escuelas de psicoterapia de más influencia. Así, se muestran los conceptos básicos del psicoanálisis, la terapia de conducta, las terapias humanistas y existenciales, los modelos sistémicos y las terapias cognitivas. Se describen también los movimientos hacia el eclecticismo y la integración, destacando, junto con otras tendencias actuales, los factores comunes y los hallazgos sobre la importancia de la alianza terapéutica. Las terapias conductistas de tercera generación, el mindfulness, el EMDR y la psicología positiva completan el panorama actualizado en este campo. Su lectura interesa a estudiantes y estudiosos de la psicología y disciplinas afines que deseen tener una visión global de las principales ideas que han hecho de la psicoterapia una herramienta terapéutica de probada eficacia, a los terapeutas en formación y, en general, a todos aquellos que quieran entrar o seguir en contacto con una visión integradora de la psicoterapia.



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