



How to Choose a Psychotherapist

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The demand for psychotherapy and counselling is greater than ever. More and more people are enrolling on psychotherapy and counselling courses; the number of different associations in this industry has doubled and everyone knows someone who is in therapy or at least thinking about it. So are standards of practice being sacrificed while we are trying to keep up with the demand? Are the right people training to be a psychotherapists? Have you got the right psychotherapist?'This little book is written for patients. It is a challenge to action. Do not be satisfied with a malingering treatment. Gird your loins and challenge your psychotherapist and be prepared to go to a new one. It is worth the trouble to find the right person. Psychotherapy is a long and expensive process so ensure that you make it effective. It is your responsibility to find the right person. This book is a guide to help you in that search.'- From the Introduction.

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