



# Integrative Therapy: 100 Key Points and Techniques

*Maria Gilbert, Vanja Orlans*

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Integrative Therapy is a unifying approach that brings together physiological, affective, cognitive, contextual and behavioural systems, creating a multi-dimensional relational framework that can be created anew for each individual case.

*Integrative Therapy: 100 Key Points and Techniques* provides a concise and accessible guide that allows professionals and students to look beyond specific approaches in order to draw upon ideas and techniques that will best help the client.

Divided into helpful sections, areas of discussion include:

- the case for an integrative approach to therapy
- the centrality of relationship and dimensions of self development
- the process of integrative therapy
- techniques and strategies

This book will be essential reading for all psychotherapists and counsellors, both in practice and training, who want to expand their perspectives and learn more about an integrative approach.

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