

Dryden's Handbook of Individual Therapy



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Dryden's Handbook of Individual Therapy is now a classic text for trainees in counseling and psychotherapy. This newly updated **Fifth Edition** presents a comprehensive overview of the key approaches to individual therapy practice, including three new chapters on Narrative Therapy, Solution-Focused Therapy and Integrative & Eclectic Approaches. Written by experts in their own therapeutic field, the book introduces the principles and methods of individual therapy concisely and accessibly. Following a clearly defined structure, each chapter outlines one approach in detail and provides case examples to illustrate how that approach works in practice.

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