



Psychotherapy: A Very Short Introduction (Very Short Introductions)

By Tom Burns

Download now

Read Online ➔

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns

Psychotherapy and counselling are now widely available to help people overcome emotional and psychological difficulties in their lives. They involve spending time with a professional in an emotionally safe and structured relationship to explore and express the issues that cause distress and difficulty, such as long term self-doubts, relationship problems, or the impact of a trauma or crisis. As a society, we now take this focus on talking through and understanding our identity and relationships for granted, but it is hardly more than a century old.

In this *Very Short Introduction*, Tom Burns and Eva Burns-Lundgren trace the development of psychotherapy from its origins in Freud's psychoanalysis to the range of different approaches - counselling, cognitive behaviour therapy, and other time-limited therapies, mindfulness, group and family therapies, and many more. Describing the processes central to them all and highlighting their differences, they demonstrate what problems each therapy are best suited for. They explain the principles behind the most commonly available types of psychotherapies and provide examples of what patients can expect when they seek such help. They conclude by examining the practice of psychotherapy - the types of training psychotherapists have, the safeguards that exist to keep practice reliable, and how one goes about choosing a psychotherapist.

ABOUT THE SERIES:

The *Very Short Introductions* series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

↓ [Download Psychotherapy: A Very Short Introduction \(Very Sho ...pdf](#)

📄 [Read Online Psychotherapy: A Very Short Introduction \(Very S ...pdf](#)

Psychotherapy: A Very Short Introduction (Very Short Introductions)

By Tom Burns

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns

Psychotherapy and counselling are now widely available to help people overcome emotional and psychological difficulties in their lives. They involve spending time with a professional in an emotionally safe and structured relationship to explore and express the issues that cause distress and difficulty, such as long term self-doubts, relationship problems, or the impact of a trauma or crisis. As a society, we now take this focus on talking through and understanding our identity and relationships for granted, but it is hardly more than a century old.

In this *Very Short Introduction*, Tom Burns and Eva Burns-Lundgren trace the development of psychotherapy from its origins in Freud's psychoanalysis to the range of different approaches - counselling, cognitive behaviour therapy, and other time-limited therapies, mindfulness, group and family therapies, and many more. Describing the processes central to them all and highlighting their differences, they demonstrate what problems each therapy are best suited for. They explain the principles behind the most commonly available types of psychotherapies and provide examples of what patients can expect when they seek such help. They conclude by examining the practice of psychotherapy - the types of training psychotherapists have, the safeguards that exist to keep practice reliable, and how one goes about choosing a psychotherapist.

ABOUT THE SERIES:

The *Very Short Introductions* series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns Bibliography

- Sales Rank: #1153893 in Books
- Brand: imusti
- Published on: 2015-03-01
- Original language: English
- Number of items: 1
- Dimensions: 4.20" h x .40" w x 6.70" l, .5 pounds
- Binding: Paperback
- 144 pages

 [Download Psychotherapy: A Very Short Introduction \(Very Sho ...pdf](#)

 [Read Online Psychotherapy: A Very Short Introduction \(Very S ...pdf](#)

Download and Read Free Online Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns

Editorial Review

Review

from my perspective as a practitioner and professor, this book contributes very well as either a refresher book for those who have been outside the field, potential career changers and for just about anyone seeking a quick guide discussing different psychotherapies. The diverse case studies presented and the varied visual aids really keep the reader engaged throughout. Victoria Comerchero, Psychology Learning and Teaching This little book is remarkable given that in such a small space it manages to capture in clear, detailed, and succinct prose the essence of the psychotherapeutic traditions it describes. At the end of the book the reader will have a clearer understanding of the differences between different therapies, how they are used, and their histories. it is informative and written in easily understandable prose. this is an excellent, short, and moreover cheap introduction to the field of psychotherapy. Psychotherapy Section Review a lightweight and entertaining summary The Psychologist, Richard Potter

About the Author

Tom Burns trained in medicine in Cambridge and London and in psychiatry in Scotland and London, including a training as a Group Analyst. After three years in Sweden he worked for ten years as an NHS consultant psychiatrist in St. George's Hospital, south London. He took up the Chair of Social Psychiatry at Oxford University in 2003. His main research interests are in the optimal care of psychosis patients in the community and more recently on coercion (both formal and informal) and its impact on the therapeutic relationship. He was awarded a CBE for his services to mental health in 2006.

Eva Burns-Lundgren trained as a social worker in Sweden in the 1970s, and went on to practice as a generic and mental health social worker in the UK, before retraining as a psychotherapist in the 1990s. She is accredited as a psychotherapist in the UK with the UKCP and ACAT, and also with the European Association for Psychotherapy. She has practiced within university and national health service settings and for 10 years ran the university accredited Cognitive Analytic Therapy course in Oxford. She is now retired from the NHS but continues to practice privately and in a trainer and examiner capacity.

Users Review

From reader reviews:

Sam Holmes:

The book Psychotherapy: A Very Short Introduction (Very Short Introductions) can give more knowledge and information about everything you want. So just why must we leave a good thing like a book Psychotherapy: A Very Short Introduction (Very Short Introductions)? Some of you have a different opinion about guide. But one aim in which book can give many data for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or facts that you take for that, it is possible to give for each other; it is possible to share all of these. Book Psychotherapy: A Very Short Introduction (Very Short Introductions) has simple shape nevertheless, you know: it has great and massive function for you. You can appearance the enormous world by open and read a reserve. So it is very wonderful.

Charles Anthony:

Here thing why this Psychotherapy: A Very Short Introduction (Very Short Introductions) are different and trusted to be yours. First of all looking at a book is good nevertheless it depends in the content of it which is the content is as yummy as food or not. Psychotherapy: A Very Short Introduction (Very Short Introductions) giving you information deeper including different ways, you can find any book out there but there is no book that similar with Psychotherapy: A Very Short Introduction (Very Short Introductions). It gives you thrill studying journey, its open up your own eyes about the thing which happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your method home by train. In case you are having difficulties in bringing the published book maybe the form of Psychotherapy: A Very Short Introduction (Very Short Introductions) in e-book can be your alternative.

Cora Gallien:

The book untitled Psychotherapy: A Very Short Introduction (Very Short Introductions) contain a lot of information on the idea. The writer explains the girl idea with easy technique. The language is very clear to see all the people, so do definitely not worry, you can easy to read it. The book was published by famous author. The author will bring you in the new era of literary works. You can read this book because you can continue reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice go through.

John McCord:

Many people spending their moment by playing outside using friends, fun activity using family or just watching TV the whole day. You can have new activity to spend your whole day by examining a book. Ugh, ya think reading a book can actually hard because you have to accept the book everywhere? It all right you can have the e-book, taking everywhere you want in your Mobile phone. Like Psychotherapy: A Very Short Introduction (Very Short Introductions) which is getting the e-book version. So , try out this book? Let's view.

Download and Read Online Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns #IUQGC1HX4A8

Read Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns for online ebook

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns books to read online.

Online Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns ebook PDF download

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns Doc

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns Mobipocket

Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns EPub

IUQGC1HX4A8: Psychotherapy: A Very Short Introduction (Very Short Introductions) By Tom Burns