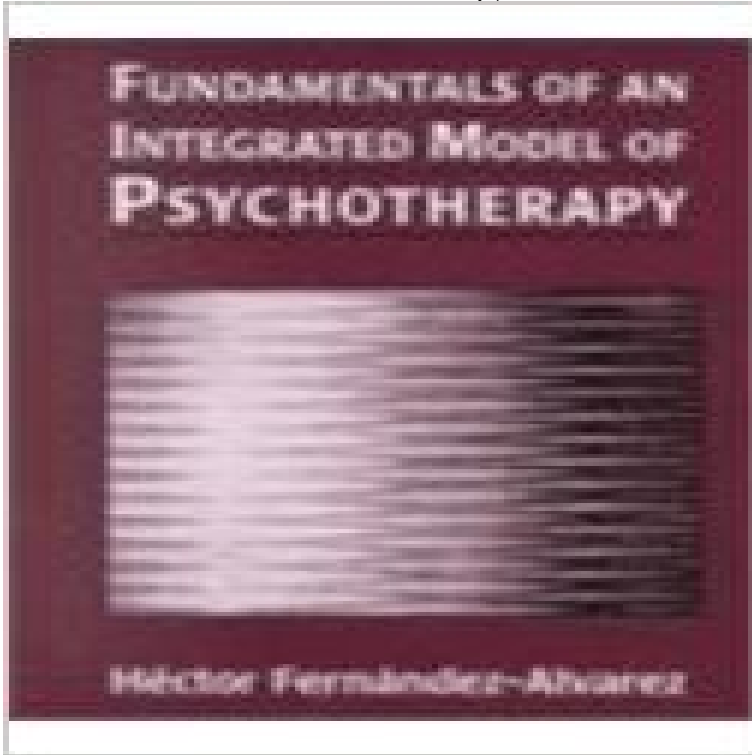


# Fundamentals of an Integrated Model of Psychotherapy



Therapists are increasingly using a variety of techniques in their clinical practice. From memory recovery to relaxation training, from cognitive restructuring to empathic reflection, today's interventions are based less on the theoretical preconceptions of the therapist and more on the problems and desires of the patient. With these changes as a backdrop, internationally renowned cognitive psychologist Hector Fernandez-Alvarez presents an integrated model of therapy. Theoretically sound and clinically rich, this volume offers a way of tailoring each clinical encounter to the needs of the particular patient, from the mildly distressed anxiety disorderer to the severely suffering borderline. This book is an invaluable guide to students and experienced therapists alike.

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