

Contents

<i>Preface</i>	ix
<i>The Editor</i>	x
<i>List of Contributors</i>	xi
1 Individual Therapy in Context <i>Colin Feltham</i>	1
2 Psychodynamic Therapy: The Freudian Approach <i>Alessandra Lemma</i>	27
3 Psychodynamic Therapy: The Kleinian Approach <i>Cassie Cooper</i>	56
4 Psychodynamic Therapy: The Jungian Approach <i>Ann Casement</i>	97
5 Adlerian Therapy <i>Jenny Warner and Gerhard Baumer</i>	124
6 Person-centred Therapy <i>Brian Thorne</i>	144
7 Personal Construct Therapy <i>Fay Fransella, Peggy Dalton and Grant Weselby</i>	173
8 Existential Therapy <i>Emmy van Deurzen</i>	195
9 Gestalt Therapy <i>Malcolm Parlett and Juliet Denham</i>	227
10 Transactional Analysis <i>Keith Tudor and Robin Hobbes</i>	256

11	Cognitive Analytic Therapy <i>Mark Dunn</i>	287
12	Cognitive Therapy <i>Stirling Moorey</i>	297
13	Behaviour Therapy <i>David Richards</i>	327
14	Rational Emotive Behaviour Therapy <i>Windy Dryden</i>	352
15	Solution-Focused Therapy <i>Bill O'Connell</i>	379
16	Narrative Therapy <i>Martin Payne</i>	401
17	Integrative and Eclectic Approaches <i>Henry Hollanders</i>	424
18	Methods, Outcomes and Processes in the Psychological Therapies across Four Successive Research Generations <i>Michael Barkham</i>	451
19	The Training and Supervision of Individual Therapists <i>Mark Aveline</i>	515
	Appendix 1: Chapter Structure	549
	Index	553