



Integration in Counselling & Psychotherapy: Developing a Personal Approach

By *Phil Lapworth, Charlotte Sills*

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Now in its **Second Edition**, this book is established reading for any practitioner or trainee wishing to develop their own personal style of working. As well as examining contemporary integrative approaches, the authors show how to develop an individual approach to integrating theories and methods from a range of psychotherapies. Offering clear strategies for integration rather than a new therapeutic model, this practical new edition puts added emphasis on the integrative framework, and procedural strategies, extending discussion of the individual practitioner as integrator.

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Editorial Review

Review

"Scholarly, dynamic, thought provoking. The multidimensional framework provided by Lapworth and Sills continue to engages successfully with the paradox of integrative work: a highly personal approach to therapy, resting on the integrity and judgement of the individual practitioner - and, at the same time, the way of working most likely to enable us to remain true to our values and ethics whilst managing the huge collective political and regulatory challenges our field faces in the years ahead." - **Professor Andrew Samuels, University of Essex**

About the Author

Phil Lapworth is a counsellor, psychotherapist and supervisor in private practice near Bath and has written extensively in the field of counselling and psychotherapy.

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Janie Ross:

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