



# Common Presenting Issues in Psychotherapeutic Practice

*Barbara Douglas, Pam James*

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## **Common Presenting Issues in Psychotherapeutic Practice** Barbara Douglas, Pam James

Learning how to work effectively with a broad range of clients and their presenting issues is a vital part of a career as a therapist, but engaging with the often conflicting worlds of descriptive psychopathology and the subjective meanings of the therapist and client is a real challenge for trainees. They have to develop the skills and knowledge that allow both approaches - one medical, one humanistic - to work successfully together.

With the support of expert contributors, Pam James and Barbara Douglas help your students to confidently do just that, proving a comprehensive introduction to the theory, research and practice behind a range of common presenting issues. Key issues covered include:

- Anxiety
  
- Depression
  
- Trauma
  
- Bipolar disorder
  
- Psychosis
  
- Eating disorders
  
- Borderline personality disorder

This book should be on the desk of every counselling, psychotherapy and counselling psychology trainee, and is recommended reading for other practitioners of health and social care working with these common presenting issues.

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