



Controversies in Psychotherapy and Counselling

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`My congratulations to Colin Feltham for assembling a set of contentious issues and lively authors which together made me forget my surroundings' - *Person-Centred Practice*

`Editor Colin Feltham's choice of topics shows an astute, on-the-ground awareness of the issues that dog the industry, while still making lively reading' - *New Therapist*

In this book, leading practitioners, critics and commentators take sides on many topical and core debates including:

- *Theoretical issues:* Does the unconscious really exist? Is birth trauma a fiction? Should one believe in `false memories'?

- *Clinical issues:* Is therapy effective? Is `the relationship' central to success? Do therapists pathologize their clients? Are boundaries necessary?

- *Professional issues:* Do trainees need therapy? Is professionalization of the field desirable? Are counselling and psychotherapy really distinguishable?

- *Social issues:* Can therapy be proven necessary? Does therapy benefit individuals or contribute to social

control? Does stress really exist?

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