



Time-Limited Psychotherapy in Practice

Gaby Shefler

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Therapists and counsellors are under increasing pressure to provide effective treatment in a time-limited, demonstrably effective form. Time-Limited Psychotherapy (TLP) has developed in response, and is designed to give clients an intense form of therapy over 12 sessions. This title:

- * Uses vivid clinical descriptions of treatments and up-to-date research findings
- * Describes what the treatments entail
- * Discusses their outcome
- * Deals with teaching and learning of TLP regarding the changing conditions in public needs and in public services.

Time-Limited Psychotherapy in Practice will appeal to psychotherapists, counsellors, researchers and academics in the mental health field.

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