



Embodied Theories (The School of Psychotherapy & Counselling)

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'I think this book may well act as both a stimulus for therapists and an important reminder of the vulnerabilities that we all have, but do not always choose to share' - *Journal of the Society for Existential Analysis*

This book sets out to explore the various ways in which a therapist can be a living expression, or embodiment, of his or her chosen theoretical approach. The book consists of expert practitioners articulating their own particular 'embodied theory' answering the questions: how do we live different psychotherapeutic theories? How do they guide or clarify the lives of therapists? What aspects of theory resonate with the ways therapists understand themselves and relate to others?

Contributors

Michael Jacobs, Windy Dryden, MalcoLm Partlett, Dorothy Rowe, Miles Gorth, Anthony Stevens, John Rowan and Alvin Mahrer.

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