



Mastering the Art of Psychotherapy: The Principles Of Effective Psychological Change, Challenging The Boundaries Of Self-Expression

William Symes

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Mastering the Art of Psychotherapy is a complete manual on the practice of psychotherapy, principally designed to help clinical professionals and graduate students improve their diagnostic skills, develop treatment strategies, broaden therapeutic techniques, and further their understanding of the workings of the human psyche. William Symes has provided a mechanics manual for the personality, demonstrating how we form our identities, how and why trauma manifests itself, and how to learn the nature and master the dynamics of psychological energy. It focuses on how to diagnose and treat personality problems, but it also explores phenomena like the “shadow side” of falling in love and how to understand and analyze dreams. If you are currently in therapy or seek respite from psychological pain, or if you are ready to transform your life, improve your marriage and interpersonal relationships, advance your spiritual practice, or improve your self-expression, Symes has provided a treasure trove of useful information and techniques to better understand your personality.

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