

# Cultivating Intuition

A Personal Introduction  
to Psychotherapy

Second Edition

# Cultivating Intuition An Introduction To Psychotherapy

**Peter Lomas**



## **Cultivating Intuition An Introduction To Psychotherapy:**

Cultivating Intuition Peter Lomas,2004-12-10 The first edition of this established text was published by Penguin Now Peter Lomas has expanded and updated it but without altering its fundamental character The book is essentially an introduction to psychotherapy based on the belief that therapy is best considered as a personal undertaking in which the way of being with a patient is paramount It is therefore a practice rather than a theory and a moral pursuit rather than a technical one Because the author has been deeply influenced by Freud the ideas of psychoanalysis have a prominent position in the text but the book is not about psychoanalysis or any other school of thought It is an encouragement to readers to see professional work as an extension in a particular setting of how we try to help a troubled person in everyday life Ordinary language is the best and most subtle way of describing what happens in a therapeutic encounter Special language may be useful at certain points but should never dominate the picture as unhappily so often happens In this second edition amongst various changes Dr Lomas has focussed more on the needs of those who are in the process of learning psychotherapy

Cultivating Intuition Peter Lomas,1993 , **Critical Thinking in Counselling and Psychotherapy** Colin Feltham,2010-06-22 This innovative new textbook examines the critical debates around key topics in counselling and psychotherapy In nine sections including Everyday Counselling Practice Training and Curriculum Issues and Counselling Society and Culture Colin Feltham explores 60 provocative questions central to counselling training and practice Ranging from more mainstream subjects like unconditional positive regard ethics and supervision to broader social or philosophical issues such as employment concerns and the debate on assisted suicide entries include Why have we focused on core theoretical models What are the pros and cons of short term time limited counselling What's wrong with CBT Where is research taking us Is statutory regulation a good and inevitable development Are there limits to personal change in counselling Each section includes questions for reflection case studies and student exercises This comprehensive student friendly text is a useful resource for lecturers to stimulate seminar discussion and for all trainees wishing to write essays or generally develop their critical thinking in counselling and psychotherapy EBOOK: An Introduction to Counselling and Psychotherapy: Theory, Research and Practice John McLeod,2019-09-05 John McLeod's bestseller provides a comprehensive research informed overview of the theory and practice of counselling and psychotherapy This new edition has been expanded to cover emerging aspects of contemporary practice such as debates around neuroscience and integration third wave cognitive behavioural therapies such as ACT mindfulness and FAP the experience of being a client motivational interviewing interpersonal psychotherapy social dimensions of therapy leaving therapy gender and sexuality spirituality and key counselling and therapeutic skills and techniques This sixth edition has been fully updated and revised throughout and is separated into a four part structure for easy navigation Each chapter also enhances learning with the following resources Case studies Landmark and contemporary research studies Topics for reflection and discussion Suggested further reading An

Introduction to Counselling and Psychotherapy has been the book of choice for students and tutors on introductory courses for over 25 years Professor John McLeod's Introduction to Counselling and Psychotherapy is a classic text In providing a comprehensive perspective on the field it goes well beyond being a mere introduction Not only does it deliver an encyclopaedic amount of information but it also presents this information in an incredibly captivating manner There is simply no other book on the topic to match it This new edition truly faithful to its predecessors maps new innovations in the context of previous generations viewpoints This is the book on counselling and psychotherapy Ladislav Timulak PhD Course Director Doctorate in Counselling Psychology Trinity College Dublin John McLeod has a talent for bringing readers into intimate contact with the experience of another person's experience Through his evocative descriptions accessible language and plentiful examples you will find yourself looking through the eyes of both clients and therapists and developing a depth of understanding about important processes in psychotherapy His position at the vanguard of psychotherapy research allows him to bring to life the practice of psychotherapy while posing research questions and stimulating curiosity about findings His valuing of varied approaches to psychotherapy invites the reader to connect with diverse perspectives and consider their own beliefs Heidi M Levitt PhD University of Massachusetts Boston USA

**The Routledge International Handbook of Embodied Perspectives in Psychotherapy** Helen Payne, Sabine Koch, Jennifer Tantia, 2019-04-12 There is a growing interest in embodied approaches to psychotherapy internationally This volume focuses on the respective focal professions of dance movement psychotherapy DMP and body psychotherapy BP addressing the psychotherapeutic need for healing throughout the lifespan Within embodied clinical approaches the therapist and client collaborate to discover how the body and movement can be used to strengthen positive relational skills attending to the client's immediate and long term needs through assessment formulation treatment and evaluation Both DMP and BP are based upon the capacity and authority of the body and non verbal communication to support and heal patients with diverse conditions including trauma unexplained bodily symptoms and other psychological distress and to develop the client's emotional and relational capacities by listening to their bodies for integration and wellbeing In The Routledge International Handbook of Embodied Perspectives in Psychotherapy world leaders in the field contribute their expertise to showcase contemporary psychotherapeutic practice They share perspectives from multiple models that have been developed throughout the world providing information on theoretical advances and clinical practice as well as discourse on the processes and therapeutic techniques employed individually and in groups Presented in three parts the book covers underpinning embodiment concepts potentials of dance movement psychotherapy and of body psychotherapy each of which is introduced with a scene setting piece to allow the reader to easily engage with the content With a strong focus on cross and interdisciplinary perspectives readers will find a wide compilation of embodied approaches to psychotherapy allowing them to deepen and further their conceptualization and support best practice This unique handbook will be of particular interest to clinical practitioners in the fields of body

psychotherapy and dance movement psychotherapy as well as professionals from psychology medicine social work counselling psychotherapy and occupational therapy and to those from related fields who are in search of information on the basic therapeutic principles and practice of body and movement psychotherapies and seeking to further their knowledge and understanding of the discipline It is also an essential reference for academics and students of embodied psychotherapy embodied cognitive science and clinical professions

**An Introduction To Counselling** McLeod, John,2013-08-01 This bestseller provides a comprehensive introduction to the theory and practice of counselling and psychotherapy

*Her Hour Come Round at Last* Gillian Preston,Peter L. Rudnytsky,2018-03-22 This title is a celebration of the life of Nina Coltart who had a career in medicine and psychoanalysis and was author of bestselling titles in psychotherapy *The Baby and the Bathwater* and *How to Survive as a Psychotherapist* The book contains a large number of contributions by specialists in the field including Michael Brearley Susan Budd and Anthony Molino The book offers a long overdue tribute to Nina Coltart 1927-1997 who was a leading figure in the Independent Group of the British Psychoanalytical Society and indeed one of the greatest psychoanalysts of the twentieth century In addition to providing a comprehensive assessment of Coltart's life and work by patients supervisees friends family members and readers the editors have compiled all of her hitherto unpublished or uncollected writings making this book a capstone of her legacy to psychoanalysis

**Canadian Journal of Psychiatry**,1994

*The Future of Psychoanalytic Psychotherapy* Lucy King,Rosemary Randall,2003-06-02 Psychoanalytic psychotherapy faces multiple challenges in the new millennium How can it organize teach and offer therapy in ways that are relevant to the diverse complex and social and cultural groups of people who seek psychological help How should it adapt to demands for accountability and evidence How can it cope in a climate of competition and market share Should it cleave to medicine or abandon it Define itself as a science or an art or an ethical practice This wide ranging work takes up some of the pressing cultural political organizational and ethical issues for psychoanalytic psychotherapy placing them firmly in a clinical context The contributors examine a range of issues from the experiences of a particular group of people in therapy children immigrants gay men short term clients who may challenge psychoanalytic assumptions to the difficulties psychoanalytic psychotherapy has in organizing itself creatively in a risk averse culture and to the openings and connections with other disciplines that may extend and enliven critical work The contributors write from the critical edge of psychotherapy and offer their own challenges to the profession

**THERAPY'S DELUSIONS** Ethan Watters,Richard Ofshe,1999-04-16 Two acclaimed authors deliver an attack on talk therapy from its Freudian underpinnings to contemporary practice and expose the failure of this pseudoscience that still holds enormous sway over the American mind

**Intuition in Psychotherapy and Counselling** Rachel Charles,2004-10 Since nonverbal messages have been shown to dominate interpersonal communication and since their cues are gathered intuitively it is clearly a distinct advantage for therapists and counsellors to be familiar with this phenomenon Based on original research into intuition within clinical practice Rachel Charles provides in depth explanations

of the process appropriately illustrated with models and case histories This includes intuition s allo logical and global aspects its relationship to empathy and its links with spiritual practice A theoretical framework is thus provided for its comprehension and teaching While some people are naturally more intuitive than others the author makes a number of practical recommendations whereby the faculty of intuition can be cultivated by therapists increasing receptivity to unconscious messages and helping the client to achieve insight Clinicians training institutes their tutors and students and indeed anyone working with people will find this book a valuable resource for the enhancement of professional practice

Adults Abused as Children Peter Dale,1999-02-08 This is a useful book that offer4s insights into outcomes for a sample of adults who sought help for the effects of their childhood abuse and the affect of the personal qualities and approaches of their therapists It traverses some controversial ground and because it brings to light issues that are often on the basked labelled too hard should be compulsory reading for all the therapists working in this field International Social Work This book is an extensive overview of practice based research on therapy for adults who were abused as children physically sexually or emotionally Peter Dale looks in detail at the lessons to be learnt from people s experiences of therapy a relief to find such a comprehensive well researched book on the subject from a psychotherapeutic perspective Its wider relevance is that we society therapists and service planners in particular must learn from people who have been abused as children so that appropriate and supportive services can be set up Transformations The PCSR Journal I believe this book based on Peter Dale s research into the experience of 53 clients is of profound importance to practising counsellors trainers and researchers I recommend this carefully designed and executed piece of research to all BAC readers Mary Berry Senior Lecturer in Counselling University of Manchester The author has created interesting and thought provoking arguments that provide a balanced analysis of abuse therapy in particular Repression Dissociation and False Memory Retrieval Clare Young The Journal of Critical Psychology Counselling and Psychotherapy This enlightening book brings together the experiences of both clients and therapists who receive and provide help for the effects of childhood abuse The book consolidates existing knowledge about child abuse and psychotherapeutic approaches to give an integrated account of counselling and therapy as it relates to adults abused as children Part One examines research in the fields of child abuse and psychotherapy reviewing historically changing attitudes towards childhood abuse and the consequences of cultural context on approaches to treatment Part Two reviews the testimonies of the therapeutic process from over 50 clients and therapists including therapists who were themselves abused as children These testimonies form a basis for the discussion of specific issues such as becoming a client talking about abuse and what happens when things go wrong in therapy Part Three tackles the controversy surrounding recovered memory and child abuse and assesses the implications for the future direction of counselling and therapy **Whitaker's Books in Print** ,1998 Free Associations ,2000 **Dictionary of Counselling** Colin Feltham,Windy Dryden,2004-07-23 This resource supplies definitions for well known key terms and recent innovations and

presents nutshell versions of debates and disagreements in the field It includes selective pertinent terms from the cognate disciplines of psychiatry and psychotherapy and gives an insight into the language and development of counselling

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## **Table of Contents Cultivating Intuition An Introduction To Psychotherapy**

1. Understanding the eBook Cultivating Intuition An Introduction To Psychotherapy
  - The Rise of Digital Reading Cultivating Intuition An Introduction To Psychotherapy
  - Advantages of eBooks Over Traditional Books
2. Identifying Cultivating Intuition An Introduction To Psychotherapy
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an eBook Platform
  - User-Friendly Interface
4. Exploring eBook Recommendations from Cultivating Intuition An Introduction To Psychotherapy
  - Personalized Recommendations
  - Cultivating Intuition An Introduction To Psychotherapy User Reviews and Ratings
  - Cultivating Intuition An Introduction To Psychotherapy and Bestseller Lists
5. Accessing Cultivating Intuition An Introduction To Psychotherapy Free and Paid eBooks
  - Cultivating Intuition An Introduction To Psychotherapy Public Domain eBooks
  - Cultivating Intuition An Introduction To Psychotherapy eBook Subscription Services
  - Cultivating Intuition An Introduction To Psychotherapy Budget-Friendly Options
6. Navigating Cultivating Intuition An Introduction To Psychotherapy eBook Formats
  - ePub, PDF, MOBI, and More
  - Cultivating Intuition An Introduction To Psychotherapy Compatibility with Devices
  - Cultivating Intuition An Introduction To Psychotherapy Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Cultivating Intuition An Introduction To Psychotherapy
  - Highlighting and Note-Taking Cultivating Intuition An Introduction To Psychotherapy
  - Interactive Elements Cultivating Intuition An Introduction To Psychotherapy
8. Staying Engaged with Cultivating Intuition An Introduction To Psychotherapy

- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Cultivating Intuition An Introduction To Psychotherapy
9. Balancing eBooks and Physical Books Cultivating Intuition An Introduction To Psychotherapy
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Cultivating Intuition An Introduction To Psychotherapy
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Cultivating Intuition An Introduction To Psychotherapy
    - Setting Reading Goals Cultivating Intuition An Introduction To Psychotherapy
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Cultivating Intuition An Introduction To Psychotherapy
    - Fact-Checking eBook Content of Cultivating Intuition An Introduction To Psychotherapy
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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