



Psychotherapy Isn't What You Think: Bringing the Psychotherapeutic Engagement Into the Living Moment

By James F. T. Bugental

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This book draws on the author's half century of experience in teaching, consulting with, and supervising psychotherapists throughout the world. He begins with the premise that the field has become too preoccupied with information: collecting information from the client and then feeding that information back to the client in different forms. The author then explains how and why shifting away from information gathering to attending to what is actually happening in the therapy room increases the effectiveness of the therapeutic interaction.

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