



Time-conscious Psychological Therapy

Jenifer Elton Wilson

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Counselors and psychotherapists are divided about the morality and efficacy of short-term psychotherapy and counseling. The model of therapy described *Time-Conscious Psychological Therapy* is based on flexible adjustment to the life pattern of the individual client's development, showing how a carefully structured, stage-based series of therapeutic relationships can be rewarding for both client and therapist. Illustrated throughout by case examples, this is a book for practitioners of all psychological therapies who are looking for a rigorous but flexible approach to empowering their clients.

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