



Integración de la terapia experiencial y la terapia breve: 120 (Serendipity) (Spanish Edition)

Bala Jaison

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Este profundo e innovador libro presenta dos tipos de terapia, inicialmente diferentes, si no opuestas entre sí, como son la Terapia Breve -y dentro de ésta la terapia de Resolución de Problemas- y las terapias Existenciales -y dentro de éstas, el Focusing-. La una es breve, la otra se toma su tiempo; la una busca la rápida resolución del conflicto, la otra lo saca y lo contempla... y, sin embargo, Bala Jaison logra aunar ambas, sin perder por ello flexibilidad ni libertad para hacer lo que mejor le salga de dentro a cada terapeuta. Pero el libro no sólo trata de eso. En su proceso por plasmar similitudes y aprendizajes mutuos de ambas terapias, la autora describe con gran maestría temas básicos para trabajar con Focusing, como son las interacciones, las Partes y el Crítico Interno. Muy iluminadoras son sus descripciones de casos, en las que salen principalmente estos tres temas. En resumen, un libro altamente recomendable para terapeutas, y terapeutas en formación, en el que lo que destaca es la parte práctica, planteada con sencillez y respeto.

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