

THE THERAPEUTIC RELATIONSHIP HANDBOOK: THEORY AND PRACTICE

- DIVINE CHARURA
AND PAUL STEPHEN



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Resource Guide

About Divine Charura

Divine Charura is a Senior Lecturer at Leeds Metropolitan University in Counselling and Psychotherapy.

He is an Adult Psychotherapist who works in the NHS, voluntary sector and in private practice. He has published various papers and contributed to various books.



Divine Charura

About Paul Stephen

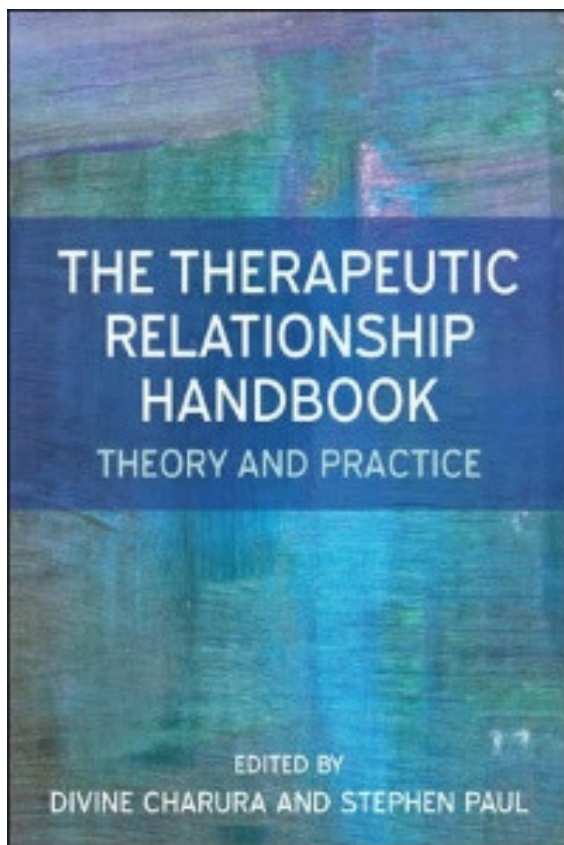
Stephen Paul has recently retired as Director of The Centre for Psychological Therapies at Leeds Metropolitan University after 20 years of service. He is a client-centred psychotherapist and is also the co-editor of *The Therapeutic Relationship: Themes and Perspectives* (PCCS, 2008) and *The Therapeutic Relationship Handbook: Theory and Practice* (McGraw-Hill / OUP, 2014). Stephen was instrumental in developing a Relational Approach to Therapy with Geoff Pelham (1999).

He has worked extensively in both adult and child & adolescent psychiatry and has been head of a therapeutic school and was Director of the VSO programme in Bhutan. Stephen now writes, practises therapy, supervision and coaching, and provides training.



Paul Stephen

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Practitioners across many counselling approaches acknowledge that the therapeutic relationship is central to therapy and its outcomes. This book argues that the therapeutic relationship cannot be reduced to particular words or therapeutic skills, but is a relationship encounter that promotes dialogue, contact and process. In each chapter, experts in different fields interpret the therapeutic relationship through the lens of their own modality, offering:

- Summaries of the key theoretical and research bases
- Example case studies of therapeutic interventions that illuminate key relational components of the approach and the development and management of the therapeutic relationship
- Study of the limitations, challenges and complexities of maintaining a therapeutic relationship
- Exploration of new developments in working with clients - capturing work that the authors and other colleagues have been involved in developing in that area

The Therapeutic Relationship Handbook is a broad ranging guide for students as well as both new and experienced practitioners. Divine Charura is a Senior Lecturer in Counselling and Psychotherapy at Leeds Metropolitan University, UK. ...



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