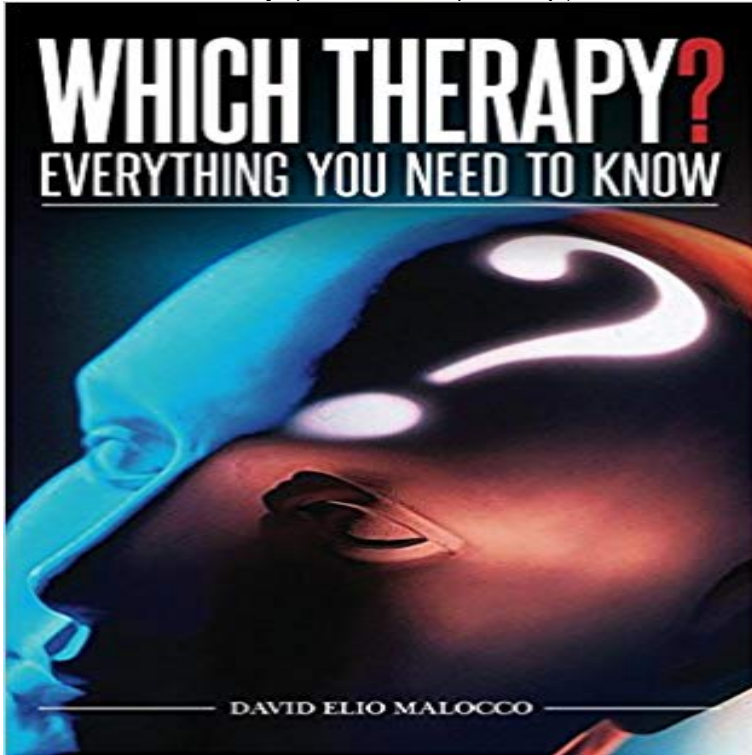


## Which Therapy?: Everything You Need to Know



Every day more and more people take the plunge and enter therapy for the first time. Others want to but know very little about the subject and become totally confused by the different types of professionals, approaches, therapies and theories. The author, David Elio Malocco, (author of *Psychotherapy Approaches and Theories*, *A Brief History of Psychology and Psychotherapy: The Top 50 Theorists and Theories*) has answered all your questions in this magic little book simply called *Which Therapy?* The book is aimed at anyone who is considering entering therapy or anyone who has a child, friend spouse or acquaintance that might benefit from therapy. It begins by explaining the differences in the professions general practitioners, psychiatrists, psychologists, counsellors, psychotherapists and therapists. It then delves into the three core approaches associated with Psychotherapy. The author identifies these as Psychoanalysis and the Psychodynamic Approach, the Cognitive Behavioural Approach and the Humanistic Existential Approach. He then discusses the main therapies available within these particular approaches. The book explains what each therapy is, how it developed, who began it, what type of client it benefits, and what a potential client might expect at a session. So, for example, if you are thinking about attending a Psychotherapist who specialises in Gestalt the book will explain what is likely to happen during the course of your sessions. Having examined that type of therapy you might prefer to attend a Psychotherapist who specialises in Person Centred Therapy which is quite different. This is particularly beneficial for clients who know very little about the differences between the therapies because by reading this book they can make a valued judgement on what type of therapy would suit their condition best. Clients who suffer from, say, addiction, eating

disorders, relationship difficulties, or depression can make an informed decision as to which types of therapies would be most beneficial to them. The author also covers popular therapies like art, music, drama, play, interpersonal, psychosexual and integrative therapies, explaining clearly what each entails. He advises that clients should check the credentials of their proposed therapist to ensure they are experienced, qualified and accredited and gives an outline of the type of qualifications they might have. But most importantly, he advises us to choose a therapist with whom we can build a trusting and mutually respectful relationship.

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