



# Introduction to Psychotherapy: An Outline of Psychodynamic Principles and Practice

*Dennis Brown*

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## **Introduction to Psychotherapy: An Outline of Psychodynamic Principles and Practice** Dennis Brown

For the first time in a single volume, two British authors provided a clear description of the principles of dynamic psychotherapy and their application in the wide range of psychotherapeutic techniques available today. Originally written in 1979, this revised and expanded second edition brings An Introduction to Psychotherapy completely up-to-date. It is intended for professionals and interested lay people entering the often bewildering territory of psychotherapy, in which claims and counter-claims by those committed to a particular approach make necessary a balanced appraisal of what they have in common, as well as their distinguishing features. An Introduction to Psychotherapy has proved a welcome integrative introduction in the reading lists of many psychotherapy and counselling courses and, for professionals in wider fields who seek a balanced view of how the various forms of psychotherapy are related.

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