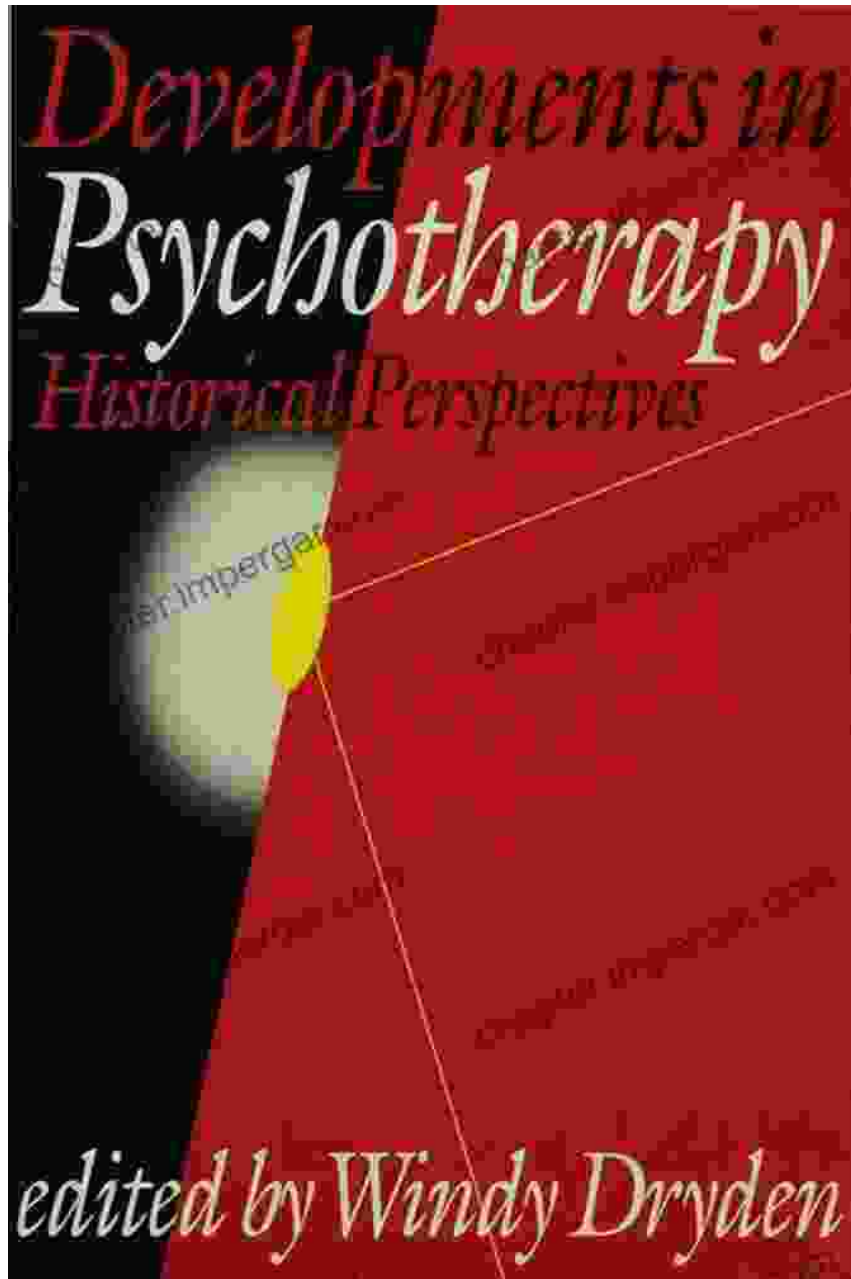


# Introducing Psychotherapy: A Graphic Guide to the Basics of Psychotherapy by Windy Dryden PhD



Introducing Psychotherapy: A Graphic Guide (Graphic Guides) by Nigel C. Benson

★★★★☆ 4.4 out of 5



Language	: English
File size	: 82974 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 366 pages



Are you struggling with mental health issues? Do you want to learn more about psychotherapy and how it can help you? If so, then this is the book for you.

Introducing Psychotherapy is a comprehensive graphic guide to the basics of psychotherapy. Written by renowned psychologist Windy Dryden, this book provides an accessible overview of the different approaches to therapy and how they can help you improve your mental health.

The book is divided into three parts:

- **Part 1: What is Psychotherapy?** This section provides an overview of the history of psychotherapy, the different types of therapy, and the benefits of therapy.
- **Part 2: The Major Approaches to Psychotherapy** This section covers the major approaches to psychotherapy, including psychoanalysis, cognitive behavioral therapy, humanistic therapy, and psychodynamic therapy.
- **Part 3: Choosing the Right Therapist for You** This section provides guidance on how to choose the right therapist for you and what to

expect from therapy.

Introducing Psychotherapy is an essential resource for anyone who is struggling with mental health issues or who wants to learn more about psychotherapy. The book is written in a clear and concise style, and it is packed with helpful information and insights.

### **Praise for Introducing Psychotherapy**

"Introducing Psychotherapy is an excellent resource for anyone who is considering therapy or who wants to learn more about the different approaches to therapy. Windy Dryden has done a wonderful job of making complex psychological concepts easy to understand and accessible to a wide audience." - **Dr. David Barlow, Professor of Psychology at Boston University**

"This book is a valuable resource for anyone who is interested in learning more about psychotherapy. It provides a comprehensive overview of the different approaches to therapy and how they can help you improve your mental health." - **Dr. Susan David, author of Emotional Agility**

### **About the Author**

Windy Dryden is a chartered psychologist and emeritus professor of counselling psychology at Goldsmiths, University of London. He is the author of over 200 books, including *The Panic Workbook* and *Overcoming Depression: A Self-Help Guide Using Cognitive Behavioral Techniques*.

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