



# Psychosynthesis Counselling in Action (Counselling in Action series)

*Diana Whitmore*

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**Psychosynthesis Counselling in Action (Counselling in Action series)** Diana Whitmore

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The **Third Edition** of this best-selling book provides a clear and accessible introduction to the principles and techniques of psychosynthesis, and explains how the counsellor or psychotherapist can incorporate these elements into their own work with clients.

Based on the need for humans to find a more positive meaning to their lives, **Psychosynthesis Counselling in Action** guides the reader through the journey to 'selfhood'. Taking the reader through the four main stages of the counselling journey, the author explains the wide range of practical methods available to practitioners, and how to tailor these to different client needs.

**Psychosynthesis Counselling in Action** is illustrated throughout with examples from practice, and includes an in-depth case study at the end of the book. It will be invaluable for those seeking an introduction to psychosynthesis, as well as practitioners of other orientations who wish to incorporate this approach into their own therapeutic work.

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