



## Which Therapy? (Paperback)

By David Elio Malocco

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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, Psychotherapist, 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...

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