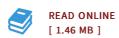




The Self in Process: Toward a Post-Rationalist Cognitive Therapy

By Vittorio F. Guidano

The Guilford Press. Hardcover. Condition: New. 237 pages. Dimensions: 9.3in. x 6.3in. x 0.9in.In this profound work, Vittorio Guidano expands upon his earlier seminal contributions on the application of cognitive and developmental principles to individuals struggling with various forms of psychopathology. Here, he fully develops the idea that individuals experience, both positive and negative, are powerfully influenced by their personal psychological organizations. Focusing primarily on the eating disorders, the phobias (with agoraphobia as the prototype) obsessive-compulsive patterns, and depression, Guidano illustrates how early developmental experiences and ongoing psychological processes may collude to perpetuate dysfunctional patterns and personal distress. The central and perhaps most exciting thesis in this new expression of Guidanos thinking is that the deep structure or core organizing processes that constrain human psychological experience may be at the heart of successful intervention as well as the classical problems of resistance, relapse, and refractory behaviors. Guidanos contention is at once simple and powerful: those psychological processes involved in the development and maintenance of personal identity, or self that should be the primary foci of research and intervention in psycho-logical disorders. The meaning of Guidanos perspective for clinical practice is perhaps best expressed in the authors own words: Knowing the...



Reviews

Comprehensive guide for ebook fanatics. I have read and i am certain that i am going to planning to read through yet again once again in the future. Your lifestyle period will likely be change once you full looking over this ebook.

-- Jakob Davis

The ideal publication i at any time read through. It really is writter in easy phrases and never difficult to understand. Its been designed in an remarkably easy way which is merely right after i finished reading through this publication by which actually transformed me, affect the way i think.

-- Jaqueline Flatley