



DOWNLOAD



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 Guidano's 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. Guidano's 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 psychological disorders. The meaning of Guidano's perspective for clinical practice is perhaps best expressed in the author's own words: Knowing the...



READ ONLINE
[1.46 MB]

Reviews

Comprehensive guide for ebook fanatics. I have read and I am certain that I am going to plan to read through yet again once again in the future. Your lifestyle period will likely be changed once you fully look over this ebook.

-- **Jakob Davis**

The ideal publication I at any time read through. It really is written in easy phrases and never difficult to understand. It's been designed in a remarkably easy way which is merely right after I finished reading through this publication by which actually transformed me, affected the way I think.

-- **Jaqueline Flatley**