



# Integrative Psychotherapy: The Art and Science of Relationship (Skills, Techniques, & Process)

*By Janet P. Moursund, Richard G. Erskine*

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Suitable for students of both counseling and clinical psychology, this clearly written and readable description of integrative psychotherapy/counseling focuses on the central role of the therapeutic relationship, and of relationships in general, both in the healing process and in maintaining a psychologically healthy life. It posits that the therapeutic relationship is key to helping clients become integrated or whole. The work can be divided into three parts: Theoretical Foundations, Therapeutic Practice, and Transcript (a full, verbatim transcript of a therapy session). A linkage index provides links between concepts covered in the text and applications as demonstrated in the transcript.

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"I teach courses in counseling (techniques, theory, practicum). I could use this book in any of these courses, but the most natural fit would be Techniques of Theories. I would highly recommend this book to colleagues. Strengths would include its readability and thoroughness. I found the transcript to be fascinating. I would like to get my hands on this text as soon as possible to use it in several of my classes."

#### **About the Author**

Janet Moursund is an Associate Professor Emerita, Counseling Psychology Program, University of Oregon. Dr. Moursund has also maintained a private practice in psychotherapy in Eugene, Oregon. She has authored or co-authored several books in the fields of psychotherapy and statistical research in psychology, and is the founder of the Center for Community Counseling in Eugene.

Richard Erskine is Training Director of the Institute for Integrative Psychotherapy in New York City and Kent, Connecticut. He is Visiting Professor of Psychotherapy, University of Derby, UK, and serves on the faculties of several psychotherapy training institutes around the world. He has authored numerous articles on psychotherapy theory and clinical practice.

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