## Librería

## Bonilla y Asociados

desde 1950





Título:

Autor: Precio: \$1120.00

Editorial: Año: 2006

Tema: Edición: 1ª

**Sinopsis ISBN:** 0387296808

The process of psychotherapy is essentially a means of helping patients to help themselves. As such, psychotherapy is not limited to the relatively brief in-session consultation time with the practitioner. Rather, patients' engagement in therapeutic activities between sessions has become an important part of the therapy process. Such activities, often termed 'homework', are central to ensuring that therapeutic goals are reached.

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