



The Reality Game, second edition: A Guide to Humanistic Counselling and Psychotherapy

By John Rowan

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The Reality Game is for people who are, or who want to be, counsellors or psychotherapists. It is particularly useful for those training in humanistic or integrative psychotherapy and counselling. Discussing the skills and techniques used in both individual and group therapy, this is an essential guide to good practices for the professional humanistic counsellor or psychotherapist and also responds to the questions most often asked by those training in these disciplines.

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