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As a concomitant of silence, listening

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and understanding are major parts of therapy. Therapists bear witness to never expressed emotions and memories, and hear of injustices that may have been perpetrated many decades ago. The problem with listening and understanding is to hear what clients say, as they intend

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to say it.

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Skill-building exercises throughout the text help students master four types of skills: personal and

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Some of the main skills that will help

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Training to become a counsellor or psychotherapist

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PSYCHOTHERAPY - Intentionality Model

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