



Relational Psychotherapy: A Primer

Patricia A. DeYoung

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Relational Psychotherapy: A Primer advances the understanding of this comprehensive, reliable model of treatment as it follows the trajectory of the therapy process from beginning to end. Using clear language and warm human terms, experienced therapist and teacher Patricia DeYoung addresses the challenges and rewards of doing relational therapy. She presents relational therapy against a wide range of contemporary psychotherapies, weaving a working synthesis of self psychology, intersubjective theory, various psychoanalytically informed developmental theories, relational psychoanalysis, and feminist self-in-relation theory. *Relational Psychotherapy* is an essential reference text for both therapists and students, while its personal and lucid writing style make it easily accessible to clients interested in learning more about psychotherapy.

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