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Mick Cooper, Jeanne C Watson, Holldampf

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Person-Centred and Experiential Therapies Work provides a comprehensive, systematic and accessible review of the evidence-base for the approach and the methods and measures by which it can be evaluated. It gives clear evidence for the effectiveness of person-centred and experiential therapies, and is an essential resource for students and practitioners who want to know more about the empirical support for their work, and to promote it with confidence.

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