

Talk, action and belief: How the intentionality model combines attachment-oriented psychodynamic therapy and cognitive behavioural therapy

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<http://www.iuniverse.com/Bookstore/BookDetail.aspx?BookId=SKU-000114475>)

In order to promote personal effectiveness in practice, *Talk, Action and Belief* provides a synthesis of attachment-oriented psychodynamic and cognitive behavioural therapy (CBT). This version of psychodynamic therapy is grounded in the general findings of attachment research that focuses on monitoring resistance to self-disclosure and understanding the conscious emotions and reactions of client and therapist. A return to Sigmund Freud is made for the purpose of promoting understanding and management of the therapeutic relationship as it exists, moment-to-moment.

CBT is presented as a means of dealing with “personality” and complex psychological problems. Because the personality is the sum total of its experiences and actions in contexts, the means of help is self-managed self-care. The role of the therapist is to educate and motivate clients in getting the changes that they want.

These two previously disparate approaches are united by the intentionality model of therapy that attends to the qualitative experiences of providing and receiving therapy. This model is a means of understanding and formulating the on-set of distress and sketching a self-managed path towards recovery. The intentionality model adopted is multidisciplinary. It draws on empirical research on therapy process and outcome, behavioural genetics and attachment. It also draws on hermeneutics, existential and phenomenological philosophy to create psychological explanations. Written in jargon-free language with numerous examples, details of practice and psychological change are provided concerning assessment, formulation and treatment. *Talk, Action and Belief* is aimed at a wide audience who want to know the details of how to practice through an attention to changing behaviour and experience whilst dealing with potential upsets in the therapeutic relationship.

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