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The Body in Psychotherapy

Edward W.L. Smith



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This acclaimed work, first published in 1985, presents in full detail, the most effective aspects of bioenergetics, Gestalt therapy, psychomotor therapy, Reichian orgonomy, and many others, are fully detailed, along with a wealth of practical therapeutic techniques. This book is divided into four parts: the historical and theoretical perspective; the body as the locus of personality assessment; the body as the locus of psychotherapeutic intervention; and personal and ethical considerations.

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