



# **An Introduction to Systemic Therapy with Individuals: A Social Constructionist Approach (Basic Texts in Counselling and Psychotherapy)**

*Fran Hedges*

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In recent years, the benefits and applications of systemic therapy with individuals, in addition to its more traditional practice with families, has been increasingly recognized. This important new text, and much-welcomed addition to the popular *Basic Texts in Counselling and Psychotherapy* series, provides trainees and practitioners new to this approach, with a lively, accessible and thoroughly practical introduction to the key theoretical concepts and techniques.



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