



**El Focusing En Psicoterapia/ Focusing-oriented
Psychotherapy: Manual Del Metodo Experiential /
Manual of Experiential Method (Psicologia,
Psiquiatria, ... Psychiatry, Psychotherapy)
(Spanish Edition)**

Eugene T., Ph.D. Gendlin

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Este libro analiza el proceso terapéutico paso a paso y ofrece a los profesionales del sector formas específicas de generar movimiento efectivo, especialmente en aquellos momentos en los que parece que no se está produciendo ningún cambio. El autor se centra en la relación entre el cliente y el terapeuta y en los modos en que las respuestas de este último pueden estimular y promover la capacidad del primero para la experiencia directa. A lo largo de la obra, así, se acaba considerando esa relación como un factor constante y analizándola según los grados de calidad con que se manifiesta en momentos concretos. El doctor Gendlin nos muestra, de esta manera, cómo ciertas respuestas en este sentido pueden transformar algunas dificultades en momentos terapéuticos de crecimiento relacional. Y el mayor logro de su libro es ofrecer a los lectores una comprensión profunda del proceso terapéutico, así como un poderoso enfoque capaz de favorecer todo tipo de experiencias clínicas, independientemente de la orientación a la que se adscriban. El doctor Eugene T. Gendlin es profesor de Psicología en la Universidad de Chicago. Fundador y durante muchos años editor de la revista *Psychotherapy: Theory, Research and Practice*, es también autor de numerosos libros y artículos y ha sido premiado por la American Psychological Association por el conjunto de su labor profesional.

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