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A psychodynamic approach to counselling is inherently relational and views the emergence of unconscious material within the therapeutic relationship as inevitable. Typically, psychodynamic therapy will involve a mixture of directive and non-directive approaches, employing some psychoanalytic technique, but also allowing space for the client to navigate their way through their own unconscious.

The Psychodynamic Approach to Counselling • Counselling Tutor

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The book is divided into four parts; 1st part focuses on a generic introduction to contemporary psychodynamic and it includes historic developments, research and wider landscape. The 2nd part is mainly about grappling with 'unconscious' – really like the part where Alistair talks about his dialogue with Ali – 'We cannot know the unconscious (pause) because it is unknowable'.

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