



Stress in Psychotherapists

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Stress in Psychotherapists

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Those who spend most of their time dealing with other people's stress are most vulnerable to stress themselves. *Stress in Psychotherapists* highlights the pressures experienced by psychotherapists and examines how the effects vary according to the problems they treat, the settings in which they work and their professional and personal development. Written by a team of experienced practitioners this book is important reading for all those in psychotherapy training and practice.

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