



Técnicas efectivas de asesoramiento psicológico (Spanish Edition)

Wayne W. Dyer

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En esta guía clara, sistemática, pedagógica y bien informada, tanto pacientes como profesionales -a los que dedica un capítulo especial-, encontrarán un lugar de encuentro y una herramienta insustituible para poder abordar el asesoramiento psicológico con fiabilidad.

La dificultad que conlleva un asesoramiento psicológico efectivo, adaptado a la idiosincrasia del paciente, puede disminuir en gran medida si éste conoce las técnicas básicas que usará el profesional para acercarse a su problema y que, a la vez, pueden facilitarle la inmersión previa en el autoconocimiento, absolutamente necesario para agilizar cualquier tipo de terapia.

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