

# Interpersonal Process in Therapy: An Integrative Model


By Edward Teyber

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Therapy that effects change must authentically involve you, the therapist. INTERPERSONAL PROCESS IN THERAPY: AN INTEGRATIVE MODEL brings together cognitive-behavioral, family systems, and psychodynamic theories into one cohesive framework, all the while showing you practical ways to alleviate your concerns about making a "mistake". And, this textbook enables you to be who you need to be in a therapeutic situation: yourself. Both scholarly and easy to use, this counseling textbook will be a resource you'll use again and again.

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### **Editorial Review**

#### **Review**

"Teyber's text offers a readable, well-designed model for therapy that draws from a variety of theoretical perspectives in encouraging therapists to work with the interpersonal process dimension of the therapy relationship to facilitate client change. The model teaches readers to identify significant themes and patterns in the client's in-session behavior, help the client recognize how these patterns function both for better and for worse in the client's life, to allow and analyze re-enactment of those relational patterns in immediate transactions between the client and therapist, and finally to generalize the re-learning from such shared experiences into the client's life outside of therapy. This model is embedded clearly throughout the chapters, supported with discussions of relevant literature, and illustrated with lively case examples including sample dialogue."

"This book provides a very articulate approach to being with clients in the room. It integrates psychodynamic, cognitive-behavioral, and family systems approaches but most importantly demonstrates a way of being with clients in session that is genuine but also challenges clients to explore their process. The emphasis on the therapist's use of present process is critical but often not articulated in books for beginning therapists. This book allows for the beginning therapist to establish their own style while incorporating the components of the interpersonal process. Students love it!"

#### **About the Author**

Edward Teyber is a psychology professor and director of the psychology clinic at California State University, San Bernardino. Dr. Teyber received his Ph.D. in clinical psychology from Michigan State University. He is also the author of the popular-press book **HELPING CHILDREN COPE WITH DIVORCE** and a textbook published by Brooks/Cole, **CASEBOOK IN CHILD AND ADOLESCENT TREATMENT: CULTURAL AND FAMILIAL CONTEXTS 2ND EDITION**. Dr. Teyber maintains a part-time private practice and he also enjoys supervision and clinical training.

### **Users Review**

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##### **Kelly Watson:**

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##### **Melody Grissom:**

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