



Relational Integrative Psychotherapy: Engaging Process and Theory in Practice

Linda Finlay

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Designed specifically for the needs of trainees and newly-qualified therapists, *Relational Integrative Psychotherapy* outlines a form of therapy that prioritizes the client and allows for diverse techniques to be integrated within a strong therapeutic relationship.

- Provides an evidence-based introduction to the processes and theory of relational integrative psychotherapy in practice
- Presents innovative ideas that draw from a variety of traditions, including cognitive, existential-phenomenological, gestalt, psychoanalytic, systems theory, and transactional analysis
- Includes case studies, footnotes, 'theory into practice' boxes, and discussion of competing and complementary theoretical frameworks
- Written by an internationally acclaimed speaker and author who is also an active practitioner of relational integrative psychotherapy

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