



# Effective Short-Term Counselling: Psychodynamic and CBT Approaches in Primary Care

*Valerie Garrett*

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## **Effective Short-Term Counselling: Psychodynamic and CBT Approaches in Primary Care** Valerie Garrett

This book covers two distinct yet related topics: the primary care setting and the counselling carried out within it and can be dipped into or read straight through. Part One, using psychodynamic and systems theory, explores the holding environment of primary care, the interpersonal relationships within the primary care team, and other variables affecting counselling in a medical organizational setting. Part Two takes the counsellor through the how of using psychodynamic and CBT approaches within short-term contracts in this setting. Case studies and scenarios are given to illustrate these. The counsellor is guided through assessing the patient's counselling needs either within a CBT or psychodynamic model or to formulate a tailor-made short-term contract, using elements drawn from CBT, psychodynamic and supportive counselling. Valerie Garrett has worked as a primary care counsellor for five years and now supervises counsellors working in that setting. Throughout this time she has encountered human suffering across every part of the socio-economic spectrum, age and personality type.



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