



# **Adlerian Psychotherapy: An Advanced Approach to Individual Psychology (Advancing Theory in Therapy)**

*Ursula E. Oberst, Alan E. Stewart*

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*Adlerian Psychotherapy* gives an account of Adlerian therapy and counselling from its origins to the present day, and proposes an advanced version of the theory. The main principles and concepts of Adler's thinking are re-examined from a contemporary perspective, placing them in the context of other contemporary approaches. Adler's techniques are described then applied to an understanding of what an Adlerian approach to family life would look like, using clinical examples throughout. The authors analyse the possible contribution of Adlerian theory in the context of the challenges of postmodern thought and postmodern society. It will be invaluable to professionals, practitioners and students of counselling and psychotherapy.

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