



# **Psychoanalysis, Behavior Therapy, and the Relational World (Psychotherapy Integration)**

*Paul L. Wachtel*

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**Psychoanalysis, Behavior Therapy, and the Relational World (Psychotherapy Integration)** Paul L. Wachtel

This text examines the implications of developments in psychoanalytic and behavioural approaches. It addresses the powerful influence of cognitive perspectives in the thinking of behaviour therapists, and the emergence of a distinctive and integrative "relational" point of view in psychoanalysis. Dr Wachtel has developed an integrative theory called "cyclical psychodynamics", and both these developments have been incorporated into this model. The book also introduces the reader to a different approach to the therapist's use of language. It considers in detail what the therapist says and how his or her choice of words can enhance or impede the therapeutic process.



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