



Relating to Clients: The Therapeutic Relationship for Complementary Therapists

Su Fox

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Complementary therapists are seldom trained in the 'people skills' necessary for working with their clients. This practical guide provides the key elements of the psychotherapeutic relationship for people working in non-verbal modalities. The book provides information and exercises to help practitioners improve their style of interacting with clients by setting clear boundaries, having a defined contract with them, communicating effectively and being a good listener, among other things. Drawn from experience both as a practitioner and as a client in a range of therapeutic contexts, Su Fox also uses illustrative case studies to offer strategies for managing 'difficult' clients and for working through the difficult feelings one may experience with other clients. The guidance in this book is indispensable for complementary therapy practitioners and students in the field, and is also of interest to anyone working with others in a 'helping' capacity.

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