



# Chaos And Complexity: Implications For Psychological Theory And Practice

*Michael R. Butz*

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## **Chaos And Complexity: Implications For Psychological Theory And Practice** Michael R. Butz

The nature of this book is to emphasize the inherent complexity and richness of the human experience of change. Now, the author believes there to be an acceptable "scientific" explanation for this phenomena. Explored here are 30 years of studies to describe nonlinear dynamics, today termed either chaos theory or complexity theory. The connotations of both theories are discussed at length. Offering social scientists validation in their attempts to describe and define phenomena of a previously ineffable nature, this book explores chaos' implications for psychology and the social sciences. It describes the benefits psychology can glean from using ideas in chaos theory and applying them to psychology in general, individual psychotherapy, couples therapy, and community psychology, and also considers possible directions for research and application.

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