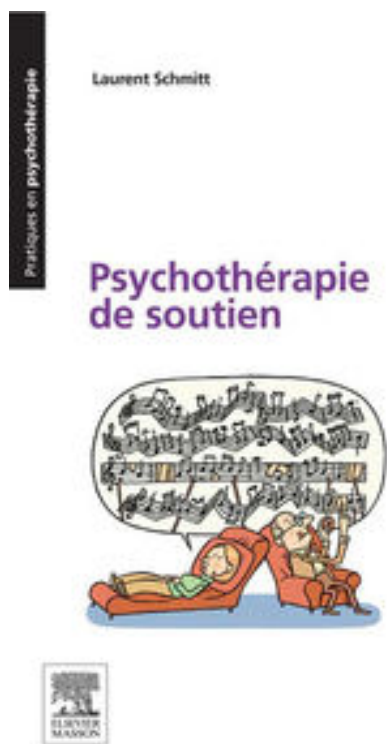


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Lire des ebooks **Psychothérapie de soutien Laurent Schmitt PDF, ePub, mobi**, La **psychothérapie de soutien** se distingue de psychothérapies visant à modifier la personnalité. Ne proposant pas un travail en profondeur, elle offre un **appui à une personne dans un moment critique de l'existence**. Elle est centrée sur l'adaptation à la réalité, l'échange verbal, l'empathie, les moyens de suggestion, les conseils pratiques et encouragements.

Cet ouvrage présente :

- les bases théoriques et objectifs de cette psychothérapie ;
- les aspects particuliers de communication engagés dans la relation thérapeutique ;
- son utilisation pratique étayée de situations cliniques : soutien face à la maladie, aux crises existentielles et situations difficiles (deuil, précarité, handicap...), états anxieux, phobies, stress traumatiques, troubles de l'humeur, troubles schizophréniques, toxicomanies, soutien envers une famille.

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