



## The Therapist's Use of Self

Being the Catalyst for Change in  
Couple and Family Therapy

Matthew D. Selekman



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# The Therapist's Use of Self

Being the Catalyst for Change in Couple and Family Therapy

By Matthew D. Selekman

This book encourages and trains students and practicing marriage and family therapists to bring themselves into the therapy room, offering guidelines and strategies for being more present and personal with their clients. Students of psychology, social work, nursing, and marriage and family programs, as well as mental health professionals will benefit from this book with a plethora of therapeutic tools, guidelines, and strategies for catalyzing change with even the most challenging couples and families.

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