Sensitively updated and revised for modern practice, author Anthony Storr's legendary work continues to be an indispensable introductory text for aspiring psychotherapist.

Retaining Anthony Storr’s wisdom, vision and classic approach, while bringing the text totally up-to-date, this is a cornerstone volume for beginner and experienced psychotherapist alike. It will also appeal to psychiatrists, clinical psychologists, nurses, social workers, counsellors and other mental health professionals.

Professor Jeremy Holmes, a friend and colleague of Anthony Storr’s and himself a leading psychotherapist, has updated this accessible and humane account of the practice of psychotherapy to include:

- Integrative psychotherapeutic approaches
- Revised classification of personality types
- New sections on selection and assessment
- Consideration of evidence-based psychodynamic practice
- Broadened appeal to the full range of mental health professionals