

Personification Using The Dialogical Self In Psychotherapy And Counselling

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The book also looks closely at the practice of personification – a technique involving the turning of a problem into a person and allowing a two-way dialogue through which the inner critic can be addressed and explored. As such areas of discussion include: the use of multiplicity in therapy; group work and the dialogical self; the transpersonal

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group work and the dialogical self. the transpersonal. This practical, straightforward book will be ideal reading for anyone using personification in their therapeutic work, including psychotherapists, counsellors and coaches. Personification discusses the theory behind multiplicity of the person and considers the implications that the relationships between the different parts of the same person have in practice.

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The dialogical self is a psychological concept which describes the mind's ability to imagine the different positions of participants in an internal dialogue, in close connection with external dialogue. The "dialogical self" is the central concept in the dialogical self theory, as created and developed by the Dutch psychologist Hubert Hermans since the 1990s.

Dialogical self - Wikipedia

(2011). Multiplicity as Richness and Potential: The Dialogical self in Practice. Journal of Constructivist Psychology: Vol. 24, No. 1, pp. 86-91.

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Personification: Using the Dialogical Self in Psychotherapy and Counselling (Routledge 2010)

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