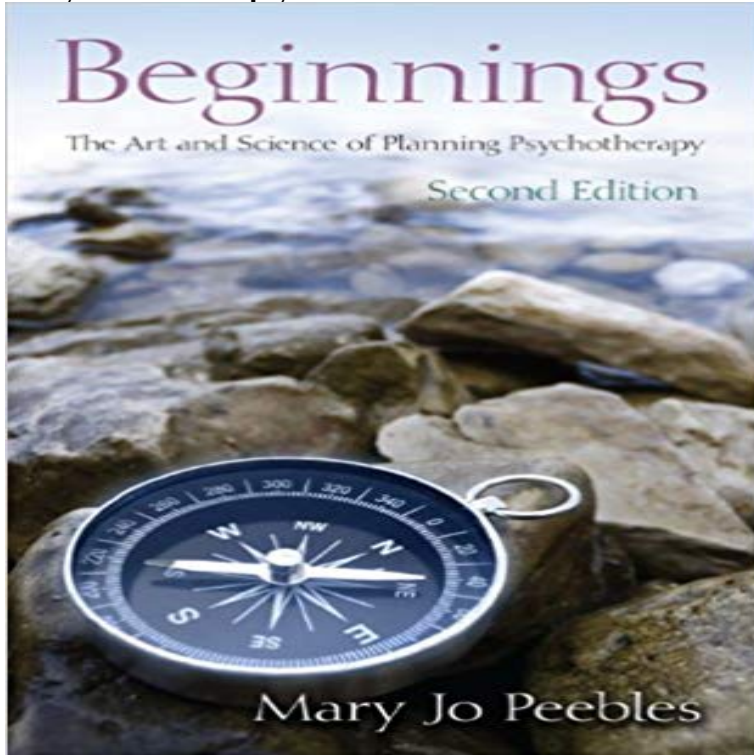


# Beginnings, Second Edition: The Art and Science of Planning Psychotherapy



Utilizing a decades worth of clinical experience gained since its original publication, Mary Jo Peebles builds and expands upon exquisitely demonstrated therapeutic approaches and strategies in this second edition of *Beginnings*. The essential question remains the same, however: How does a therapist begin psychotherapy? To address this delicate issue, she takes a thoughtful, step-by-step approach to the substance of those crucial first sessions, delineating both processes and potential pitfalls in such topics as establishing a therapeutic alliance, issues of trust, and history taking. Each chapter is revised and expanded to include the latest treatment research and modalities, liberally illustrated with rich case material, and espouse a commitment to the value of multiple theoretical perspectives. Frank and sophisticated, yet eminently accessible, this second edition will be an invaluable resource for educators, students, and seasoned practitioners of any therapeutic persuasion.

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