



# **Adlerian Counseling (Guidance Monograph Series : Series 8: Theories of Counseling and Psychotherapy)**

*Thomas John Sweeney*

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Providing proven contributions to Adlerian psychology, this book explains the dimensions and uses of natural and logical consequences - the bases of Adlerian/individual psychology. This new edition addresses encouragement as a means for helping others, demonstrates the application of Adlerian psychology to young people, and provides a guide for using lifestyle assessment.

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