



Talk, Action and Belief: How the intentionality model combines attachment-oriented psychodynamic therapy and cognitive behavioural therapy

Ian Rory Owen PhD

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This book helps practitioners of all types re-consider the theory that guides their work. Attachment-oriented psychodynamic therapy and an experiential approach to cognitive behavioural therapy are combined to produce a cohesive approach for helping clients with personality disorders and complex psychological problems. Clients are helped to change through supplying easy to understand formulations of their beliefs about their conscious experiences so motivating them to promote their own self-care. The focus is understanding the conscious experiences of attachment relationships, personality styles and psychological problems to enable change. Ian Rory Owen, PhD is a Principal Integrative Psychotherapist at Leeds Partnerships NHS Foundation Trust, Leeds, UK.

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