



# Personality and Psychotherapy: Treating the Whole Person

*Jefferson A. Singer Phd*

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## **Personality and Psychotherapy: Treating the Whole Person** Jefferson A. Singer PhD

This innovative book provides a framework for using recent advances in personality science to inform and enrich psychotherapy. The author demonstrates how multidimensional assessment within the context of a strong therapeutic alliance can serve as a guide to treating clients as multifaceted individuals, rather than simply treating symptoms or diagnoses. Key concepts and procedures of personality assessment are clearly explained, as are ways to use the resulting data effectively in treatment planning and intervention with individuals or couples. The concluding chapter features an extended case example illustrating the author's approach.

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