



A Path Made by Walking: Process Work in Practice

Julie Diamond, Lee Spark Jones

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Process work, a groundbreaking new form of psychotherapy, is explained and explored in this step-by-step guide for cutting-edge mental health professionals and individuals interested in self-therapy. Information on the history of process work, recent developments in the field, a discussion of background concepts and terms, and annotated client–facilitator case studies provide readers with a detailed framework for understanding the methodology, while tips and exercises on fundamental terms and concepts provide practitioners with the practical experience needed to administer the therapy. All aspects of the psychotherapeutic encounter are covered, including the structure of psychotherapeutic interactions and how to work within a therapeutic relationship.

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