

# **Results Directed Therapy: An Integrative & Dynamic Approach to Psychotherapy**

Marina Williams LMHC



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Results Directed Therapy (RDT) is an integrative and dynamic approach to psychotherapy. Therapists using RDT are taught how to create a customizable approach to counseling in order to maximize success for the individual client and minimize drop-out rates and failures in counseling. In this book, therapists are taught how to quickly engage with clients from the very first session and then deliver therapy tailored to the individual needs of the client in order to bring about maximum results in a minimum amount of time. Mental health practitioners will learn what the research has to say about what really works in therapy and then how they can utilize these factors in their own practice.

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