

Eclectic Therapy in Approach to Clients' Problems and Application of Multiple Intelligence Theory

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Abstract : Most of traditional single modality psychotherapy and counselling approaches to clients' problems are based on the application of one therapy in all sessions. Modern developments in these sciences focus on eclectic and integrative interventions to consider all dimensions of an issue and all characteristics of the clients. This paper presents and overview eclectic therapy and its pros and cons. In addition, multiple intelligence theory and its application in eclectic therapy approaches are mentioned.

Keywords : eclectic therapy, client, multiple intelligence theory, dimensions

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