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A psychodynamic approach to counselling is inherently relational and views the emergence of unconscious material within the therapeutic relationship as inevitable.

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therapy will involve a mixture of directive and non-directive approaches, employing some psychoanalytic technique, but also allowing space for the client to navigate their way through their own unconscious.

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‘ unconscious ’ –
really like the part
where Alistair talks
about his dialogue
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unconscious
(pause) because it
is unknowable' .

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